

# **ALL-SYSTEMS GO: A Multidimensional, Combined Events Training Model**



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***A Goal without a Plan is just a Wish'***

*Antoine de Saint-Exupéry*

***Doing Simple Things Extraordinarily Well***

***Doing Simple Things Extraordinarily Well***

## Decathlon - Heptathlon

- Paid to produce.
- Training Theory: EFFICIENCY
- Understanding the Numbers.
- **Physiological Systems.** (Neuromuscular, Neuroendocrine, Musculoskeletal, Proprioceptive/ιδιοδεκτικότητα, Energy Production.)
- **Biomotor Abilities** (speed, strength, flexibility, endurance and coordination).
- Volume & Intensity.



# WORLD'S TOP 10 DECATHLETES

	SCORE	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500
Mayer	9126	10.55	7.80	16.00	2.05	48.42	13.75	50.54	5.45	71.90	4.36,11
Eaton	9045	10.23	7.88	14.52	2.01	45.00	13.69	43.34	5.20	63.63	4.17,52
Sebrle	9026	10.64	8.11	15.33	2.12	47.70	13.92	47.92	4.80	70.16	4.21,98
Dvorak	8994	10.54	7.90	16.78	2.04	48.08	13.73	48.33	4.90	72.32	4.37,20
O'Brien	8891	10.43	8.08	16.69	2.07	48.51	13.98	5.00	48.56	62.58	4.42,10
Thompson	8847	10.44	8.01	15.72	2.03	46.97	14.33	46.56	5.00	65.24	4.35,00
Hingsen	8832	10.70	7.76	16.42	2.07	48.05	14.07	49.36	4.90	59.86	4.19,75
Clay	8820	10.44	7.96	15.23	2.06	49.19	14.13	50.11	4.90	69.71	4.41,65
Nool	8815	10.60	7.63	14.90	2.03	46.23	14.40	43.40	5.40	67.01	4.29,58
Warner	8795	10.12	7.81	14.83	2.03	47.72	13.56	47.32	4.80	61.94	4.26,59

# Decathlon score -VS- Sum of PBs score

	SUM OF INDIVIDUAL PERSONAL BESTS	DECATHLON PERSONAL BEST	POINT DIFFERENCE
O' Brien	9572	8891	<b>681</b>
Eaton	9549	9045	504
Sebrle	9326	9026	<b>300</b>
Mayer	9434	9126	308
Clay	9316	8820	496
Thompson	9315	8847	468
Dvorak	9296	8994	302
Hamalainen	9278	8735	605
Huffins	9244	8694	550

Georgia's top 10 decathletes

Dibo	8841	8604	237
Erm	8674	8445	229



# WORLD'S TOP 10 HEPTATHLETES

	SCORE	100mH	HJ	SP	200m	LJ	JT	800m
Kersee	7291	12.69	1.86	15.80	22.56	7.27	45.66	2.08,51
Kluft	7032	13.15	1.95	14.81	23.38	6.85	47.98	2.12,56
Turchinskaya	7007	13.40	1.89	16.45	23.97	6.73	53.94	2.15,31
Braun	6985	13.11	1.93	14.84	23.65	6.63	51.62	2.12,67
Ennis-Hill	6955	12.54	1.86	14.28	22.83	6.48	47.49	2.08,65
John	6946	12.64	1.80	15.37	23.37	6.86	44.62	2.08,93
Shouaa	6942	13.78	1.87	15.64	23.78	6.77	54.74	2.13,61
Neubert	6935	13.42	1.82	15.25	23.49	6.79	49.94	2.08,51
Barber	6889	12.62	1.91	12.61	24.12	6.78	53.07	2.14,66
Chernova	6880	13.32	1.83	14.17	23.50	6.61	52.95	2.08,04

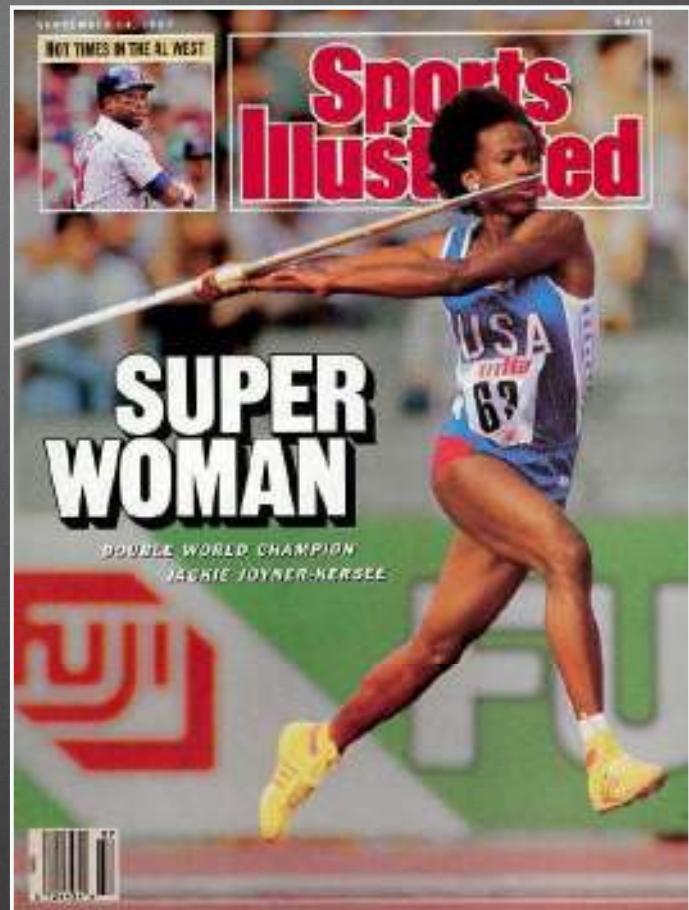
J.J.K: 6-times over 7000pts;  
 7291 - 7215 - 7158 - 7148 - 7128 - 7044

# Heptathlon score -VS- Sum of PBs score

	SUM OF INDIVIDUAL PERSONAL BESTS	HEPTATHLON PERSONAL BEST	POINT DIFFERENCE
Kersee	7597	7291	306
Kluft	7240	7032	208
Thiam	7226	7013	213
Braun	7114	6985	129
Ennis-Hill	7136	6955	181
KJT	7100	6981	119
Shouaa	7026	6942	84

Georgia's top 2 heptathletes

Williams	6770	6610	160
Grauvogel	6385	6162	223



**MAICEL UIBO, EST**  
8604pts

<b>DECA AGE</b>	10 Years
<b>100m</b>	10.99s
<b>LJ</b>	7.82m
<b>SP</b>	15.12m
<b>HJ</b>	2.18m
<b>400m</b>	50.21s
<b>110mH</b>	14.43
<b>DT</b>	49.16m
<b>PV</b>	5.40m
<b>JT</b>	64.51m
<b>1500m</b>	4.25
<b>30mSS/FS</b>	3.35s/2.85s
<b>SLJ</b>	3.20m
<b>4-B&amp;J(2s)</b>	21.55m
<b>OH 7kg</b>	18.20m
<b>S&amp;R</b>	0cm
<b>CLEAN</b>	130kg
<b>SNATCH</b>	100kg
<b>SQUAT</b>	150kg (90)
<b>INCLINE</b>	95kg
<b>25m H.T</b>	3.15s

**JOHANNES ERM, EST**  
8445pts

<b>DECA AGE</b>	5 Years
<b>100m</b>	10.73s
<b>LJ</b>	7.98m
<b>SP</b>	14.69m
<b>HJ</b>	2.03m
<b>400m</b>	47.40
<b>110mH</b>	14.19s
<b>DT</b>	46.46m
<b>PV</b>	5.05m
<b>JT</b>	59.60
<b>1500m</b>	4.28
<b>30mSS/FS</b>	3.19s/2.73s
<b>SLJ</b>	3.30m
<b>4B&amp;J (4s)</b>	19.90m
<b>OH 7kg</b>	17.60m
<b>S&amp;R</b>	0cm
<b>CLEAN</b>	115kg
<b>SNATCH</b>	85kg
<b>SQUAT</b>	130kg
<b>INCLINE</b>	90kg
<b>25m HT</b>	3.22s

**DEVON WILLIAMS, USA**  
8345pts

<b>DECA AGE</b>	7 Years
<b>100m</b>	10.50s
<b>LJ</b>	7.83m
<b>SP</b>	14.24m
<b>HJ</b>	1.98m
<b>400m</b>	48.10
<b>110mH</b>	13.37s
<b>DT</b>	49.60m
<b>PV</b>	5.00m
<b>JT</b>	60.77m
<b>1500m</b>	4.33
<b>30mSS/FS</b>	3.17/2.70s s/2.75s
<b>SLJ</b>	3.38m
<b>4B&amp;J (4s)</b>	20.20m
<b>OH 7kg</b>	18.05m
<b>S&amp;R</b>	+2cm
<b>CLEAN</b>	145kg
<b>SNATCH</b>	100kg
<b>SQUAT</b>	180kg
<b>INCLINE</b>	110kg
<b>25m HT</b>	3.39s

**GARRETT SCANTLING, USA**  
8232pts (2016)

<b>DECA AGE</b>	5 Years
<b>100m</b>	10.66s
<b>LJ</b>	7.45m
<b>SP</b>	16.30m
<b>HJ</b>	2.13m
<b>400m</b>	49.03s
<b>110mH</b>	14.11s
<b>DT</b>	47.47m
<b>PV</b>	5.20m
<b>JT</b>	69.17m
<b>1500m</b>	4.44
<b>30mSS/FS</b>	3.21s/2.78s
<b>SLJ</b>	3.33m
<b>4B&amp;J (4s)</b>	19.20m
<b>OH 7kg</b>	18.30m
<b>S&amp;R</b>	+10cm
<b>CLEAN</b>	150kg
<b>SNATCH</b>	100kg
<b>SQUAT</b>	210kg
<b>INCLINE</b>	110kg
<b>25m HT</b>	3.45s

**KENDELL WILLIAMS, U.S.A.**  
**6610pts**

<b>HEP AGE</b>	8 years
<b>100mH</b>	12.58s
<b>HJ</b>	1.88m
<b>SP</b>	13.55m
<b>200m</b>	23.50s
<b>LJ</b>	6.83w 2.1m/s
<b>JT</b>	46.60m
<b>800m</b>	2.15,31
<b>30mSS</b>	3.38s HT
<b>30mFS</b>	3.02s HT
<b>25m Hop Testing</b>	3.48s HT
<b>300m</b>	37.20HT
<b>SLJ</b>	2.85m
<b>4B&amp;J (4s)</b>	18.30m
<b>OH 4kg</b>	17.40m
<b>S&amp;R</b>	+14cm
<b>CLEAN</b>	95kg
<b>SNATCH</b>	65kg
<b>SQUAT</b>	130kg (90)
<b>INCLINE</b>	70kg

**LOUISA GRAUVOGEL, GER**  
**6162pts**

<b>HEP AGE</b>	3 years
<b>100mH</b>	12.95s
<b>HJ</b>	1.76m
<b>SP</b>	13.22m
<b>200m</b>	23.10s
<b>LJ</b>	6.15m
<b>JT</b>	44.10m
<b>800m</b>	2.15.8s
<b>30mSS</b>	3.40 HT
<b>30mFS</b>	3.05 HT
<b>25m Hop Testing</b>	3.56s HT
<b>300m</b>	37.90HT
<b>SLJ</b>	2.70m
<b>4B&amp;J (4s)</b>	17.40m
<b>OH 4kg</b>	18.52m
<b>S&amp;R</b>	+8cm
<b>CLEAN</b>	80kg
<b>SNATCH</b>	55kg
<b>SQUAT</b>	120kg (90)
<b>INCLINE</b>	65kg

**Quintunya Chapman**  
**6147pts**

<b>HEP AGE</b>	4 years
<b>100mH</b>	13.48s
<b>HJ</b>	1.66m
<b>SP</b>	14.97m
<b>200m</b>	23.62s
<b>LJ</b>	6.26m
<b>JT</b>	46.37m
<b>800m</b>	2.13.26
<b>30mSS</b>	3.44 HT
<b>30mFS</b>	3.09 HT
<b>25m Hop Testing</b>	3.76s HT
<b>300m</b>	38.38HT
<b>SLJ</b>	2.93m
<b>4B&amp;J (4s)</b>	17.33m
<b>OH 4kg</b>	19.52m
<b>S&amp;R</b>	+12cm
<b>CLEAN</b>	93kg
<b>SNATCH</b>	65kg
<b>SQUAT</b>	120kg (90)
<b>INCLINE</b>	70kg

## **Combined events VS Multi events**

### Combined Event Athlete

- Decathlete -Heptathlete.
- Competes for decathlon/ heptathlon glory.
- Usually career lasts longer
- Ashton Eaton - Oregon

### Multi-Event Athlete

- A team's workhorse.
- Disruption in combined event training/peaking.
- Not event savvy, just built tough!
- Injuries prone; burnt by June.

## BASIC UNDERSTANDING OF THE COMBINED EVENTS

*'Regardless of what level you compete at, one thing is clear: The decathlon & heptathlon are speed power events, and must be treated as a single event, not ten separate events.'*



# MULTI-SYSTEM TRAINING

## THE 5 PHYSIOLOGICAL SYSTEMS

- Neuromuscular
- Neuroendocrine
- Musculoskeletal
- Proprioceptive/ιδιοδεικτικότητα
- Energy production



The basic premise of multi-system training is that athletes must **develop all these systems in controlled balance**. The balance of development is as crucial as the absolute development of each one.

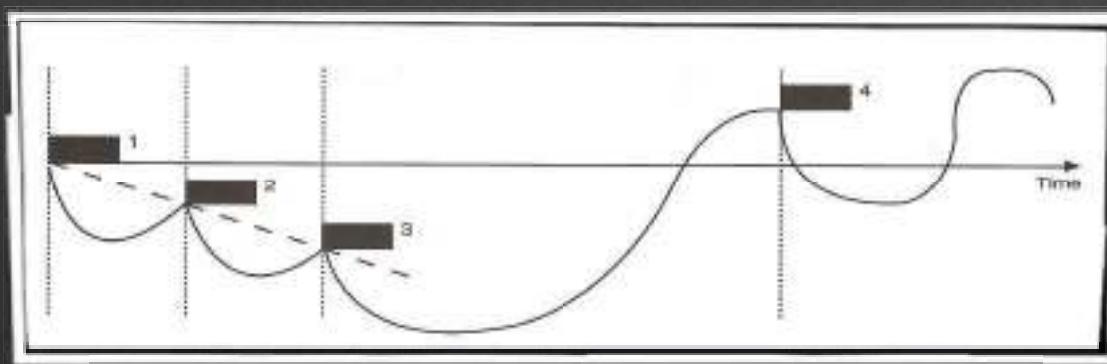
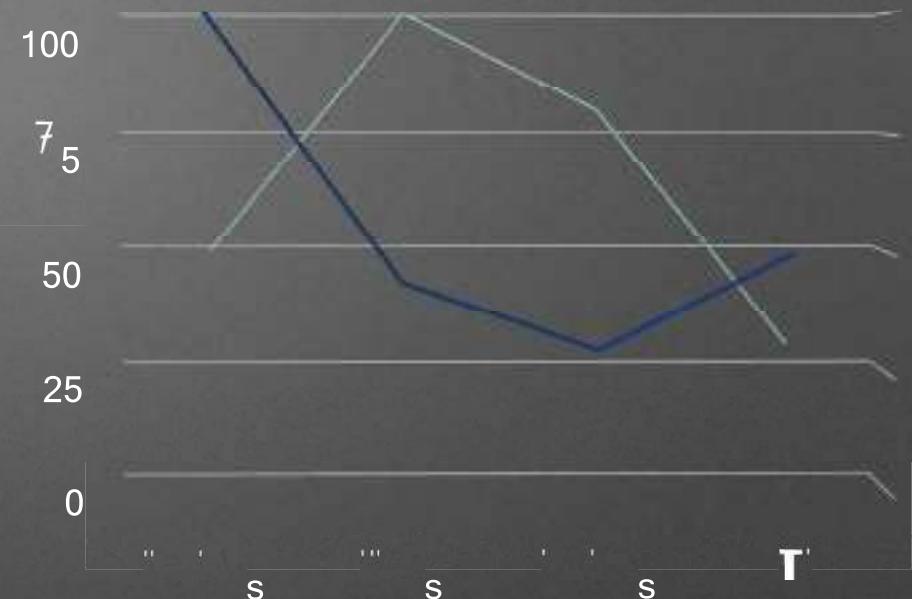
## MULTI-SYSTEM TRAINING



Typical problems in training system design include **overemphasizing the energy systems at the expense of the neuromuscular system**, failure to address the proprioceptive system and neuroendocrine system, and over-development of the neuromuscular system with respect to the musculo-skeletal system.

## Balancing & Development of Physiological systems:

- Super-compensation cycle
- Volume Vs Intensity
- Event Specific Overloading
- Strength training Modifications.



## TRAIN THE 'KEY' EVENTS

- Conserve time & energy in training.
- Efficiency in point production.
- Establishing your training philosophy.
- Commonality based training.



## TRIAD OF SUCCESS

- a. Performance Development-based Philosophy.
- b. Injury Prevention.
- c. Time Management.

## KEY EVENT COMBINATIONS

- Combined- Eventer VS Multi-Eventer.
- Commonality-based philosophy.
- Always Combine events at practice!
- Biomotor abilities development
- High VO<sub>2</sub>MAX: prerequisite for elite performance in some events  
NOT predictive of performance.
- Lactate Threshold MORE predictive of performance.



## KEY EVENT COMBINATIONS cont.

- Adaptations: 3-4 weeks
- Skill - Speed/Strength-Endurance
- Weightroom Magic! (pre & post activation techniques).
- Speed-Power & Endurance ratios in a session/microcycle/ mesocycle.
- Ability to increase both the size & ratio of fast twitch fibers and slow twitch fibers.
- Bottomline: DECATHLON PR vs SUM OF PRs



## KEY EVENT COMBINATIONS cont.

### 10 - DECATHLON COMBOS

1. Hurdles - PV - JT
2. Hurdles - PV - HJ
3. Hurdles - DT - PV
4. Hurdles - PV - LJ
5. Speed - SP
6. LJ - JT - Speed Endurance
7. DT - Weightroom
8. HJ - Speed Endurance
9. HJ - DT - Endurance
10. SP - HJ - Speed



## KEY EVENT COMBINATIONS cont.

### 7 - HEPTATHLON Combos

1. Hurdles - HJ - Speed Endurance
2. Hurdles - HJ - SP
3. Hurdles - HJ - JT
4. LJ - JT - Speed Endurance
5. LJ - JT - Speed
6. SP - Weightroom
7. HJ - JT -Endurance



# UNDERSTANDING THE ENERGY SYSTEMS

DURATION OF THE EXERCISE	INTENSITY OF THE EXERCISE	PRIMARY ENERGY SYSTEM(S)
0-6 seconds	extremely high	Phosphagen
6-30 seconds	very high	Phosphagen and fast glycolysis
30 sec - 2 min	High	fast glycolysis
2-3 minutes	Moderate	fast glycolysis and oxidative system
>3 min	Low	oxidative



# BIOMOTOR ABILITIES AS A GUIDE TO PLANNING.

The 5-Primary Biomotor abilities:

1. Speed
2. Strength.
3. Flexibility.
4. Endurance.
5. Coordination.



# MOTOR LEARNING PRINCIPLES OF THIS PHILOSOPHY

## Generalized Motor Program Theory

'Motor patterns already exist and can be adapted to various situations and environments'



## Dynamic Systems Theory

'The ability to replicate skills results from repeatedly organizing movements in similar environmental conditions.'

# PROGRAM DESIGN

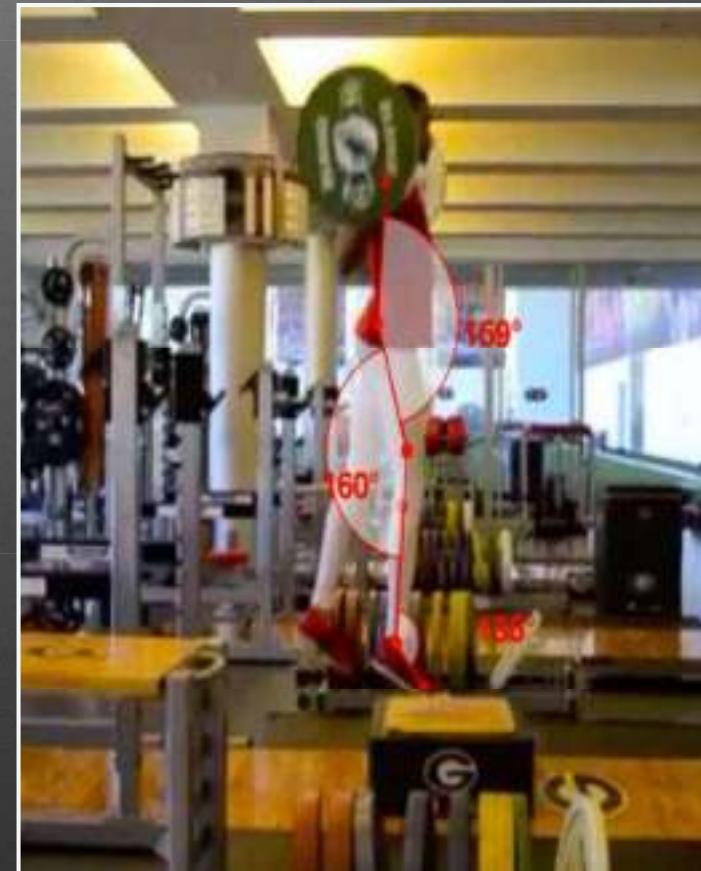
## MAJOR CONSIDERATIONS

- Cognitive decision.  
(understanding of knowledge)
- Nature of the task.
- Perception of the task.
- Injury prevention mechanisms.
- Environmental factors.
- Anatomical concerns.
- Proprioceptive concerns.



## PROGRAM DESIGN cont.

- Needs Analysis
- Volume VS Intensity
- Psychological factors
- Mechanical deficiencies
- Skill/complex motor skill first
- Control Tempo runs
- BALANCE!



## W.I.N. (What's Important Now)

- Can't predict the future
- Always be ready to adjust.
- Plan ahead
- Keep things simple
- Not Over until it's Over!



SUCCESS COMES BY DOING SIMPLE  
THINGS EXTRAORDINARILY WELL

# DECATHLON Sample Microcycle: WEEK OF SEPTEMBER 1st

DECATHLON						
M	T	W	R	F	S	
<ul style="list-style-type: none"> <li>ndle dynamic warm up</li> <li><b>DRLES</b></li> <li>K's x 5</li> <li>Marilia's x 5 each leg/lead leg</li> <li>ll one step x 5</li> <li>T x 5 (low/high)</li> </ul>	<b>WEIGHTROOM (morning)</b> <ul style="list-style-type: none"> <li>3-Stage Clean (floor, knee,hang)</li> <li>3x3x50% (2-leg box jumps)</li> <li>Back Squat (parallel)</li> <li>5x5x50% (20m drives)</li> <li>Hang Snatch progression (HK)</li> <li>3x3xPull below knee, snatch</li> </ul> <p><b>take off drills (gross)</b></p> <ul style="list-style-type: none"> <li>Hong x 5</li> <li>p x 5</li> <li>tep x 5</li> <li>ver handles x 5 (each leg)</li> </ul> <p><b>m alternate bounding x 5</b></p> <p><b>AIR COMBO (2 sets)</b></p> <ul style="list-style-type: none"> <li>upper</li> <li>lr sprints</li> </ul>	<b>WEIGHTROOM (morning)</b> <ul style="list-style-type: none"> <li>CLEAN pulls</li> <li>3x4 (sprints)</li> <li><b>HANG SNATCH TO OH SQUAT</b></li> <li>3x3x50% (hungle hops)</li> <li>STEP UPS</li> <li>5x5x50%</li> </ul> <p><b>BEAR COMBO</b></p> <ul style="list-style-type: none"> <li>(cl-frsqut-ppress-bk sq-bthsq)</li> <li>3 sets (2 reps each part)</li> </ul> <p><b>HUDRLES</b></p> <ul style="list-style-type: none"> <li>TzIK's x 5</li> <li>Marilia's x 5 each leg/lead leg</li> <li>ll one step x 5</li> <li>OTT x 5 (low/high)</li> </ul> <p><b>LJ TO drills</b></p> <ul style="list-style-type: none"> <li>(same as HJ)</li> </ul> <p><b>pm</b></p> <p><b>standing LJ x 6</b></p> <p><b>SHOT THROWS</b></p> <ul style="list-style-type: none"> <li>overhead x 10</li> <li>Underhand x 10</li> <li>POWER x 10</li> <li>JAVELIN BALL THROWS</li> <ul style="list-style-type: none"> <li>standing x 20, cross overs x 20</li> <li>DISCUS ball throws</li> <li>POWER x 10</li> <li>half turn x 10</li> <li>4 x 30</li> </ul> </ul>	<b>WEIGHTROOM (afternoon)</b> <ul style="list-style-type: none"> <li>3-Stage Clean (floor, knee,hang)</li> <li>3x3x50% (2-leg box jumps)</li> <li>Back Squat (parallel)</li> <li>5x5x50% (20m drives)</li> <li>Hang Snatch progression (HK)</li> <li>3x3xPull below knee, snatch</li> </ul> <p><b>Heel Raises-Tibia Flex</b></p> <ul style="list-style-type: none"> <li>3x5+5 x 50% (high knees)</li> <li>1-leg RDL (BAR)</li> <li>5x5 each leg (sprints)</li> </ul> <p><b>DB Push Press/Incline Bench</b></p> <ul style="list-style-type: none"> <li>3x6</li> </ul> <p><b>WW with Barbell</b></p> <ul style="list-style-type: none"> <li>2x30</li> </ul> <p><b>1-leg V-ups with Russian twist</b></p> <ul style="list-style-type: none"> <li>1x20 each leg</li> </ul> <p><b>pm</b></p> <p><b>SANDPIT (3 sets)</b></p> <ul style="list-style-type: none"> <li>high knees</li> <li>back pedal</li> <li>lunges fwd</li> <li>lunges bwd</li> <li>cycling</li> <li>hold strength</li> <li>1-leg hop at place Rel</li> <li>plank walks 15m+15m</li> </ul>	<p><b>HUDRLES</b></p> <ul style="list-style-type: none"> <li>TzIK's x 5</li> <li>Marilia's x 5 each leg/lead leg</li> <li>ll one step x 5</li> <li>OTT x 5 (low/high)</li> </ul> <p><b>pole carrying drills x 3 each</b></p> <p><b>sand drills x 5 each</b></p> <p><b>slide box/High bar Combe x3SET</b></p> <p><b>Feet to bar with MB</b></p> <ul style="list-style-type: none"> <li>1x30</li> </ul> <p><b>Reverse Hypers with MB throw</b></p> <ul style="list-style-type: none"> <li>1x30</li> </ul> <p><b>pm</b></p> <p><b>standing LJ x 6</b></p> <p><b>SHOT THROWS</b></p> <ul style="list-style-type: none"> <li>overhead x 10</li> <li>Underhand x 10</li> <li>POWER x 10</li> <li>JAVELIN BALL THROWS</li> <ul style="list-style-type: none"> <li>standing x 20, cross overs x 20</li> <li>DISCUS ball throws</li> <li>POWER x 10</li> <li>half turn x 10</li> <li>4 x 30</li> </ul> </ul>	<p><b>STAIR COMBO</b></p> <ul style="list-style-type: none"> <li>3 lopper</li> <li>stair sprints</li> <li>2 lopper</li> <li>stair sprints</li> <li>1 lopper</li> <li>stair sprints</li> <li>3 lopper</li> <li>stair sprints</li> <li>2 lopper</li> <li>stair sprints</li> </ul>	swim 20'

# HEPTATHLON Sample Microcycle: WEEK OF SEPTEMBER 1st

HEP					
M	T	W	R	F	S
hurdle dynamic warm up <b>HURDLES</b> Tzik's x 5 Marilia's x 5 each leg/lead leg trail one step x 5 OTT x 5 (low/short)	<b>WEIGHTROOM (morning)</b> 3-Stage Clean (floor, knee,hang) 3x3x50% (2-leg box jumps) Back Squat (parallel) 5x5x60% (20m drives) Hang Snatch progression (HK) 3x3xPull below knee, snatch	<b>WEIGHTROOM (morning)</b> CLEAN pulls 3x4 (sprints) <b>HANG SNATCH TO OH SQUAT</b> 3x3x65% (hurdle hops) STEP UPS 5x5x65%	<b>WEIGHTROOM (afternoon)</b> 3-Stage Clean (floor, knee,hang) 3x3x50% (2-leg box jumps) Back Squat (parallel) 5x5x60% (20m drives) Hang Snatch progression (HK) 3x3xPull below knee, snatch	<b>HURDLES</b> Tzik's x 5 Marilia's x 5 each leg/lead leg trail one step x 5 OTT x 5 (low/short)	swim 20'
HJ take off drills (grass) walking x 5 skip x 5 3 step x 5 power hurdles x 5 (each leg) 20m alternate bounding x 5	Heel Raises-Tibia flex 3x5+5 x 50% (high knees) 1-leg RDL (BAR) 3x5 each leg (sprints) <b>D8 Push Press/Incline Bench</b> 3x6	<b>BEAR COMBO</b> (cl-fr-squat-ppress-lk sq-blhnsq) 3 sets (2 reps each part) <b>HURDLES</b> Tzik's x 5 Marilia's x 5 each leg/lead leg trail one step x 5 OTT x 5 (low/short)	Heel Raises-Tibia flex 3x5+5 x 50% (high knees) 1-leg Squat 3x5+5x60% (1-leg step up jumps) 1-leg Push Press 3x5x50%	<b>STAIR COMBO</b> 1-lapper stair sprints 2-lapper stair sprints 1-lapper stair sprints	
<b>STAIR COMBO</b> 3 lapper stair sprints 2-lapper stair sprints 1-lapper stair sprints	1-leg V-ups with Russian twist 1x20 each leg  pm standing LJ x 6 <b>SHOT THROWS</b> overhead x 10 Underhand x 10 POWER x 10 <b>JAVELIN BALL THROWS</b> standing x 20, cross overs x 20  4 x 2s	LJ T.O. drills (same as HJ)  <b>SANDPIT (3 sets)</b> high knees back pedal lunges fwd lunges bwd cycling Tibia strength plank walks 15m+15m	Feet to bar with MB 1x30 Reverse Hypers with MB throw 1x30  pm (only HEP) standing LJ x 6 <b>SHOT THROWS</b> overhead x 10 Underhand x 10 POWER x 10 <b>JAVELIN BALL THROWS</b> standing x 20, cross overs x 20  4 x 2s		

# DECATHLON Sample Microcycle: week of OCTOBER 5th

DECA					
M	T	W	R	F	S
<b>SPEED</b> 2x20m SLED/BLOCKS 2x30m BLOCKS	<b>WEIGHTROOM (am)</b> <b>POWER CLEAN FROM FLOOR</b> 4x2 x 85% (HH)	PV Short approach jumps x 10	<b>WEIGHTROOM (pm)</b> <b>HANG SNATCH</b> 4x2x75% (sprints)	PV Short approach jumps x 10	<b>WEIGHTROOM (am)</b> <b>POWER CLEAN FROM FLOOR</b> 4x2 x 85% (HH)
LJ penultimate-box drill x 3 pop-up 8-12 step jumps x 6	<b>BACK SQUAT 90 (sprints)</b> 4-3-2-2-2 x 65%-85%	HURDLES wall drills x 5 each	<b>CLEAN GRIP DL</b> 2x3x85% (HH)	HURDLES wall drills x 5 each	<b>BACK SQUAT 90 (sprints)</b> 4-3-2-2-2 x 65%-85%
2x30m SS 2x30m FS	<b>STEP-UPS</b> 3x3x85% (LJ TOI) LUNGES (cycled High Knees) 3 x 4FWD-4BWD x 40kg BENCH PRESS/PULLOVER 3x3+5x85% (THROWS) FEET TO BAR	SH/TDL x 2H-2L SH/OTTx 3H-3L	<b>STEP UPS</b> 3-2-2-2 x 90% (LJ TOI) 1-LEG SQUAT 3x3x85% (alternate bounding)	SH/DL 1-LEG CLEAN + JERK 3 x 2+2 (hopRehopL x 3) HEEL RAISES-TIBIA JUMP 3x3x65% (candle jumps)	<b>DISCUS</b> AP-AP-AF
BOUNDING 9-bounds and jump (standing)x3	1x30	3-lapper 48"/lap rest: 1'45 300m on track 42" rest: 1' stair sprints stair double leg hops 5' rest	INCLINE BENCH/PUSH PRESS 3x3+3x85%	3-lapper 48"/lap rest: 1'45 300m on track 42" rest: 1' stair sprints stair double leg hops 5' rest	ADVANCED CORE
JAVELIN pick 10' crossover drill x 5		3-lapper 48"/lap rest: 1'45 300m on track 42" rest: 1' stair sprints stair double leg hops 5' rest		3-lapper 48"/lap rest: 1'45 300m on track 42" rest: 1' stair sprints stair double leg hops 5' rest	
5 x 150m @ 15"	PM OFF (massage/chiro/therapy)	stair sprints stair double leg hops	SHOT PUT 20 throws	stair sprints stair double leg hops	
(Ubo-Gonzo can join) choice of 4x150 or 4x stair combo	UTILIZE THE PM OFF		HJ short jumps x 6		

# HEPTATHLON Sample Microcycle: week of OCTOBER 5th

HEP					
M	T	W	R	F	S
SPEED 2x20m SLED/BLOCKS 2x30m BLOCKS	WEIGHTROOM (am) POWER CLEAN FROM FLOOR 4x2 x 85% (HH)	HURDLES wall drills x 8 each 6H/TRAIL x 2H-2L 6H/OTTx 3H-3L	WEIGHTROOM (pm) HANG SNATCH 4x2x75% (sprints) CLEAN GRIP DL 2x3x95% (HH)	HURDLES wall drills x 8 each 6H/TRAIL x 2H-2L 6H/OTTx 3H-3L	WEIGHTROOM (am) POWER CLEAN FROM FLOOR 4x2 x 85% (HH)
LJ penultimate-box drill x 3 pop-up 12-step jump x 6	BACK SQUAT 90 (sprints) 4-3-2-2-2 x 65%-85% STEP-UPS 3x3x85% (LJ T.O.)	HJ High Knee approaches x 2 short approach (5) jumps x6	STEP UPS 3-2-2-2 x90% (LJ TO)	HJ approaches x 3 FAST short approach (2 or 5) jumps x6	BACK SQUAT 90 (sprints) 4-3-2-2-2 x 65%-85%
2x30m SS 2x30m FS	3 x 4FWD-4BWD x 40kg BENCH PRESS/PULLOVER 3x3+5x85% (THROWS)	BOUNDING taikoleleleka x 3 x 30m	1-LEG SQUAT 3x3x85% (alternate bounding) 1-LEG CLEAN + JERK 3 x 2+2 (hopR+hopL x 3)	1-LEG SQUAT 3x3x65% (candle jumps) INCLINE BENCH/PUSH PRESS 3x3+3x85%	LUNGES (cycled High Knees) 3 x 4FWD-4BWD x 40kg BENCH PRESS/PULLOVER 3x3+5x85% (THROWS)
BOUNDING 9-bounds and jump (standing)x3	Ix30	2-lapper @ 45°/lap rest: 1'45" 300m @ 45° rest: 1'	HEEL RAISES-TIBIA-JUMP 3x3x65% (candle jumps) INCLINE BENCH/PUSH PRESS 3x3+3x85%	2-lapper @ 45°/lap rest: 1'45" 300m @ 45° rest: 1' Stairs sprints stairs double leg hops rest: 4'	Stairs sprints stairs double leg hops rest: 4'
JAVELIN pick 10' crossover drill x 5	11:00am KTOR/ALIYAH (HEPs only 4 x Xs at 21')	Stairs sprints stairs double leg hops rest: 4'	PM (only HEP) SHOT PUT 20 throws	2-lapper @ 45°/lap rest: 1'45" 300m @ 45° rest: 1' Stairs sprints stairs double leg hops	ADVANCED CORE
3 x 150m @ 19°	TJ drills hop drill 1-step x 2 1-legged horse drill x 2each power skip to bound x 2each bound drill 4-steps x 3 RUNWAY HOP-3BOUNDS-JUMP x 3 (4step) 6-step TJ x 3-4	2-lapper @ 45°/lap rest: 1'45" 300m @ 45°	Kendell 410lbs ST/U	KTOR - ALIYAH - CHANICE Hurdles ONLY OTT 2+2 TJ grass drills x 2 each 6 x Xs jogg between	
		KTOR - ALIYAH - CHANICE 2 x 300m @ 43° rest: 5'			

# DECATHLON Sample Microcycle: week of NOVEMBER 16th

DECA					
M	T	W	R	F	S
<b>HURDLES</b> warm up/wall drills/troll-OTT STARTS: 3x3st; 3x3nd  <b>DV</b> short jumps x 6-8  <b>LJ</b> approaches x 3 with pop-up take off drill thru hurdles x 4  5 x 200m @ 30"/30"	<b>WEIGHTROOM</b> <b>POWER CLEAN FROM FLOOR</b> 2-2-2-1 x 80-95% (HH) <b>HANG SNATCH</b> 3x 2 x (80-90-50%) - (sprints) <b>SQUAT</b> (bangie-90d) 3x3x85-90% (sprints) <b>STEP UPS (1-leg BOX JUMPS)</b> 2-2-2-1 x 85-95% <b>ROL/HEEL-TIBIA-JUMP COMBO</b> 2x5+5 (alternate bounding) <b>BENCH PRESS/DB PUSH RPRESS</b> 3x3x3x90%	<b>HURDLES</b> warm up/wall drills/troll-OTT 8H x OTT x 3 (8.80m/41" techn.) <b>JAVELIN PICK 10'</b> 2x3x50% FAST <b>STEP UPS (1-leg BOX JUMPS)</b> 2-2-2-1 x 85-95% <b>L-LEG SQUAT (LIGHT-LOW)</b> 2x3x85% (alternate Bounding) <b>1-leg altered box drill (HOP-drive)</b> 2x3x85% (sprints) <b>ROL/HEEL-TIBIA-JUMP COMBO</b> 2x5+5 (HIGH KNEES) <b>SPLIT JERK/PULLOVER</b> 3x3x80% - 3x6	<b>WEIGHTROOM</b> <b>POWER CLEAN FROM FLOOR</b> 2-2-2-1 x 80-95% (HH) <b>HANG SNATCH</b> 3x 2 x (80-90-50%) - (sprints) <b>SQUAT (MAX)</b> 3-2-1 (sprints) <b>STEP UPS (1-leg BOX JUMPS)</b> 2-2-2-1 x 85-95% <b>BOUNDING</b> 2-step: 9-bounds + Jump x 3	<b>HURDLES</b> warm up/wall drills/troll-OTT STARTS: 2x3st; 1x3rd 2x 40mH  <b>DV</b> short jumps x 6-8  <b>LJ</b> 1-leg altered box drill (HOP-drive) 2x3x85% (sprints) <b>INCLINE BENCH</b> 3x3x85-95% <b>ADVANCED CORE</b> Ultra/Sonza 95kg H. SN	<b>WEIGHTROOM</b> <b>POWER CLEAN FROM FLOOR</b> 2-2-2-1 x 80-95% (HH) <b>HANG SNATCH</b> 3x 2 x (80-90-50%) - (sprints) <b>SQUAT (MAX)</b> 3-2-1 (sprints) <b>STEP UPS (1-leg BOX JUMPS)</b> 2-2-2-1 x 85-95% <b>BOUNDING</b> 2-step: 9-bounds + Jump x 3
<b>AM</b>					
<b>SPEED</b> 3x30m SLED 3x30m SS  <b>SHOT PUT</b> 20 total throws  <b>SHED GYMNASTICS</b> muscle up dips x 6 movingbubkes x 6 bubka pull ups rope x 6 climb rope (NO FEET) x 2 TIC-TOCS x 6					
<b>PM</b>					
<b>SPEED</b> 3x30m SLED 3x30m PS  <b>HQ</b> short Jumps x 5  <b>HQ HURDLE HOPS x 3+1</b>  <b>DISCUS</b> 15 total throws					

# HEPTATHLON Sample Microcycle: week of NOVEMBER 16th

HEP					
M	T	W	R	F	S
HURDLES warm up/wall drills/trail-OTT STARTS: 3x1st; 3x3rd	WEIGHTROOM POWER CLEAN FROM FLOOR 2-2-2-1 x 80-95% (HH)	HURDLES wall drills: 5 of each (3) 8H x OTT x 3 (8m/33° technique)	WEIGHTROOM POWER CLEAN FROM FLOOR 2-2-2-1 x 80-95% (HH)	HURDLES warm up/wall drills/trail-OTT starts: 2x1, 1x3 2x60mH	WEIGHTROOM POWER CLEAN FROM FLOOR 2-2-2-1 x 80-95% (HH) HANG SNATCH
LJ approaches x 3 with pop-up take off drill thru hurdles x 4	3x 2 x (80-90-50%)- (sprints) SQUAT (bongie-90d) 3x3x85-90% (sprints) STEP UPS (1-leg BOX JUMPS) 2-2-2-1 x 85-95%	JAVELIN PICK 10' 2x3x50% FAST STEP UPS (1-leg BOX JUMPS)	2x3x50% FAST STEP UPS (1-leg BOX JUMPS) 2-2-2-1 x 85-95%	HJ short approach jumps x 6-8 1-LEG SQUAT (LIGHT-LOW) 2x3x85% (alternate Bounding) 1-leg cuffed box drill (HIP-drive)	3x 2 x (80-90-50%)- (sprints) SQUAT (MAX) 3-2-1 (sprints) STEP UPS (1-leg BOX JUMPS) 2-2-2-1 x 85-95% LUNGES
4x200m @ 30°/45° (JUMPERS: 6 x 60m GRASS 20-20-20)	BENCH PRESS/DB PUSH RPRESS 3x3+3x90%	300m @ 45° 5' REST 2-lapper @ 50°/lap	RDL/HEEL-TIBIA-JUMP COMBO 2x5+5 (alternate bounding) 300m @ 45°	RDL/HEEL-TIBIA-JUMP COMBO 2x5+5 (HIGH KNEES) SPLIT JERK/PULLOVER 3x3x80% - 3x6 PM - HEP	2 x 150m @ 17°5° rest: 7' 3x3x 95% (sprints) INCLINE BENCH 3x3x85-95% ADVANCED CORE
	PM - HEP SPEED 3x30m SLED 3x30m SS		SPEED 3x30m SLED 3x30m FS		Kendall: 210kg SU/90kg CL KTOR: 190kg SU/85kg CL Porter: 190kg SU Xanis: 190kg SU/75kg CL
	SHOT PUT 15 total throws		SHOT PUT 15 total throws		

# HEPTATHLON : week of JANUARY 26th

## (weSample Microcycleek following a HEP/PENT)

<b>HEPTATHLON</b>					
M	T	W	R	F	S
	Beh.Nck.Press to OvH Sqx5 1x10x hip flexor/add-abd machine POWER CLEAN FROM FLOOR 3-2-2-1-1-1 x 85%-95% (HH) Hang Snatch 2x3x50% EXPLO (sprints) STEP UPS (LT T.O) 3-2-2-1-1-1 x 85%-95% SQUAT (range of motion) 3x3x 50% (sprints) RDL/Heel/R+Tibia+Jump 3x3+3x75% (alternate bounds) Incline Bench press (HJ: Split J) 3-3-2-2-2 (SP throws)  Feet to Bar with MB x 20				Beh.Nck.Press to OvH Sqx5 1x10x hip flexor/add-abd machine POWER CLEAN FROM FLOOR 3-2-1 x 80-90-95% Hang Snatch 2x3x50% EXPLO (sprints) 1-leg squat 2x3x75% (1-leg box jumps) 1-leg abed BH Neck press 3 x 3 each leg (1-leg box jumps) DB RDL 1-leg/HALF SQ Jump 2x3+3 x 65% (alternate bounds) Incline Bench press (HJ: Split J) 3-3-2-2 (SP throws)
					CORE
hurdle dynamic warm up <b>HURDLES</b> technique SH/trail x 2 high/low SH/OTT x 3 high/3 Low  HJ jump from 3/4#S steps x 5  4 x 150s @ 30" (aliyah will do stair combo )	SHOT PUT 15 total throws	hurdle dynamic warm up <b>HURDLES</b> technique SH/trail x 2 high/low SH/OTT x 3 High/3 Low STARTS: 3x2nd, 3x4th  LJ penultimate box drill x 3-5 short approach take off/j x 5  GRASS COMBO (1-SET) 30m hopR, 30m HopL, 30m offbound 3 x 2 loppers @ 50"/lap	SHOT PUT 15 total throws	hurdle dynamic warm up <b>HURDLES</b> technique SH/trail x 2 high/low SH/OTT x 3 high/3 Low STARTS: 3x2nd, 3x4th  HJ approaches x 3 jump from half x 5  9-bounds + jump x 3  4x200m @ 30" rest:30"	

# DECATHLON Sample Microcycle: week of JANUARY 26th (week following a HEP/PENT)

DECATHLETES					
M	T	W	R	F	S
	Beh.Nck.Press to Over Sqx5 1x10x hip flexor/add-abd machine <b>POWER CLEAN FROM FLOOR</b> 3-2-2-1-1-1 x 85%-95% (HI) Hang Snatch 3x3x50% EXPLO (sprints) STEP UPS (LT T.O) 3-2-2-1-1-1 x 85%-95% <b>SQUAT (range of motion)</b> 3x3x 80% (sprints) RDL/HeelR+Tibia+jump 3x5+5x75% (alternate bounds) <b>Incline Bench press (HQ: Split J)</b> 3-3-2-2-2 (SP throws) Feet to Bar with MB x 20				Beh.Nck.Press to Over Sqx5 1x10x hip flexor/add-abd machine <b>POWER CLEAN FROM FLOOR</b> 3-2-1 x 80-90-95% Hang Snatch 2x3x50% EXPLO (sprints) 1-leg squat 2x3x75% (1-leg box jumps) 1-leg sited BH Neck press 3 x 3 each leg (1-leg box jumps) <b>BH RDL 1-leg/HALF SQ Jump</b> 2x5+5 x 65% (alternate bounds) <b>Incline Bench press (HQ: Split J)</b> <b>CORE</b>
10 x Xs Jogg behw. (40"200m) light core isometric planks: 3 SETS front, sideR, sideL x 60" each	<b>SHOT PUT</b> 15 total throws	hurdle dynamic warm up <b>HURDLES</b> technique SH/trail x 2 High/Low SH/OTT x 5 High/2 Low	<b>SHOT PUT</b> 15 total throws <b>GYMNASTICS (2-sets)</b> muscle up dips x 5 Burka pull ups on BAR x 10 Burkas on ROPE x 5 Tic-tacs x 5 CLIMB rope x 2	hurdle dynamic warm up 2 x 30m PS	<b>HURDLES</b> wall drills technique SH x OTT x 5
		<b>INDOOR PV</b>	4 x Xs jogg between	<b>LJ</b> short approach jumps x 8 <b>GRASS COMBO (1-SET)</b> 30m hopR, 30m HopL, 30m offbound	4 x 300m @ 46" rest 2'

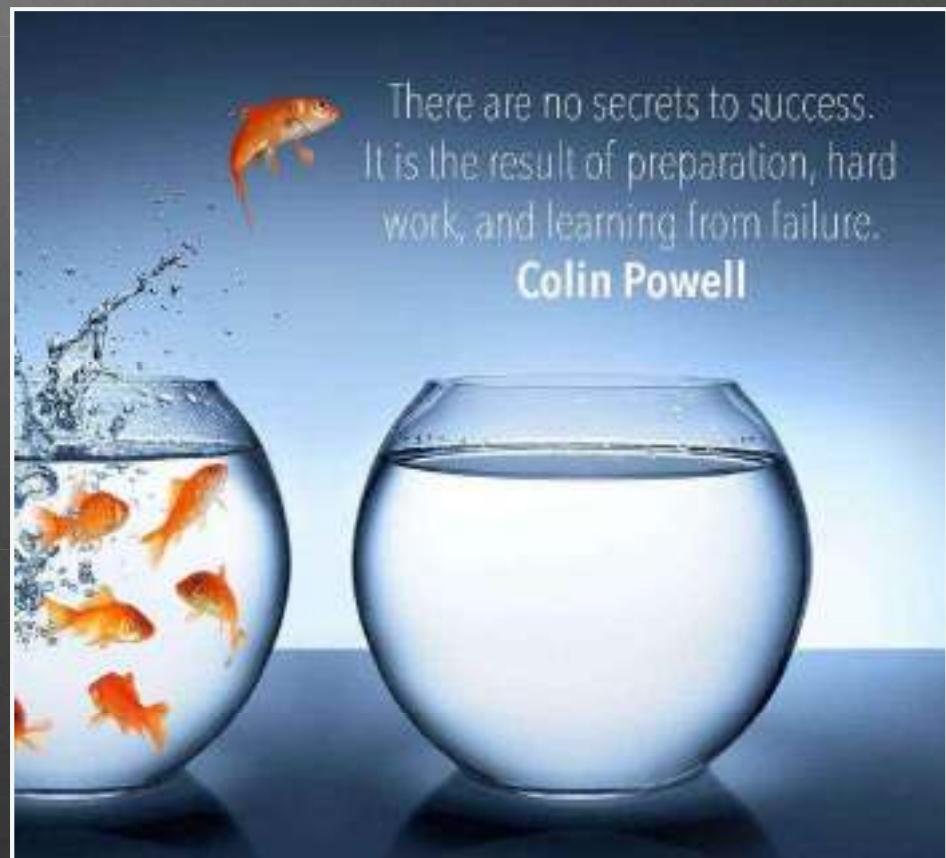
# SAMPLE MICROCYCLE

## 10 days leading to World Championships

<b>DECATHLON</b>					
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
<b>SHOT PUT</b> 3 x powers 6 x full	<b>Hurdles Technique</b> 2 x 8 hurdles DTT (26ft/L03m)	<b>PV</b> short x 3 Full x 3	<b>LJ</b> approaches x 2-3 short jumps x 2-3		<b>HURDLES</b> starts: 2x2, 2x4
<b>WEIGHTS</b> <b>CLEAN (184)</b> 1x2x100kg 1x2x105 1x1x110 1x1x115	<b>2 x 30m PS</b> 1 x 60m PS	<b>JAVELIN</b> pick 15' approaches easy release x 3-4	4 bounds + jump x 3 (explosive off ground)	1 x 300m @ 100%	<b>DISCUS</b> 2 x powers 6 x FULL
<b>HANG SNATCH</b> 2x3x65kg EXPL (high knees) <b>SQUAT (high knees)</b> 3x3x110-115	3 x 400m @ race pace rest: 4'				<b>HJ</b> approaches x 3 with scissors
<b>Step ups (alternate bounding)</b> 2x3x150kg <b>Inline Bench</b> 3x3x75kg (SP throws) 2 x 100m on grass (build up)					Hang Snatch: 2x3x60kg EXPL step ups: 2x3x120kg EXPL Tibia-heel raise/jump: 2x3x100kg
24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
PV short jumps x 3-4  1 x 400m @ race pace	<b>STARTS</b> 2-3 x 20m  4kg overhead shot throws x 3	<b>starts HURDLES</b> 2x2nd	hang snatch: 2x3x60kg EXPL Tibia-heel raise/jump: 2x3x100kg	<b>IAAF WORLD CHAMPIONSHIPS - DECATHLON</b>	

## TESTING THE COMBINED EVENT ATHLETE

- 30m F.S.
- 30m S.S.
- 300m
- 25m Hop Testing
- Flex Test (S&R)
- Standing LJ
- Overhead 4kg Shot throw
- Power Clean
- Back Squat



There are no secrets to success.  
It is the result of preparation, hard  
work, and learning from failure.

**Colin Powell**

## Dr Chu's 25m hop testing

% RANK	FEMALES (SEC)	MALES (SEC)
EXCELLENT	3.13 - 3.75	2.70 - 3.25
	3.76 - 4.50	3.36 - 3.90
VERY GOOD	4.51 - 5.70	3.91 - 5.00
	5.71 - 6.90	5.01 - 6.10
GOOD	6.91 - 8.15	6.11 - 7.20
	8.16 - 8.90	7.21 - 7.90
AVERAGE	8.91 - 9.45	7.91 - 8.40
	9.46 - 10.05	8.41 - 8.95
POOR	10.06 - 10.34	8.96 - 9.25
	10.35 - 10.70	9.26 - 9.60

## SAMPLE EVENT SPECIFIC DRILLS - Pre-Activation



## SAMPLE EVENT SPECIFIC DRILLS - HJ



## SAMPLE EVENT SPECIFIC DRILLS - LJ



## SAMPLE EVENT SPECIFIC DRILLS - Sprints



## SAMPLE EVENT SPECIFIC DRILLS - Shot Put



## SAMPLE EVENT SPECIFIC DRILLS - Shot Put



## SAMPLE EVENT SPECIFIC DRILLS - Jumps & Sprints



## SAMPLE EVENT SPECIFIC DRILLS



## SAMPLE EVENT SPECIFIC DRILLS - stability



## SAMPLE EVENT SPECIFIC DRILLS - Speed Strength



## SAMPLE EVENT SPECIFIC DRILLS - Power



keep striving for  
perfection, mates!



Thank You!