



Academy of Combined Events

Combined Events Training

16th April 14

6 - 8.00pm

5.45 Arrive, Warm up will start at 6.00pm sharp	
Under 13s (Quadrathlon Training)	U15s+ Pentathlon, Heptathlon, & Quadrathlon
6.15pm	6.15
800m	Hurdles –
Pace judgement Pyramid –	<ul style="list-style-type: none"> • Dynamic drills 15 mins
150, 200, 250, 300, 250, 200 and 150m	
Or	6.30pm
100, 150, 200, 250, 200, 150, 100	Long Jump
	<ul style="list-style-type: none"> • Take off drill & flight transition • Run up accuracy and consistency • Extended flight and landing drills
7.00pm	
Shot	7.15
<ul style="list-style-type: none"> • Med Ball warm up • Overheads • Power position: feet alignment and weight transfer • Release angle • Movement across the circle 	High Jump
	Run up accuracy
	Practise of take off mechanics
	Or
	Javelin
7.45pm	Static drills from Power Position
Starts, mini races over 15m	Release practise from 3 strides.