

# Multi-Event Clinic

Every Saturday June 11 thru July 2, 2011



*Designed for Multi event athletes and coaches to learn the intricacy of the various events and their relation to the decathlon/heptathlon. Over the four week period there will be in-depth technical training and personal instruction for hurdles, long jump, high jump, shot put, javelin, and pole vault. There will also be specific periodization (training plan) for multi event athletes in respect to training phases, warm up development, and weight training. This is perfect for all ages and levels of athlete (especially beginners).*



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- Week 1- Warm up development/ training phases.
- Week 2- Hurdle development/Shot put.
- Week 3- Sprint mechanics/high jump.
- Week 4- Long jump/javelin/pole vault.

## Prices

One day \$20

Two day \$30

Three day \$40

Four days \$50