

# Preparations for Gold Medal Performance

## Perspectives from Coach and Athlete

Dan O'Brien – 1996 Olympic Decathlon Champion  
Rick Sloan – Coach & 1968 Olympic Decathlon

Athlete  
Coach  
Support group

### TRAINING (90% Fit and 100% Healthy) (7 or 10 plates to spin)

Upper body → technique → run

Technique → lower body

- Weights      Strength/Fitness  
                    2-3 times a week  
                    Variety
- Running  
                    Strength/fitness  
                    circuit
- Technical  
                    Times/week/event
- Work ethic  
                    Consistency
- Collegiate athletes – long season  
                    Ability to do a variety of events.  
                    Great for development/hard to sustain.

### MENTAL

- Visualization (during and away from practice)  
                    -Compete on facility (Barcelona '92) (Atlanta '96)
- Competition during practice
- Close to major comp – (coaching – positive / negative)  
                    -need to test yourself (Tokyo '91)
- Grinder

## COMPETITION

- Transitioning events (pract / comp)
  - warm-up specific to event
  - Short time / long time
- Diet (before, during, after)
- Dealing with large fields (back yard?)
  - Dan in 1996 – 45 minutes between LJ's
- Preparation (check list) no surprises
  - Warm-up at big meets
- First event success
- Opening Heights / passing
  - Mark on first attempt

## CONSISTENCY IN COMPETITION (highs & lows) (Grinder)

- Preparation / Confidence
  - O'B quote from Tokyo / T-shirt in picture "In search of perfect 10"
  - Brian Clay quote – 2008 OT

## ATHLETE / COACH CONTACT

- Team approach – security
- Coaching / over coaching
  - what type of input

## WHAT SEPARATES A CHAMPION

- ability
- support
- training
- level of expectation and achievement
- challenge yourself