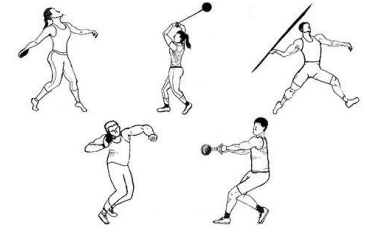


Track & Field - Different Events



Track is split up into jumps, vault, throws, sprints, hurdles, mid distance, and distance.

Jumps consist of high jump, long jump, triple jump, and pole vault.

Throws consist of javelin, shot put, hammer throw, and discus

Sprints consist of 60 (indoor), 100, 200, 300 (indoor), 400

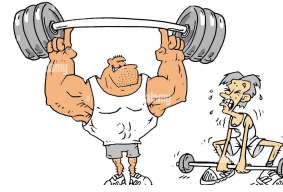
Hurdles consist of all sprint events except 300

Mid-D means 800, 1500, 1600 (indoor)

Distance is 3000 (indoor), 5000, 6000 (cross country), 10000

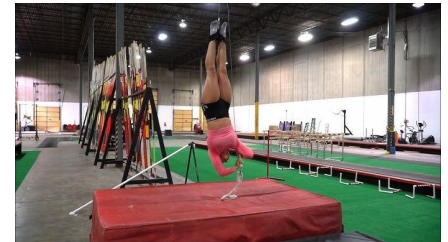


Track & Field - Training Differences



Based on the goals of the event, the athletes have to train differently.

- Sprint/jump events require more power
 - Athletes work on explosiveness, short but heavy loads
- Hurdles works on running through hurdles, mobility, power
- Throws works on muscle mass
 - Lifts very heavy, have to be able to throw something heavy
- Mid-D is a combination of anaerobic (short and fast) and aerobic (long cardio)
- Distance is all aerobic (continuous running needing oxygen to power)
 - Lifting is long reps of light weight
- Pole vault does a lot of gymnastics



Most Fun Tracks in the USA

