

# Integration of Olympic and Paralympic Training



Joaquim Cruz  
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# Background

- Taguatinga, Brasilia
- Free play
- Dreamer
- Basketball Coach
- Olympic Journey



# Olympic Training Center – 2005-2007

## **USOC Paralympics**

- 1 coach
- Paralympic Resident Program
- 6/8 Paralympic hopeful athletes - Podium
- Sprints and jumps
- National team candidate and discretionary

## **USAT&F**

- 3 coaches
- Resident Program
- 20 Olympic hopeful athletes
- Throws and Jumps
- USATF A-B Standard

# Olympic Training Center – 2008-Present

## Chula Vista Elite

- Integrated program
  - Olympic and Paralympic Track and Field
  - 30 Athletes combined – 10/20
- Throws, Sprints, Jumps, hurdles
- Middle distance and distance
- Shared coaches – 5 coaches
- Engaged leaderships
- Shared Services
- Olympic/Paralympic Training Base for many sports from different nations



# PERIODIZATION

- **Olympic and Paralympic Cycle**
  - Long Term - 3-4 years
  - Short Term - Yearly
- **Develop a Rapport**
  - Learn about the athlete/coach
  - Psychological and Physiological Fitness
- **Communicate the Program/Training Philosophy**
  - Expectations
  - 24hour athlete
  - Process develops champions and builds memories
- **Establish Training Program Formula**
  - Emphasis on Overall conditioning/athleticism
  - Introduction to different types of workouts
  - Train in order to Train/compete
- **Finish the Year Competing**



# PERIODIZATION

**EVENTS:** 800M AND 1500M

**TRAINING SEASON BEGINS:** OCTOBER 15<sup>th</sup>

**GOALS:** MAJOR EMPHASYS: World Championships and US Trails  
MINOR EMPHASYS: US Indoor Nationals and Outdoor Competitions

**FIELD TESTS/AVALUATION AND/OR TIME TRIALS:**

**LAB Tests:**

**DATES:**

**FIELD TEST:**

**TRAINING PROGRAM** - DEVIDED INTO 6 PHASES:

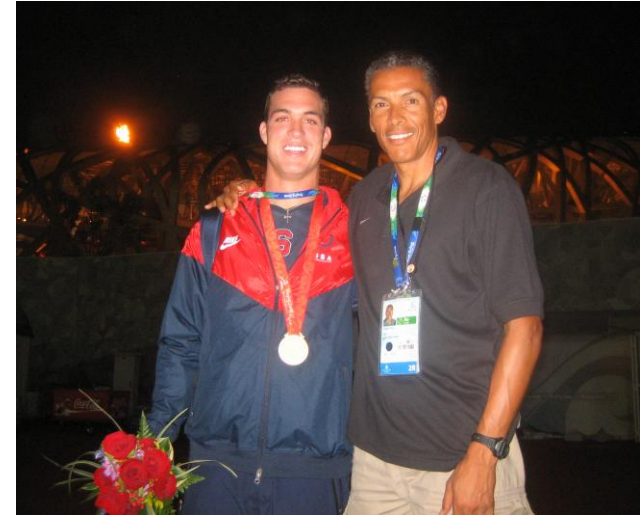
## MACROCYCLE

## MESOCYCLE

PRE- BASIC AND CONDITIONING.....OCTOBER  
BASIC PREPARATION .....OCTOBER THROUGH FEBRUARY  
TRANSITION.....FEBRUARY  
SPECIFIC PREPARATION – PRE-COMPETITIVE ..... FEBRUARY THROUGH MAY  
PRE-COMPETITIVE AND COMPETITIVE PREPARATION....JUNE THROUGH AUGOST  
RECOVERY PERIOD .....SEPTEMBER

## MICROCYCLE

**TRAINING REGIMENT:** Practice from Monday through Saturday  
Athletes will be required to train twice a day at least 3 days of the week



# 2012 Schedule of Competition

## Paralympic

Date	Name	Location	State	Athlete	Place
March 17	San Diego State	San Diego	CA		
April 07	Mangrum Invitational	San Marcos	CA		
April 14	Pomona-Pitzer Invitational	Pomona -CA	CA		
April 19-21	Mt. Sac Relays	Walnut, CA	CA		
April 27-28	UCSD Triton Invitation	San Diego	CA		
<b>April</b>	<b>High Performance Camp</b>	<b>OTC</b>	<b>CA</b>		
May 5	OXY Invitational	LA	CA		
18-20 May	Desert Challenge Games	Red Mountain High School	Mesa, AZ		
19-23	Manchester	London	UK		
May 21	OCCIDENTAL High Performance	Los Angeles, CA	CA		
June 2	JIM BUSH	UCLA	CA		
June 5-11	Canada	Canada	Relay team		
June 9	USATF So Cal Association Meet	Olympic Training Center	CA		
June 20-July 1st	US National Track and Field	Eugene- OR	OREGON		
29 June-1 July	U.S. Paralympics Track and Field Trials	IUPUI Campus	Indianapolis		
<b>August 03- 10</b>	<b>Olympic Games 2012</b>	<b>London - GB</b>	<b>London</b>		
17-26 Aug	Paralympic Games Prep Camp	Lakenheath AFB	Lakenheath		
<b>28-10 Sept.</b>	<b>Paralympic Games</b>	<b>London</b>	<b>London</b>		
Sent 12-October 15	Recovery	Recovery	Recovery		

# TRAINING PROGRAM

## MESOCYCLE

**PRE-ADAPTATION AND CONDITIONING** - OCTOBER 15<sup>th</sup>– 28<sup>th</sup> – ***GOAL SETTING, PLANNING AND CONDITIONING THE MIND & BODY IN ORDER TO START TRAINING***

### PRIMARY FOCUS:

- Medical Examination and Evaluation – Blood Analysis, Body Composition, etc... **Dr. QUINCY**
- Athletes Muscular Assessment and Evaluation - **The trainers**
- WADA – Whereabouts
- Nutritional Journal –
- Biomechanics - **Phil Chetan**
- Career planning – **Social services**
- Sport Psychology –
- Events Goal Setting - **W/coach Cruz**
- Strength Training- Weight Training - Circuit Training – **James**
- Sport Physiology– **Michael Shannon**
- Running journal - Weight training program, field tests and evaluation and competition results

### SECONDARY FOCUS: 2 weeks

- General conditioning – Improve athleticism
- Warm up Running Drills
- Intro Mechanics
- Introduction to Core conditioning
- Strength Training - Circuit Training
- Stability and Flexibility – Ball exercises
- Yoga and Recovery



# 2005-2012 – OLYMPIC AND PARALYMPIC RESULTS

- 10 Paralympic resident athletes competed in the two Paralympic Games
- 16 Paralympic Medals – 7 Gold, 5 Silver and 4 Bronze
- 9 World records
- 1 Olympic resident athlete competed in the last two Olympic Games.



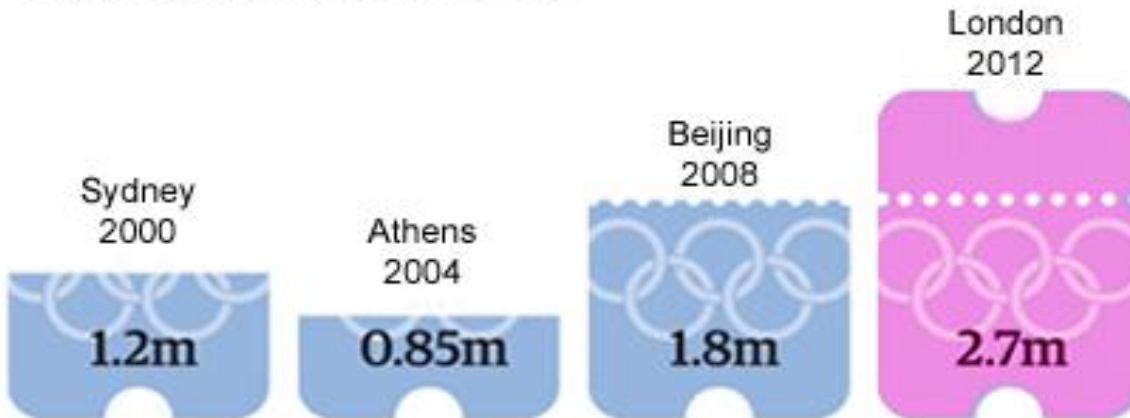
# Facts about London 2012 Paralympic Games

## LONDON 2012 PARALYMPICS RECORD-BREAKING NUMBERS

- 4** Billion Viewers
- 72** Billion Dollars In Revenue
- 100** Countries Broadcasted
- 4,280** Athletes Competed
- 165** Nations Participated



## PARALYMPIC TICKETS SOLD



# THE DREAM GOES ON

