

The initial athlete attributes in a squad are set semi-randomly (ie between certain limits). Do not bother training all the athletes - select those with the most promising start stats, for example:

Agility	50%+
Speed	50%+
Power	50%+
Stamina	40%+

By improving Speed and Power and leaving Agility and Stamina at average levels, an athlete should perform well in all events.

Either create one all-purpose athlete or specialise for each event.

The best training methods to enhance Speed are Acceleration, Hollow running and Repetition Running.

Set these to F-70%, I-35%, T-35%, leave all the other stats at their default levels.

The best training methods to enhance Power are Isotonics and Isometrics; F-60%, I-30%, T-30%. Leave all other stats at their default levels.

To train one athlete for all events, do 3 weeks exclusive Speed training followed by 2 weeks exclusive Power training.

A general purpose potential Gold Medalist should have final week stats of:



Agility	60%+
Speed	85%+
Power	75%+
Stamina	55%+



Example training for 100m Athlete

Speed & Power are vital for this event

Week 1

Set Isotonics and Isometrics to:

F:	60%
I:	30%
T:	30%

Week 2

Repeat the exercises

Week 3

Set Isotonics and Isometrics to:

F:	40%
I:	20%
T:	20%

Set Acceleration, Hollow Running and Repetition Running to:

F:	60%
I:	30%
T:	30%

Repeat for weeks 3 to 5

Your athlete will not be the best but he will be above average.



Example training for Javelin Thrower and a good all-rounder

Week 1

Set Isotonics and Isometrics to:

F: 60%
I: 30%
T: 30%

Week 2

Set Acceleration, Hollow
Running and Repetition Running
to:

F: 40%
I: 20%
T: 20%

Set Static Stretches/Ballistic stretches
to:

F: 30%
I: 20%
T: 20%

Repeat for weeks 3 to 5 to provide an average all-rounder.



WARNING

It is a criminal offence to sell, hire, offer or expose for sale, or hire or otherwise distribute infringing (illegal) copies of this computer program, and persons found doing so will be prosecuted.



Any information of piracy should be passed to The Federation Against Software Theft - 0628 660377

**PIRACY
IS THEFT!**

Carl's Training Advice

