

Name \_\_\_\_\_

## Decathlon and Heptathlon: Multi-Event Athletic Challenges

### Short Answer

1. Name at least three events in the decathlon.
2. How are points awarded to athletes in decathlon and heptathlon, and how is the overall winner determined?
3. What skills and qualities do decathletes and heptathletes need to excel in these multi-event competitions?
4. Can you mention one famous decathlete and one famous heptathlete from the passage and mention one of their achievements?
5. Describe the training and preparation that decathletes and heptathletes undergo to compete in these events.

