

Name \_\_\_\_\_

## Decathlon and Heptathlon: Multi-Event Athletic Challenges

### Short Answer Key

1. Events in the decathlon include the 100 meters, long jump, shot put, high jump, 400 meters, 110-meter hurdles, discus throw, pole vault, javelin throw, and 1500 meters.
2. Points are awarded based on the athlete's performance in each event, and the overall winner has the highest total points.
3. Decathletes and heptathletes need a combination of speed, strength, endurance, agility, and mental resilience to excel.
4. A famous decathlete is Ashton Eaton, known for winning two Olympic gold medals and breaking world records. A famous heptathlete is Nafi Thiam, an Olympic gold medalist and world champion.
5. Training and preparation for decathletes and heptathletes involve practicing each event, strength conditioning, endurance training, and mental preparation.

