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Decathlon is a fine and noble sport.

Many call it the king of athletics.
You don't always notice the appreciation of the sport when you look at the schedules of major competitions or TV productions, despite everything, these kings of athletics are ready for their records, whether it's early in the morning or they're "alone" late at night in a big stadium. There is no room for explanations, decathlon is not for babies, as they say.

Kings deserve their own club, future super-champion **Tomas Järvinen** deserves his fan club, even now with "just" the World Junior Championship title under his belt.

While 10CLUB is helping Tomas towards the Olympic medal podiums, we are helping young athletics athletes, especially young decathletes.

10CLUB is a decathlon-tuned and focused fan club, initially focusing on Tomas Järvinen.

10CLUB started in Lahti, Päijät-Häme, with the aim of expanding its memberships and activities throughout Finland, gradually also abroad. **With global success, come global fans of decathlon.**

Welcome to join us, this decazine is one way to write history.

Mika Järvinen, "Father of 10CLUB"







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DECATHLON IN PERU.



@sportistatv8772 -->
Playlists -->
Video of 8425 in Peru

The morning of the competition in Peru was chilly and a little rainy. The warm-up on the warm-up field worked well and it looked like the 100 m is going fast today. I sent a whatsapp message to my brother that today the 10,5 second limit will be banged.

At the stadium, it was immediately clear that the young man was very hyped and energized. Maybe a little nervous, but that's how it should be before the big test.

The 100 meters was a show from the future champion, from start to finish in lead and the time, 10,82 was a great championship opener in a chilly Peruvian morning.

The long jump started as it often happens in decathlon, a good jump but overstepped. With second jump "being on the safe side", still a decent 744 cm. For the third jump, Tomas charged well and made an absolutely brilliant jump, legs and butt on the line of almost 800 cm, unfortunately left shoulder left mark at 766 cm. Despite that, a clear victory in long jump and overall situation still in the lead.

In the shot put, first throw by playing safe: 13.54, which was the best result. Over all expectations were higher, so shot put was a little underwhelming.

Convincing work in high jump and an overwhelming victory with a result of 212 cm. Of course, young man was in such a condition that he could have gone much higher.

400 m with a slightly cautious start of 48.88, which was a great result at the end of a hard day.

Tomas's lead was a giant after 1st day.

The second morning of the decathlon was also chilly, which was not necessarily good for stiff legs, but the 110 m hurdles was again convincing work and Tomas continued where the first day had left off, i.e. strengthened the lead by also being the fastest in the hurdles.

t is often difficult to calm down for discus throwing after the hurdles, but with this one, the future world champion was also a zen champion in the discus ring,

He threw outstanding 49.18 and improving his official record by about six meters.

The pole vault had been a challenging event both in indoors and in the Stara Boleslav meet in July, Pole vault at the World Championships was not easy either. Through difficulties to a result of 460 cm, the result was okay and thus the possibility of even breaking Niklas Kaul's WR points remained.

The javelin was the Achilles' heel this time, 55.79 was definitely not what was expected from a young man. A little over 5 meters worse than the PB and the chances of challenging the WR points decreased considerably.

The 1500 m was a great run overall, unfortunately only the record did not improve enough, although wonderfully sub 4:30.

An unbelievably fine record score of 8425, but the world record was only 10 points away.

Young man deserves a grade of 10/10, the World Championship and the second place in the all-time world rankings.

Reported by Mika Järvinen, Lima - Peru



IT'S LIKE I'VE COME HOME...

In the beginning of February in 2025, after a break of a few years, I returned to watch the international combined events competition in Estonia, the world's finest decathlon country.

On the same trip, it was a pleasure to have several conversations with Estonian combined events people on the topic: "why is Estonia so good in decathlon?"

Combined event athletes and people are united in an impressive, and perhaps partly strange, way by some kind of brotherhood or sisterhood. Inclusion and belonging to a multimatch family, the "brotherhood", is a fascinating part of the addictive nature of the sport. The sport itself, and above all its demandingness, unites.

Jarkko Finni in Plovdiv in 1990 with silver medal.





Jarkko Finni is a decathlete from Kauhava; he represented Kauhava Wisa and is currently the director of coaching and education of the Finnish Athletics Federation.

His record in the decathlon is 7843 points. Finni's best achievements are a U20 World Championship silver and a U20 European Championship bronze in the decathlon. Additionally, he participated in the 1994 European Championships in Helsinki.

Perhaps it is precisely because of the demanding nature that the pursuit of one's own personal best has remained at the core of the sport. Every fighter and genuine match person internalizes the core of the sport at some point. It connects. And it conveniently keeps at bay an attitude and actions that do not respect another fellow species. Of course, genuine and fierce competition is also at the heart of the sport. But in a combined event culture, most of the time it's all about striving for your own maximum, striving for the best and breaking your own records. It creates excellent conditions and space for fraternity.

The return visit to the heart of the combined events reminded me of the uniqueness of the sport and the sport family. Friendliness and openness were familiarly present. It is as if encouragement for others and joy at successes are written into match events. It's easy to be around the sport. And brotherhood also makes it easier to get involved and hooked on a demanding sport.



In Spala Juha Laasanen, Mikko Valle, Jarkko Finni and Timo Ranta-Ojala. JF: "This picture perfectly illustrates the fraternity of the decathlon."

At the competition in Estonia I saw a lot of acquaintances. I recognized dozens of former athletes, coaches and multi-event people from the stands and on the pitch for years, even decades. We recognized and knew each other.

Brotherhood unites and remains. I myself did my first international decathlon in 1989 in a youth international match in Spala where in addition to Finland, there participated decathletes e.g. Poland and the Czech Republic.

I have not met **Sebastian Chmara** and **Tomas Dvorak** for a long time, the decathletes who competed there too and were really successful later on. But if, and hopefully when, we meet, I am sure that a common topic for discussion will be easily found. Because that's what decathlon fraternity is.

Why are Estonia so good in decathlon?

I would like to make three points on the subject. <u>The first</u> is a combined event competition system for children and young people.

The second is the traditional Estonian athletics coaching doctrine, which is based on combined event coaching from childhood and adolescence, regardless of the sport that comes from childhood and adolescence, and what Estonian coaches, especially the most experienced ones, are well trained in.

And the third one, in my opinion, is the combined event culture, where the appreciation, significance, traditions and also practical measures of the sport guide and hook talented athletes, coaches and support groups. A culture that prides itself on multievents and combined event athletes.

The very best combined events regards,

Jarkko Finni

Erki Nool (Estonian Olympic winner) in Götzis in 2001.





- 01. What kind of sport is decathlon in a nutshell?
- 02. Your favourite event in decathlon? Why?
- 03. The event you do not like that much? Why is so?
- 04. What is the most "natural" event for you? Why?
- 05. How would you describe your decathlon journey until this?
- 06. What are your primary goals for season 2025?
- 07. How about next years? What are you reaching for?
- 08. Who is/are your idol(s)? Why you pick up them?
- 09. What would say people who want to follow up your decathlon career?
- 10. And what to say how to watch decathlon?

And "extra": Who is the next Olympic decathlon winner?

TOMAS JÄRVINEN -WORLD CHAMPION.

PB: 8425 points (U20)

	PB	PB serie
100m	10,63	10,82
LJ	777	766
SP	13.66	13.54
HJ	215	212
400m	48,36	48,88
110mH	13,61	13,78
DT	49.18	49.18
PV	470	460
JT	61.05	55.79
1500m	4:29,78	4:29,78



- Born: 2005 / 194cm / 86kg
- Club: Dukla Praha & Lahden Ahkera
- World U20 Champion in decathlon / 2024.
- European Championships U20 4th place in high jump, 215 cm / 2023.
- 2nd position of U20 World All-time list in decathlon.
- 4th position of U20 World All-time list in indoor heptathlon.
- 01. Decathlon is a mind game, a war.
- 02. I would say it is long jump, because I can use all of my power to jump longer.
- 03. I would say shot put because i am not that good in it, yet.
- 04. 100% high jump it was my most natural event from the beginning.
- 05. Nothing, nothing and than everything.
- 06. To get close or get more points then in U20 decathlon and stay healthy.
- 07. The Olympic Games, next stop LA28.

- 08. Canadian Pierce LePage, because I am build like him.
- 09. Join me on this journey of decathlon.
- 10. Do not stop watching until decathlon is finished.





TOMAS JÄRVINEN -THE STORY.

I am **Mika Järvinen**, father of Tomas and "development coach".

Here is the story behind World U20 Championships title.

In 2004 - 2005 I was coaching in Qatar at the Aspire Sports academy, in the spring we received happy news that we are going to be a family. **Tomas**Järvinen was born in October 2005, from the very beginning the little man was "busy-feet" because he came 10 days early into the world.

In early 2006, Tomas and his mother **Kateřina Nekolná** moved to Finland.

From the very first months, we could see how active the young man was. When Tomas learned to walk, the pace picked up. You didn't get bored trying to keep up with the quick-witted boy.





The same thing was said by three-time world champion **Tomáš Dvořák**, with whom I worked that year and we fought for eighth place in decathlon in 2005 at the World Championships in Helsinki, with a score of 8068.

After the decathlon we ate well and had a few beers along with the sauna in our Espoo home and I asked if Tomáš would become the godfather of little Tomas. The answer was, of course yes. Eventually, however, Dvořák became a "spiritual godfather" and future decathlon mentor.

Sometimes it felt like the young gentleman wouldn't stay still for a second, and the question in the mornings was as soon as he learned to speak: what is on the agenda today?

We spent a lot of time in playgrounds and sports venues and the going was of guaranteed quality, i.e. hard and a lot.

Tomas also accompanied me to training and

competitions, which became our own thing - "a dad vs son thing".

Subsequently, it only turned into more learning about sports and athletics.



EXERCISING, MOVING, PLAYING, COMPETING ...



Exercising, moving, playing and competing were everyday activities, often from morning to night. When we could be together, there was perhaps even twice as much movement and exercise.

We tried different sports and soon after moving to Prague (2009) Tomas started playing tennis and football. Later also break-dance, floorball and all kind of exercising.

Gradually, more athletics started to become involved, in 2014 we started going to competitions in Finland.

However, athletics only took place for a maximum of 2 months per year, i.e. when we had the opportunity to spend fatherson time, usually just in Finland. And of course those days were not athletics 24/7, but "normal living".







LIONS AND MORE. TRAINING CAMP IN SOUTH-AFRICA.



One of our interesting memories takes place in Potchefstroom, South Africa in 2010. Tomas accompanied me to the training camp and acted as an assistant coach for wheelchair racer **Esa-Pekka Mattila**.

Of course, the days had been full of active activities and different sports. Tomas was able to meet many top athletes and coaches. We also got to see and experience wildlife and visit Sun City Water Park. This was Tomas' first training camp.



When we got to spend father-son time with Tomas, we learned athletics and whenever possible we went to competitions. What was remarkable was that when Tomas was asked what events he wanted to do at competitions, the answer was almost always "all events".

Although we were able to spend relatively little time together, as a quick learner and adopter, Tomas internalised the disciplines of athletics and achieved good results for his age.

Afterwards, I have wondered how on earth Tomas learned the events so well, but we did the right things and the next time we saw them, we picked up where we had left off the last time.

You can watch videos from Tomas' youth:



@MJ6805 @sportistatv8772

I have often wondered how good results
Tomas would have done as a junior if we had
had more time to train and compete together.
So done a normal junior time with a few years
of training. The results have now been brilliant,
but... It's an if, but sometimes it's such an
interesting ifs.

Over all we have to be happy for the ride and try to manage things even better in the future. Everything is possible, nothing is impossible.



1. AND 2. DECATHLON.

The first decathlon was in Raasepori in 2021. Hardly anyone knew what to expect from the race, there was no Tomas Järvinen among the medal favourites in the opponents' papers.

We knew that anything was possible, of course we were in a normal situation with very little practice underneath so how the results would turn out was a question mark.

Tomas joined the boys' training group at Atletika Jizní Mesto in Prague, so athletics was now also in the Czech Republic at that point. However, many technical disciplines were not included in that training and we tried to put them in order during the summer when we were together.

In other respects, the training was individual and designed only for Tomas.

Things fell into places pretty well and in the first decathlon, which resulted in the Finnish Championship silver by 6771 points.

As usual in the decathlon, not everyone goes as well as they would like, so did this too - points left in "a pocket" in some events, such as the high jump, where the result was at least 12 cm below what was expected.



On the other hand, as is often the case in the decathlon, some disciplines surprise positively, in this competition it was 400 m. Tomas' first 400 m and time 52.25 and improving official pole vault PB from 340cm to 414cm.



The training year 2021-2022 was very broken due to illnesses and coronavirus restrictions.

A training group in Czechia would have allowed Tomas to increase the amount of training from my childhood 2 months in just a year to training with at least a few times a week, but unfortunately this did not happen.

Luckily we were able to train for a little longer in the winter healthy and together, as Tomas was in Finland "on the run" from Czech restrictions and went to school on-line.

The year 2022 did not start rosy, however, as about 5 months of illnesses in the spring without actual training did not give a very good starting point for the summer season.



RAKVERE 2022 - FINNISH RECORD.



Luckily Tomas was able to train a bit in May and in June he jumped over 2 m in high jump and otherwise achieved promising results in a few events. In July, Tomas and I practised well and put together a technical puzzle for the decathlon in Rakvere in August.

In Lahti we did a training decathlon that told us that every chance in Estonia to score top points.

When done decathlon alone, the combined results were even close to the previous year's record, so Tomas headed confidently towards the second decathlon of his life.



The decathlon in Rakvere was a very interesting adventure overall. We got a motorhome from the Helsinki Caravan and headed by ferry across the Gulf of Finland to Tallinn, then east towards Rakvere.

We stay in the stadium parking lot, so we were close to the venue ready and even a resting place for the duration of the competition conveniently used.

The competition was almost a disaster already in the first event when Tomas's nose started bleeding rampantly just before the start. Luckily swap in the nose helped to run successful, the time was good but could have been much better without this challenge.

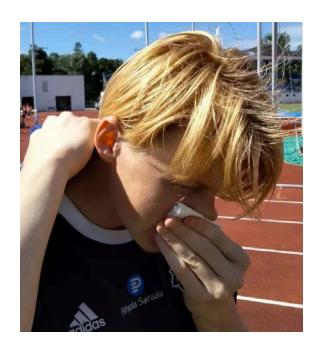
The long jump, shot put and high jump were just fine, pretty much according to the script.

The 400 m was more challenging for the start, Tomas thought he heard another shot of signal a false start. That was just an echo from the wall of the building, luckily Tomas continued his race after a few moments of wondering and ran a fine record on 400m. He improved PB 52,25 --> 51,19.

The second day went great, in discus was a bit of trouble keeping discus in the sector. Pole vault and javelin were absolutely brilliant performances overall, pole vault 462 cm / javelin 56.49 and great improvements on the records.



REASON FOUND FOR ILLNESSES.



The 1500 meters was a battle, the time was OK and the final points were brilliant. Just before the start of the 1500 meters, the nasal bleeding recurred, fortunately stopped.

As a result, the race set a new Finnish U18 decathlon record of 7510 points.

If we had known about the health situation at the time, we might not have had this record either, because we would not have risked anything.



In January 2023, Tomas' training situation changed significantly when my long-time friend **Josef Karas** started helping Tomas with his training.

The intention was to practice 3 times a week and to get to know each other and learn things. Get individual coaching on a weekly basis and not just when Tomas is with his dad.

Unfortunately, illnesses still plagued him and it was quite a wonder what kind of result came out at indoor heptathlon before the reasons for the illnesses and the dramatic state of health became clear.

Tomas scored 5512 points which was 5th best at the World U20 list in 2023.

Spring 2023 Dr **Jiří Dostâl** came along and found out after testes and studying all the tests taken earlier that Tomas's immune defence system was really low and anaerobic capacity also too low.

To remedy the situation, in addition to vitamins and trace elements, <u>D</u>ostâl prescribed eating and sleeping especially well. Very low-intensity basic fitness training could be done, but not breathless or otherwise hard training.

Throwing events and high jump were allowed to be done, and Tomas focused on those.

During the spring and summer, the situation gradually improved, blood tests were constantly monitored, and at the end of the summer, Tomas got his first thumbs up and a healthy young man's blood counts for the first time.

High jump became the number one sport in the summer of 2023, Tomas jumped 210 cm several times in early summer, but not the 215 cm, what was a limit for the U20 European Championships.

GETTING BACK AT TRACK.



In July, we were able to raise the bar high enough and secured a place in Jerusalem. In Lappeenranta Motonet GP fantastic battle and fabulous clearing of 215 cm, that jump has even made 220cm+.

At the European Championships, a fine qualifier, with a clean set for 211 cm and then a battle for medals in the final, 215 cm, the same result as the bronze medallist. A subtle drop of 218 cm, which would have even fought for the gold medal.

Tomas's performances there convinced many wonderers of his true potential.



When Tomas was allowed to start proper training in autumn 2023, the number of training sessions increased. However, he still only trained 3-4 times a week, there was a little more training in camp conditions, but the intensity of the training were still moderate. A couple of weeks in the Tatra mountains in autumn and during the winter a couple of times in Tenerife for 5 week camp periods.

The 2024 indoor season was still moderate, and before the heptathlon in Prague, for example, there were only a couple of races, results very fine though like 60m hurdles Czech U20 record 7,78.

Before heptathlon no 60 meter competition starts or 1000-meter practice, for example. The results in the indoor event were particularly impressive in the 60m (6.89), long jump (754 cm), 60m hurdles (7.83) and 1000m (2:44.59). The total score of 5993 reached number 4 in the world's all-time U20 rankings.

The world record was not set because the pole vault and high jump were okay, but still slightly underwhelming.

WHAT A SUMMER!

After a year of being healthy, results started to come in as a continuation of the indoor season right at the beginning of the summer.

110m hurdles 13,61 - just a wow! 777 cm in long jump in June and javelin PB 57.86.

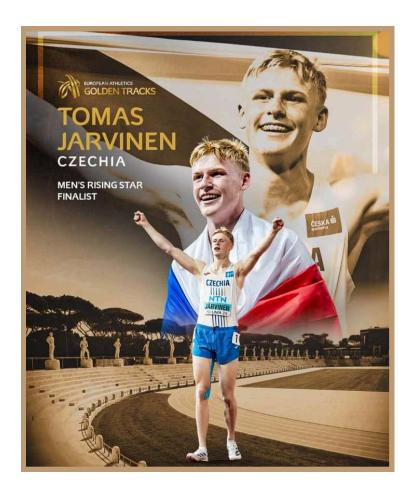
In July Czech championships in decathlon in Stará Boleslav, the real roller-coaster decathlon.

100 meter dash. fantastic PB 10,63 and adding =PB 777 cm, as well in shot put, 13.35. Although would had been even 1 meter longer, but over-stepped. High jump was just okay, 206 cm. And

ending first day with amazing PB at 400 meter, 48,36 (previous: 50,68).

Second day started with outstanding 8 hurdles at 110 meter hurdles, split time would pointed even 13,5-time. Big hits on 9th and 10th hurdles, lost balance and rhythm and still 13,97 at the finish line.





Discus was almost disaster, fortunately first throw was okay, 40.96. In pole vault the lighting striked, no height and excellent decathlon serie was in the toilet. That is decathlon roller-coaster at its worst.

Young man put his head in place for javelin and hit the big PB, 61.05. At 1500 meter a good running, 4:43,52 and the limit for Peru U20 World Championships with the points of 9 events.

World Championships in Lima was the superior performance by Tomas. From the start to the finish line of 1500 meter he competed overwhelming level.

World Championships title and just 10 points shy of U20 World record raised Tomas among TOP3 of European Athletics Golden Tracks vote.

The summer of 2024 was fantastic, but not the perfect. Becoming years will be interesting, the highway is open to the top.

Watch Tomas's decathlon:



@sportistatv8772 --> Playlists --> Video of 8425 in Peru

SAID ABOUT TOMAS.





"I have had the opportunity to watch Tomas's progression through the past couple of years, and right now he is projecting to be a top talent in Decathlon in the coming years. In comparing his JR results to some of the past greats in the Decathlon, Tomas was in a great spot moving into 2024 and beyond. His skills in the sprints and jumps will continue to improve and as he matures the throws will improve with age and strength. One of the biggest assets he will have moving forward is a base of support with his family and his current training system. If that can stay consistent, he will be a topic of conversation in the Decathlon for years to come. "

/// **Kevin Reid** ///

"Tomas is most talented young decathlete that I have seen for a while. He took some really nice steps forward at indoor season especially in sprinting.

I really believe now that Tomas has all needed skills and abilities to become a Superstar as decathlete in couple of years from now."

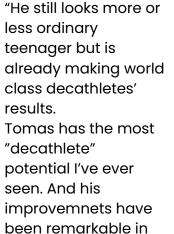
/// Jaakko Ojaniemi ///

"I have seen Tomas for years, seen his development and transformation from small active kid to young man. His actual potential is huge and when we see his background I believe he can be really good decathlete.

He is skillful and basic techniques are already at the good level and few events already at the level of top results e.g. high jump, 60m/100m, 60mH/110mH and long jump, also 1000m/1500m looks pretty good. And when we know he has not been training too much not too hard there is a lot of room for improvement this year but also in few next years.

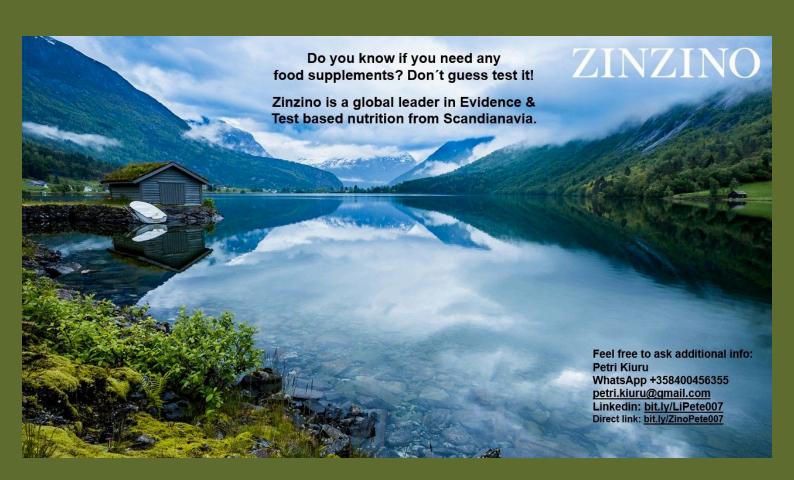
I hope he will broke my record as soon as possible."

/// Tomas Dvorak ///



past few years."
/// Aki Heikkinen ///







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NEXT GREAT?

"A BRIGHT LIGHT ON THE HORIZON"

Kevin Reid

(Head Coach - Men's & Women's Track & Field - University of La Verne)



"As a combined event coach, we are always in search of the next great Decathlete/Hepathlete, and after the 2024 WA U20 Championships – there is a bright light on the horizon, with the name of **Tomas Järvinen**."

As a U20, he as all the skills to progress to the highest level in the upcoming LA28 Olympic Quad. He has the athletic qualities to excel in the first day events, and the athletic qualities and technical skills to remain competitive through the 2nd day events.

Having had the opportunity to watch early career efforts of some of the best ever in the event; **Bryan Clay, Ashton Eaton, Dave Johnson** – Tomas has the necessary skills to continue his progression – following his WA U20 World Championship.

One of the most important components of his progress will be his training situation. Consistency will be very important as he progresses, and he currently finds himself under the guidance of Coach **Josef Karas**.

Having seen Coach Karas compete in the USA collegiate system, he brings experience as an athlete, but more importantly – he brings experiences from his coach, **Cliff Rovelto** to the training system. Coach Rovelto has mentored countless athletes to success in his career, and I see many similarities in how Coach Karas is mentoring Tomas.

It will be exciting to watch his progress in the coming years, leading up to LA28" will you follow up too?



GERMANY 2023 U20 EAM Ama

- 01. What kind of sport is decathlon in a nutshell?
- 02. Your favourite event in decathlon? Why?
- 03. The event you do not like that much? Why is so?
- 04. What is the most "natural" event for you? Why?
- 05. How would you describe your decathlon journey until this?
- 06. What are your primary goals for season 2025?
- 07. How about next years? What are you reaching for?
- 08. Who is/are your idol(s)? Why you pick up them?
- 09. What would say people who want to follow up your decathlon career?
- 10. And what to say how to watch decathlon?

And "extra": Who is the next Olympic decathlon winner?

AMADEUS GRÄBER -EUROPEAN CHAMPION.

01. In my opinion decathlon is the most challenging but also the most rewarding sport. You learn to go over your limits, to overcome obstacles and to fight through tough times. On the other hand there is the companionship among the decathletes which is like a big family which gives everyone competing a great feeling.

02. My favourite event in the decathlon is the pole vault. The fact that you basically have to be a sprinter, long-jumper and gymnast at the same time to jump high is astonishing. Other than the many points you can gain if you train enough you also have the feeling of literally flying. The combination of these two facts makes it the most interesting event for me.

03. I don't like the shot put. As a decathlete most of the times you're just to small and light to really be able to throw good. Its really boring in my opinion.

04. The most natural event for me either is the 100m or the pole vault. In the 100m all you do is run as fast as you can, which is basically the same thing every kid does while playing and the same thing we did when we where kids. On pole vault many people would disagree with me, but for me the order of things that you have to do while pole vaulting feels like a mechanism that you just have to slightly adjust sometimes.

05. Like every journey it had ups like the U18 and U20 European championship titles but also downs like the U20 world championships.



06. My primary goals this season are the biggest decathlon meeting in the World (Götzis) and to qualify and get a medal at the U23 European Championships in Bergen.

07. In the next years I put my focus on continuously getting better in each discipline and to perform good on a global stage. The main focus will be on getting used to international championships.

08. **Ashton Eaton** is one of my idols because of his dominance in the decathlon and his humble approach

to the sport. His work ethic and ability to remain consistent across all ten events are incredibly inspiring.

"TOMAS, HUBERT OR ME!"

09. Keep an eye on the whole journey not only on your results in one competition. If the trend is going upwards then you're getting closer to your goal.

10. Focus on the whole competition and not only on single events. And most importantly have fun while watching and keep cheering the athletes on.



That's a tough question. Either it's gonna be one of the medal winners of Paris or we manage to get in such a great shape till then that we (Tomas, Hubert, Me) will win and take the medals home.





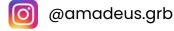
- Born: 2005 / 184cm / 82kg
- Club: Eintracht Frankfurt
- European U20 Champion in decathlon / 2023.
- European U18 Champion in decathlon / 2022.
- PB 8209p. is 5th at All-time list.

Amadeus with his dad Steffen Gräber.



PB: 8209 points (U20)

	PB	PB serie
100m	10,79	10,69/w
LJ	722	716
SP	13.86	13.35
HJ	201	198
400m	48,54	48,54
110mH	13,95	14,12
DT	44.82	44.68
PV	525	510
JT	60.63	60.15
1500m	4:32,21	4:41,86



"FOCUSED, SMART AND AMBITIOUS." >>



What experience do you have on coaching?

My coaching experiences relate exclusively to my children, first in early childhood sports development and for about 11 years in club sports.

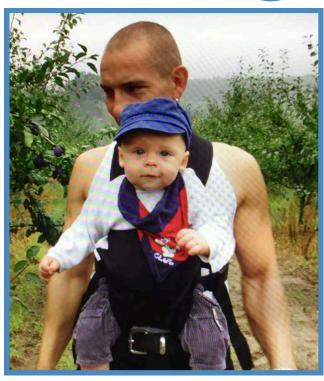
How long have you coached Amadeus?

As described, I have been coaching Amadeus in competition and club sports for about 11 years and before that in his early childhood athletic development.

What kind of decathlete is he?

Amadeus has always had a quick grasp and is very good at implementing technical processes and instructions in practice. He compensated for his lack of size and strength (slow growth) in childhood with very good technical execution as well as dynamism and speed. With increasing size, the physical conditions then optimized and brought him additional advantages.

I look after and support the sporting development of my children from an early age. I have 2 children with different skill levels, ambition and talent. I support their sporting development according to their individual needs at home, in the club and at competitions. In my opinion, no coach is a specialist for all decathlon disciplines – for me, coaching therefore also means recognizing gaps and getting support from specialists if necessary.



Amadeus with his dad Steffen Gräber "few years" ago.

I also see it as essential for the development of the athlete to include his own experience in the In summary, I would describe Amadeus as a decathlete as follows:

Dynamic, fast, technically gifted, disciplined, focused, smart and ambitious.

How do you see his future in decathlon?

Amadeus is working towards competing in the Olympic Games in Los Angeles in 2028. There he wants to play a role in the medal ceremony. Accordingly, he is working on a future in which he is one of the world's best. Provided that injuries do not prevent this, I consider these plans to be realistic. training process. For me, coaching is psychological, emotional, physical and technical support – geared to the individual needs of the athlete.



- 01. What kind of sport is decathlon in a nutshell?
- 02. Your favourite event in decathlon? Why?
- 03. The event you do not like that much? Why is so?
- 04. What is the most "natural" event for you? Why?
- 05. How would you describe your decathlon journey until this?
- 06. What are your primary goals for season 2025?
- 07. How about next years? What are you reaching for?
- 08. Who is/are your idol(s)? Why you pick up them?
- 09. What would say people who want to follow up your decathlon career?
- 10. And what to say how to watch decathlon?

And "extra": Who is the next Olympic decathlon winner?

HUBERT TROSCIANKA - WORLD SILVER MEDALLIST.

01. I believe that the decathlon is the most comprehensive competition in athletics, consisting of 10 interesting athletics events.

02. Javelin throw is my favourite event in the decathlon because for the first years of my sports career I trained in my hometown, which is popular for having many good discus and javelin throwers. Thanks to this, I have above-average skills in this competition and I manage to achieve good results. Personally, I have always found satisfaction in throwing something over long distances.

03. I like all events, but the least liked ones are all jumps. I have only one year of experience, so I am not satisfied with the current results, but I believe that soon there will be a lot of progress and I will not have a weak point in the decathlon event.

04. The most natural event is the 100 m, because everyone can test themselves at this distance.

During the aforementioned javelin throw, I feel natural and at home on the run-up thanks to the experience I have.

05. The appetite grows with eating and I always have enough, at the beginning of 2024 my coach and I planned to achieve the minimum limit for the World Championships in Lima, over time I improved and our goals also increased. In the end, the goal was to win a medal at the most important event of the year and we managed to achieve it. I am glad that I found my current coach (TomasZ Kasjaniuk), thanks to whom I can comprehensively develop and learn decathlon and sport.

06. Plans for 2025 are, of course, qualification for the U20 European Championships and the fight for the highest possible score.

07. 2026 is a year without much of an event, as it will U23 European Championships in 2027. Then I will be preparing for the LA28 Olympic Games and we will try to qualify there as well.

08. From decathlon **Niklas Kaul**, I think we are alike. I have good throws and runs just like him, but **Jan Železný** and **Johannes Vetter** are the athletes I have the most respect for and you can say that they are my idols since I have been training throws.

09. I believe that
everyone who trains
decathlon is
different. They have
their good and bad
sides and everyone
should go their own
way, not copy
someone
else's
career.

"IMPOSSIBLE TO BET ON WHO WILL WIN."

10. I think it will be easier to see if they realize how much of a disastrous and destructive sport it is. Unfortunately, in Poland, the decathlon and heptathlon are overlooked and are underestimated among athletics fans.



It is difficult to say who will win, not only is the all-around unpredictable, but also the Olympics are a specific event where strange things happen. I don't know who will win, but I hope that there will be an exchange of gold medallist, I would like the medal to be fought for until the end and it is impossible to bet on who will win.





HUBERT TROSCIANKA



- Born: 2006 /
- Club: ULKS Uczniak Szprotawa
- World U20 Championships silver
- 4th position of U20 World All-time list in decathlon.
- U20 & U18 Polish decathlon record holder.



PB: 8230 points (U20)

	PB	PB serie
100m	10,88	10,97
LJ	727	727
SP	13.86	14.52
HJ	195	188
400m	47,24	47,24
110mH	14,08	14,26
DT	51.48	44.98
PV	470	440
JT	68.53	68.29
1500m	4:24,41	4:24,41



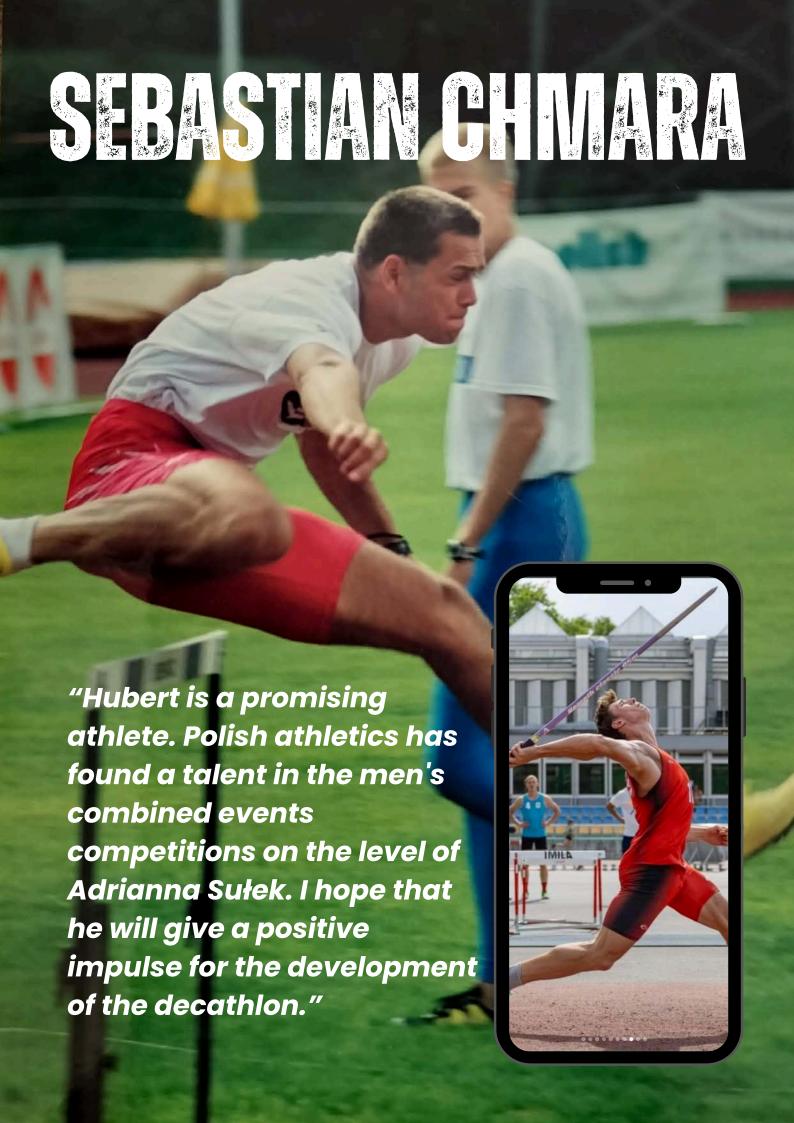
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"ABOUT HUBERT." >>> COMMENTATORS'S VIEW

Hubert was born in 2006 in Szprotawa. It is a small town in western Poland, in Lubusz Voivodeship. It's strong athletics center with big tradition in throw events.

Hubert first coach was a **Zygmunt Szwarc**. he was coach for example **Wojciech Praczyk** – 2012 World U20 silver medalist in discus. Hubert's first success: gold (discus) and bronze (javelin) medals during 2021 Polish U16 Champs in Karpacz.

In 2023 he was Polish U18 Champion in decathlon and won gold medal during EYOF in Maribor. In 2024 he was broken Polish U20 Indoor record and Polish U20 outdoor record (two time – 8145 in May in Warsaw and 8230 during World U20 Champs in Lima, when he won silver).

Marek Rzepka (former Adrianna Sułek coach) said about Hubert:

"Strong man, fighter, strive for the goal. Dream: 8300+ points in LA28."

When I am watching Hubert as a decathlete I think he should focus on these weaker events in training – his strengths won't suffer (throws), and it will allow him to be a more comprehensive competitor.

Sebastian back in 1998 in Bressanone, European Cup



Sebastian Chmara is a former decathlete from Poland who became World indoor champion in 1999 and European indoor champion in 1998.

His personal best is 8566 points (Alhama de Murcia 1998) and 6415 points in the indoor heptathlon (Valencia 1998). Both are standing national records.



I think his strengths are: he is a fighter and strong, throws (he is national U20 champion in javelin!) And weaknesses are: he is still young in athletics and waiting for him change age category (other hurdles, 6 kg shot put etc). Ahead of him – in 2026 – is a change of age category, which involves, for example, higher hurdles, a heavier shot. This is a big change for a decathlete, but looking at the progress Hubert is making, he should cope with it well.

I think my Polish records can go to history. I hope that during big competitions (maybe LA Olympic Games?). Over 8500 points in Los Angeles 2028? That would be great! I am convinced that Hubert is capable of it. He is absolutely the hope of Polish athletics! In 2024 we recognized him as a rising star during the annual Golden Spikes gala.

"10NOT4BABIES"

In 1991, **Kaj Oskar Ekman** scored a record 7931 points. The nickname "Härkä" (Bull) reflects Vaasa-born's character brilliantly, he was known as a very tough psychic, which was especially evident in the 400 meters (record 47.00) and 1500 meters (record 4:14.62). Kaitsu was known as a phenomenal hard-training-guy and the same thing still continues, nowadays he works as a masseur and personal trainer. Bull has been handled by dozens of the world's brightest stars over the years, and as a muscle caretaker, he has been seen in countless camps and race trips.

Kaitsu, how to crystallize the decathlon?

"Decathlon not for babies describes decathlon well. It is physically and mentally demanding, but it also gives you the opportunity to develop in the long term, because there is always room for improvement in qualities and techniques. With many years of hard work, a physically not so talented athlete can rise to the national level, even higher, if there is motivation and tough character."



Here Kaj is handling Tomas Järvinen's shape for Finnish Nationals 2024, results was bronze medal with 210 cm.



What were the "hard events" for you?

"Even the 400m and 1500m makes the decathlon mentally tough, of course also physically, the final disciplines of hard days. Especially if/when you have to run at full speed. I always cramped my diaphragm at about 250m, depending on how fast I started and usually I always started with "a drop at the end of the stick" and lactic acids on top of it, didn't smile at the end."

How to get ready?

"What makes it mentally tough in a race is always recharging for every sport; self-confidence, psyche and, for example, decathletes' roars when the competition starts. When preparing for the last events (1500m), the bangs are low; decathletes warm up quietly on their own; before gun-off, no one announces running their records, fighting with the dampers open, or 'ready to die' on lactic acid. Usually at that point you settle for being a quiet boy or just trying to focus on your future performance."

"TAKE IT TO THE NEXT LEVEL."

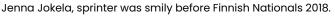
How did you whip-up for performances?

"I tried to develop my mental qualities/preparation, for example, by training in bad conditions (cold or rain). Running workouts almost invariably ALWAYS headwinds. The pre-race lactic acid training was at least as hard as the race; On the forest track, the start at full speed and the end time of the section is approx. 54sec. However, I always fooled myself; When I reached the finish line, I suddenly forced myself to continue on lactic acid for a jog or jogging pace of 30 sec. The training was hard and I informed the timekeeper (Jan Sandvik, discus thrower) who was driving a car behind him on the forest track; Be prepared to administer cardiac resuscitation/call an ambulance if necessary.

There are also other pain tolerance exercises, such as hard steam in the sauna, with blisters on my back and other equally "bull-like" attitude training."



"In a race situation, everyone tries their best. However, that is not enough. You have to be able to surpass yourself or compete in ecstasy. Must push to the next level! Athletes have different methods for doing so. I worked well and got the handbrake off by roaring or involving the audience; For example, turning towards the audience at high jump and shouting: "Will I make it?". When you get the attention/support of the audience, you have to put yourself on the line."





Kaj, what "tricks" did you use?

"These also worked for me; Own cheers at 280m (400m); "Not feeling anything yet".

In the middle of the run (1500m) screams; **"Now it is time to fly"** or 3rd track out of the last curve. I felt like my strength doubled."





DECATHLON MEMORIES.

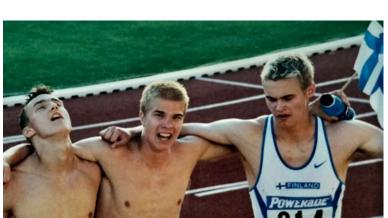
- 01) Decathlon summed up in one sentence.
- 02) My favorite event was? Why.
- 03) An event I didn't like? Why.
- 04) My strongest event was?
- 05) The sport with the most room for improvement?
- 06) The world's greatest decathlete of all time?
- 07) Who was your favourite competitor and why?
- 08) Best memory from the decathlon courts?
- 09) Which race or venue was the best to race? Why.
- 10) Do you miss something about the decathlon? What?

Jaakko Ojaniemi, PB 8192 points

- World Championships U20 bronze medal 1998
- European Championships U20 silver medal 1999
- European Championships U23 silver medal 2001
- European Championships 5th place 2002
- Olympic Games 2004 16th place
- World Championships 9th place 2005



- 01) Fierce mental battle
- 02) Long jump, usually went well when in good condition
- 03) Hurdles, second morning opening event and hard to get intact race with stiff legs
- 04) 100m
- 05) Pole vault
- 06) Ashton Eaton
- 07) Aki Heikkinen, tough resistance and mutual competition developed a lot
- 08) First U20 Championship medal back
- 09) Helsinki Olympic Stadium because of the best atmosphere at World Championships in 2005
- 10) The feeling after a good decathlon



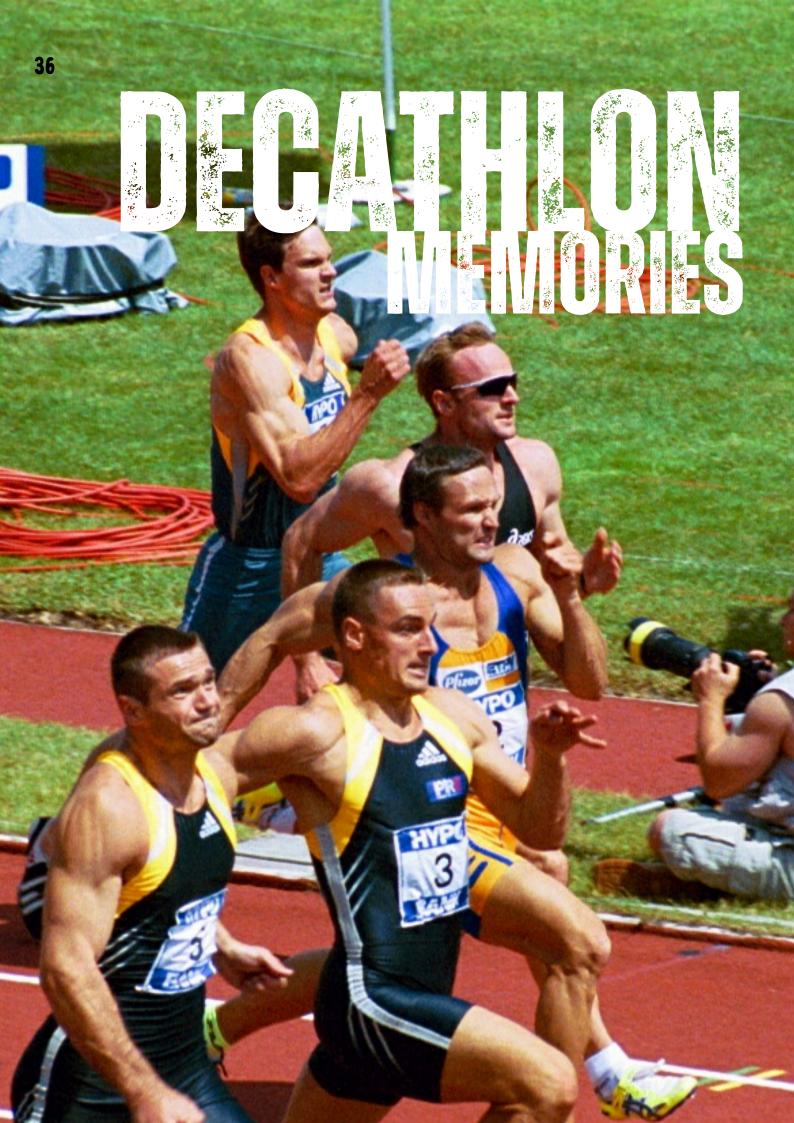
Aki Heikkinen, PB 8188 points

- World U20 Champion 1998
- European U20 Champion 1999
- World Championships 15th place 1999
- NCAA Big12 indoor Conference silver medal 2004
- NCAA Big12 Conference Champion 2004



- 01) Challenging
- 02) Javelin, it was the number one event, when I was young and I liked it tremendously
- 03) High jump, deficient technique and consequent knee problems
- 04) Second day, there was always raise on the result list
- 05) Hurdles and discus. Should have done better results with my abilities
- 06) Tomas Dvorak, staggering results (WR) and even room for improvement remained.. a lot.
- 07) Jaakko, because I felt that he was the only one who had more talent to do better results
- 08) Annecy U20 World Championships, two medals was a tough performance back then with Jaakko
- 09) Götzis, it was amazing to compete with the best at a young age. In the rural village where everyone gathers to stadium was memorable.

 10) Putting everything on the line with the
- 10) Putting everything on the line with the coach & support staff without any guarantee of success. Indulgence is perhaps the most descriptive word.



DECATHLON MEMORIES.

- 1) What kind of sport is decathlon in your eyes?
- 2) Have you ever done a decathlon, would you?
- 3) All-time decathlete?
- 4) Your best decathlon experience?





Marko Latvanen, entrepreneur

- 1. The decathlon is the absolute king of athletics, a sport that seems almost unbelievable that all these hard events in themselves must be performed in two days; and with success. It is not enough to perform and get a result, it must also be good.
- 2.At the age of 14-15, Heinolan Isku's athletics training went through all sports. There was no actual race, but all sports had to be completed.
- 3. For me, the all-time decathlete was **Petri Keskitalo** in Finland and **Daley Thompson** globally.
- 4. The best decathlon experience as a bench athlete was at the 1991 athletics World Championships in Tokyo, when Petri Keskitalo finished fifth.



- 1.From the point of view of a fan/supporter, a 10-match is a nerve-wracking rollercoaster of emotions for a couple of days I always feel like we are fighting for good results and trying to set sports records, but all the time as a troll in mind that you always have to get at least some kind of result from every event. Both mentally and physically tough, but a great experience every time. I can only imagine the odds of the athletes themselves experiencing the days of the competition.
- 2.1've done decathlon once lightened up a lot, of course but I got a little taste of how tough the decathlon is.
- 3. Yes, the title of all-time fighter goes in the direction of the Czech Republic. As someone who has followed **Tomas Dvorak's** work closely, I have to say that the style and skill of doing things, with all his achievements as a friend, made a big impression.
- 4. The best match experience is from the Götzis Invitational Competition in 2001 a brilliantly organized event and crowned with a sand pop over 8m from **Roman Sebrle's** jump and surely to see first decathlon over magical 9000 points.





HEPTATHLON-VIEW ON DECATHLON.

What kind of sport is decathlon through the eyes of a heptathlete? Which sports do you think are the hardest?

How would it feel as a heptathlete to start the second day on fences, usually in the morning in prestigious competitions?

What do you think is the difference between heptathlon and decathlon, i.e. just the number of disciplines? How do you think you would have done if the sport had been women's decathlon?



Sanna Saarman-Kemppi,

PB 5718 points / U20 World Championships bronze

Decathlon is the king sport in the eyes of a heptathlon fighter. Extremely demanding, versatile and requiring skill in the sport. Standing up is also demanding, but the decathlon is taken to the next level. The most difficult sports are fences, discus, pole vault and javelin, in other words, the second day!

I have often thought that luckily I didn't have to run fences on the morning of another day during my sports career.. It would have been a really difficult sport to complete after the four races on the first day. I take my hat off to the decathletes, that they can do it after running 400m in the evening.. and often after a short recovery period.

Heptathlon emphasizes speed, explosiveness, explosive power generation and resilience. The disciplines are difficult, but in the decathlon even more qualities are required from the athlete. Endurance is emphasized, strength and sports techniques. Technically difficult sports include, for example, the pole.

For my part, I think the decathlon would not have been very successful. I never jumped from a pole, threw the puck and in general I think the whole thing would have been too challenging. Never say never, fortunately the species remained at seven.



Salla Rinne,

PB 5894 points / U23 European Championships 7th place

Much heavier and skillfully also more demanding.

Pole and ball, the ball because it is over/completed in such a small moment that everything has to hit the spot and not almost. A little harder than the length, but not very much because the fence height is easy for women compared to the fence height for men. There is quite a big difference between the sports, 10 matches are much more demanding than 7 matches. There must also be more features

If it had always been a 10 match for the women, maybe I would have done just fine. My strength was that the sports were fairly evenly strong all. But if I had to change from seven to ten in the middle of my career, I wouldn't have made it.



Niina Kelo, Sanna Saarman-Kemppi and Salla Rinne in Modum.



DOES A COMPETITIVE ATHLETE NEED DIETARY SUPPLEMENTS?

Although the body of competitive athletes works in principle within the framework of the same laws as others, there are also special aspects worth noting. An athlete who trains hard easily consumes one and a half or even more than twice as many kilocalories per day as other people. In this way, he also eats more, and from a more or less correctly planned diet, he also gets more vital vitamins and trace elements. Despite this, dietary supplements may help. It is quite common that even hard-training athletes do not particularly analyze or plan their meals. The idea that I can eat anything because I work out and consume so much anyway is a bit challenging. Weight management is only a small part of a competitive athlete's nutrition coaching. It is at least as important to ensure that the body under constant strain has all the necessary tools at its disposal to repair micro-damage and inflammation.

Vitamin D for everyone

Vitamin D is formed in human skin with the help of sunlight, and if you regularly spend time in the sun in the summer, you don't need food supplements. However, during the training season, it is necessary to ensure sufficient vitamin D intake with a supplement in northern conditions. Because there are individual differences in the absorption of vitamin D, it may not be sensible to "nail" the exact portion size. The upper limit of safe intake is 100 micrograms per day, which is a reasonable daily basic dose if the athlete mainly trains indoors. It is sensible to have a blood test at least in January or February to confirm the vitamin D situation.

Dietary supplement customization and Omega-3

What kind of food supplements should be used in addition to vitamin D largely depends on the nature of the diet. Every competitive athlete should make a relatively accurate and honest analysis of their basic diet. After this, the necessary supplements can be better tailored. For example, if your regular diet does not include oily fish, you should ensure the body's essential intake of Omega-3 fatty acids with a supplement. Here it makes sense to pay attention to the quality of the supplement used. The oil oxidizes over time, and if the encapsulation of the oil is not done accurately or it is heated too much, it oxidizes quickly. Badly oxidized oil is often recognizable by its rancid taste.

How do you know in a store or online store which fish oil would be of high quality?

For example, the International Fish Oil Standard (IFOS) certificate monitors the oxidation rates of commercial products. It awards the best products a 5-star IFOS certification. The IFOS 5-star label on a product is a good starting point in the selection process.

Joint health

For decathletes, as well as especially for track and field athletes in throwing and jumping sports, basic training puts a lot of strain on the joints, connective tissues and muscles. It is important to make sure that the body is not in a constant lowgrade state of inflammation. This makes selfcorrection systems work better. Although there is no miracle pill that will fix everything, several dietary supplements have shown promising results in this regard. For example, curcumin seems to be a fairly effective dietary supplement for joint health, among other things, and thus a meaningful part of the diet of an athlete. In practice, supplements that are used with good results in the prevention or alleviation of various joint pains also defend their place on the food supplement shelf of top athletes.





Manu Kankaanniemi, decathlon and discus

Finally

The use of dietary supplements is an emotive and controversial topic. The advertisements promise quite wild dramatic results from new, exotic compounds, and then the tabloids interview experts who consider the entire food supplement business to be commercial humbug. At this point, the truth can probably be found somewhere in between. There is strong research evidence on many dietary supplements, and at the same time, it is true that marketers are often silent about negative research results and cherish the fantasy of miracle pills. This writer's recommendation is that the athlete, together with the coach (and perhaps a nutrition expert), analyzes the entire diet and considers, one food supplement at a time, what might be worth using in addition to food.

Sport regards,

Matti Kankaanniemi

(father, coach and entrepreneur)

www.strnordic.com



- 01. What is current World record of decathlon?
- 02. Who has made it?
- 03. What is unique about this WR points?
- 04. Who was the first to brake 9000 points barrier?
- 05. And where and when?
- 06. Who owns Finnish decathlon record? And points?
- 07. Who owns Czechia decathlon record? And points?
- 08. Who owns German decathlon record? And points?
- 09. Who owns Polish decathlon record? And points?
- 10. What World record (decathlon events) would give the most points in decathlon?
- 11. Who are TOP3 at U20 decathlon All-time-list?
- 12. Who are the last 4 Olympic winners? (2012, 2016, 2021, 2024)
- 13. Who has 3 World championships decathlon title? What years?
- 14. How fast you must run to achieve 1000 points at 100 meter?
- 15. How far you must jump to achieve 1000 points at long jump?

You may check out right answers:

www.nextstars.info/10club --> 10QUIZ

Bonus question:

If we would "team-up" two best decathletes from a country, what would be All-time TOP3 "national-teams"?

Extra questions:

- Who will be decathlon gold medallist in LA, 2028? And why.
- Who is your favorite decathlete at all time? And why?







