

Damien Inocencio: My Training Philosophy



My Training Philosophy

- Introduction
- My« philosophy »
- The Role of the Coach
- The Example of Renaud Lavillenie



My Training Philosophy

Damien INOCENCIO

- **Athlete:** Active pole vaulter from 1986 to 2007, PR 5m42
- **Coaching Assistant:** 1998 until 2008

18 Medals in french « young » championships

1 french record young (youth, U18)

9 athletes in « young » national teams (European Championships, World Championships)

2008 official coach of France Junior Team

Best coaching assistant of France in 2007

- **Coach:** from 2008 ...

6 medals in major Championships

2 French records: indoor 6m03, outdoor: 6m01

My Training Philosophy

- My philosophy:

What are the performance factors?

- Anthropometric factors
 - Environmental factors
 - Psychology
 - Technique
 - Physical abilities
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My Training Philosophy

The Environment factors:

The coach must optimise the following factors:

- Training infrastructure (chance of whole year technical training, the runway, strength training, gymnastics,...)
 - Medical care, physiotherapy
 - Poles
 - And much more...
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My Training Philosophy

Anthropometric factors

The anthropometric prerequisites are the only factors, the coach can not change (height,...).

The coach has to build the athlete around these factors!



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The Psychological Factors

This is the factor that limits the pole vault the most.

80% of the performance results from the psychological approach to pole vaulting.

Goals:

- There is « no limit »
 - You must manage the emotions!
 - Pleasure!
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The technical Factors

The technique must be seen in the three grand phases of the pole vault:
Runup – Take Off – Working on the pole.

Pole Vault = Chain of movements

Goal: to jump in harmony with the pole

A World class athlete must not have any weaknesses.

The pole vault coach must understand and develop the running techniques (sprint, hurdles), the jumps (long jump, triple jump) and the technique of the pole vault.

My training philosophy

Physical condition factors

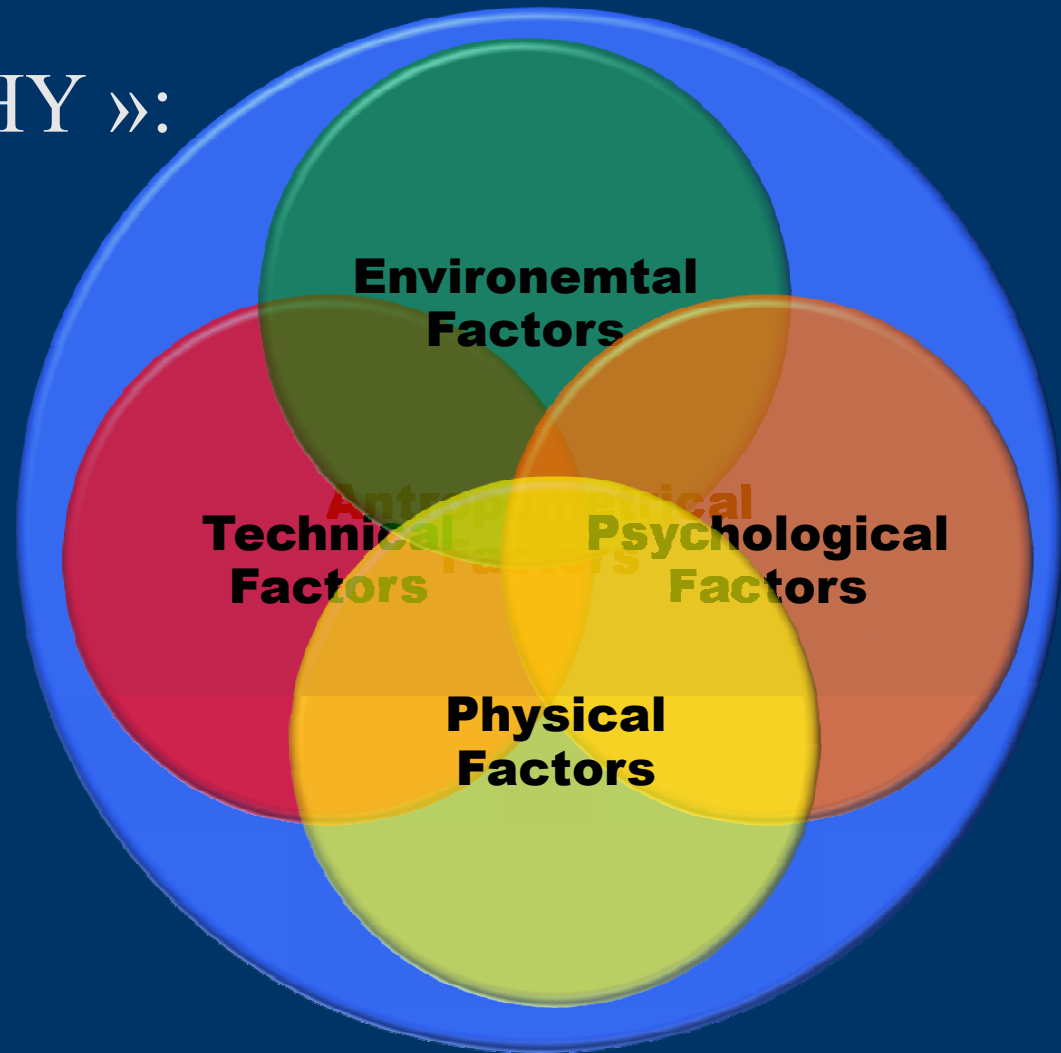
This is the physical conditioning aspect of the vault:
The athlete must have physical abilities that fit his (technical) level.

Attention: Don't try to develop an athlete who is too strong or too enduring.

It is important to work in the (correct) stages of the energy systems and to create the required vaulter's physical abilities.

My Training Philosophy

- My« PHILOSOPHY »:



My Training Philosophy

Pole Vault Fundamentals:

- Use strong poles with a high grip
 - Vault « in harmony » with your pole
 - Run fast with a correct take off
 - Swing up and rock back around the upper hand
 - Lower arm extended, high hips during extension
 - Close the upper arm-trunc angle and stay close to the pole
 - Rock back during maximum bend, keep the left arm active as long as possible
 - Stay in the chord of the pole with tight body and grip during the extension of the pole
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My Training Philosophy

- Don't mistake the fundamentals of the vault with the individual style!!!
- Every fundamental has to grow with the development of the athlete.



My Training Philosophy

- The role of the coach:

Coaching means you have to choose from things:

- The specific performance factors of the athlete
 - Control of the « fundamentals » and the « style » of the athlete
 - The coach must not mimic other coaches!
 - **Philosophy of the Founders of the Pole Vault!**
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My Training Philosophy

Renaud in Numbers:

Height: 1m76 Weight: 69kg

Bench Press: 92,5kg

¼ squats: 3x220kg

Long jump: 7m31

110m hurdles: 14"51

High Jump: 1m89

Heptathlon: 5363

Tests: 10m (15 m runup): 1"07

Tests: 60m stand: 6"63

Pole vault data:

Complete runup: 20 steps (45m)

Max grip: 5m15

Max pole: 510/14,3

Take Off Point: 4m70

Mid Mark: 17m30

37 times 5m80 and more since 2009

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Renauds development:

- 1992 - Sept 2006: Training in Cognac with his father.
 - Sept 2006 - August 2007: Training in CREPS de Poitier
 - Sept 2007- June 2008: Training in Bordeaux with Georges Martin (coach of Romain Mesnil)
 - June 2008- ...: Training in Clermont-Ferrand
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My Training Philosophy

- Progression of Renaud

Indoor / Outdoor

2002 (16) : **2m80i - 3m40**

2003 (17) : **3m80i - 4m30**

2004 (18) : **4m20i - 4m60**

2005 (19) : **4m60i - 4m70**

2006 (20) : **5m05i - 5m22**

2007 (21) : **5m35i - 5m45**

2008 (22) : **5m70i - 5m65**

2009 (23) : **5m81i - 6m01**

2010 (24) : **5m85i - 5m94**

2011 (25) : **6m03i - 5m90**

- Records of Renaud

2 steps: **3m85**)

4 steps: **4m50**

6 steps: **5m00**

8 steps: **5m30**

10 steps: **5m50**

12 steps: **5m65**

14 steps: **5m70**

16 steps: **5m80**

18 steps: **5m93**

20 steps: **6m03**

« Left side » Record: **4m70**

My Training Philosophy

When he arrived:

- 5m70 indoors
- Olympic season
- Why?

My first approach:

- Exchange, listening, observation
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My Training Philosophy

Starting reports: Juin 2008

- Light weight
 - No psychological problems
 - Capable of more than 60 jumps in a single training session
 - Foot Qualities

 - Short
 - Little power
 - Little basic speed
 - Soft poles
 - Bad runup rhythm
 - Bad take off point, « under »
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My Training Philosophy



My Training Philosophy

Goals for 2009: Discovery

- Getting faster and improve runup rhythm.
 - Longer runup for better acceleration and take off, higher grip and stronger pole
 - Loose less energy
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My Training Philosophy

- Situation after 2009:

Higher Grip

Faster Runup

Gaining strength

Strength still not enough (drops knee)

Takes off too far and drops knee

No stability in his jumps

Rock back with knees to chest

My Training Philosophy



My Training Philosophy

- Goals for 2010: Stabilisation

Master 5m10 poles

Last steps accelerating and without extending the strides

Take a higher grip

Long left leg in swing and rock back



My Training Philosophy

- Report 2010:

5m10 poles mastered

More stabile take off and rock back

Has gained stability



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My Training Philosophy

- Goal 2011: Discover new poles

Earlier pole plant preparation

Getting more power



PRESENTATION PHILOSOPHIE D'ENTRAINEMENT



My Training Philosophy

- Report 2011:

Need of higher grip and stronger poles

Must still progress his grip, he must be more stable in the trunc at takeoff and be able to take off on higher frequency

