

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## JAKE ARNOLD INTERVIEW

### #3 in Interview Series

**Hello Again.....**We bring the 3<sup>rd</sup> of 4 interviews of America's top decathletes. This issue features 2010 national USA indoor and outdoor champion Jake Arnold, 26, who continues to make Tucson, Arizona his training base and uses Wildcat coach Sheldon Blockburger as his mentor. The 2010 season was a breakout for Arnold, 6-2, 192, who competed 5x outdoors, placing 4 decathlons in a 7 week period. After a mild and low key win in April in Arizona Jake won the IAAF CE Challenge MultiStars meeting in Desanzano, Italy (8141) and followed with a PR (8253) score 4<sup>th</sup> at the prestigious Hypo-Bank meeting in Götzis, Austria. He waited 2 weeks to compete in Kladno, CZE (4<sup>th</sup> in 8159) then returned to the States and captured his first outdoor USA crown in Des Moines (8215). The action resulted in a 3<sup>rd</sup> in the annual IAAF Combined Events Challenge standings, a major accomplishment.

His PRs include:

Decathlon:	8253 points
Heptathlon:	5909 points
100m:	10.99-0.1
Long Jump:	7.22m+1.8/23-8¼
Shot Put:	15.67m/51-5
High Jump:	2.07m /6-9½
400m:	48.38
110mH:	14.06+4.4
Discus:	49.14m/161-3
Pole Vault:	5.30m/17-4½
Javelin:	62.28m/204-4
1500m:	4:31.04
Indoor: 60m:	7.11
60H:	8.05
1000m:	2:42.62

Tucson's Jake Arnold won both USA indoor & outdoor crowns in 2010 and was world ranked.



*DN. What were you before you became a decathlete? That is, did you play other sports in high school? When did you start T&F?*

**JA.** I played every sport I could as a kid and in High School. I was introduced to track and the pole vault in Middle School. In High School as a freshman I played soccer, basketball, and baseball. Halfway through the baseball season I went back to track, which I

really enjoyed. I continued with soccer, cross country, basketball and track till my senior year. That year I played football, basketball and track. Pole Vault is what made me go back to track and I still love the pole vault to this day.

*DN. How is your training going? Will you do anything different to prepare for 2011 season?*

JA. Training has been going really well. I took off July and did very little in August. We decided to focus on technique this year and dial in every event, so that next season I will just be focused on training. So far things have been going very well and I have been progressing quickly and really learning a lot.

*DN. You are certain to be world ranked for 2010 and you placed 3<sup>rd</sup> in the IAAF Combined Events Challenge. How do you feel about that?*

JA. I felt very good about this season and what I was able to accomplish. To say I was 3<sup>rd</sup> in the Combined Challenge is big for me. If you look at past years in the Challenge you see some great names and I have become part of that group now. It shows I can compete with the best. It's very satisfying.

*DN. Last season you tackled 4 meets within 7 weeks, won 2 and had a PR score? Seems a bit chancy. Will you try the same schedule next season?*

JA. Well I love to compete. Its way more fun to compete than practice, and yes it was chancy. With no Worlds or Olympics I had a different mindset. I wanted to get my 3 scores and finish up the season and take time off, so I could train early for next year. I planned on doing MultiStars in Desenzano, Hypo Meet in Götzis, and USATF Nationals. My focus this season was Götzis. I trained to



PR at that meet. I was invited to compete at the TNT-Fortuna in Kladno, CZE 2 ½ weeks after Gotzis and 2 weeks before USA. I felt great and the chance to see Prague was too much to pass up. I had so much fun this season and enjoyed everything I did. It showed with my scores and how I preformed. I felt I could do all the meets because of my training, but I must say that after USA I was tired.

*DN. Sheldon Blockburger says that there is still plenty of upside in speed, long jump, hurdles, high jump and throws. Is being consistent in these events a key for 2011?*

JA. Consistency has always been what I am about. I do have a lot of room to improve and we have already implemented some changes. I am really working on running correctly which will improve speed as well as timing in other events. Things are going really well and I have already improved so much in just a few short weeks.

*DN. Is it hard to be patient in training? In meets?*

I don't find it to be too hard. I know that you get out what you put in. I have to work hard

and do what my coach and my body tells me. Do the work and the results will follow.

*DN. You are still relatively young (just 26) and are already USA indoor and outdoor CE champ. How long do you plan to stay with the sport?*

JA. My plan at this point is to compete through 2013 and then move on. Just recently I started a company with two friends that involves real estate, property management, and real estate investment. It's called *James Management Services*. I want to see this company grow and to do that I will have to give track up at some point. I have done more in my career than I ever hoped and if I had to stop now I would only be disappointed I didn't make the Olympic team.

*DN. You were relatively free of injuries last season. Are you healthy now?*

JA. I was very healthy last season and right now. I have been so lucky with how my body reacts to the decathlon. I have the small nagging injuries that our sport inflicts. Out of the 27 decathlons that I started and meant to finish I have only not finished one and I regret pulling out every time I think of it. As long as I stay smart and do the work I don't anticipate having any problems.

*DN. What was the most disappointing point (low point) in your decathlon career? What was the high point?*

JA. Low point has to be getting 4<sup>th</sup> at Olympic Trials and not making the team. It's not that bad. I was at The Olympic Trials and still enjoyed every moment of it. There have been so many high points for me. Every year something new and better happens. The most recent was getting 4<sup>th</sup> at Götzis and winning USAs. I love this sport and to be able to still compete is a gift. Thank you ASICS.

*DN. Do you have any explicit goals for next year (2011?)*

JA. Right now, I want to enjoy the moment. In fall training it's to improve and sharpen all my techniques for next season. For next year, the main focus is to make the World Team.

*DN. What meets are you planning to do in 2011? You are defending USA indoor and outdoor champ. Will you do those meets again?*

JA. I plan to compete at the Indoor USATF Championship and other individual indoor events. The plan for Outdoor: Drake Relays, Götzis and USA. Hopefully they will be moving an IAAF meet to July. I would like to compete before the Worlds in South Korea.

*DN. How long did it take to recover from the 4 meets in 7 weeks exercise of last season?*

I was fine 2 weeks later. I know that if I put in the hard work before the season and take care of my body I shouldn't have a problem recovering.



*DN. What is your ultimate goal in decathlon? Was the 8253 in Gotzis or 8215 in Des Moines a surprise?*

I want to make the Olympic team in 2012. I am not worried about what I have to score because I know that it's all about how you compete. I will be ready in 2012 to do what I need to make the

team. I was not surprised by my scores this season. If the weather had been better in Götzis I believe the scores would have been higher.