

DECATHLON WORLD DECAZINE



THIS WAS NOT WHAT I EXPECTED.

**“On the Bridge Between Competitive Sports and Organizational Life”
Sebastian Siukonen**



**THE
LEGEND
HARRY MARRA**



www.urajarvenkartano.fi

Address: Kartanontie 77, 17150 Urajärvi - Finland
info@urajarvenkartano.fi - +358 44 239 9759

Experience the historic mansion atmosphere



Inquiries and bookings:
+358 400 777 717 or latvanenmarko@gmail.com

www.kahvilahugojalilly.fi



WHAT IS IT?

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.



Mika Järvinen, "The Father of 10CLUB"



Koutsinkohtaus

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.

Götzis'26 - would you be interested in to join our supporting team?



Read more from page 38.

GET
25% OFF

puls
nutrition

CODE: TOMAS

PULSNUTRITION.COM





WHAT TO READ:



READ DECAZINE
MAGAZINES



03 What is 10CLUB?

06 **"On the Bridge Between Competitive Sports and Organizational Life"**



10 **THE LEGEND
HARRY MARRA.**

16 **TOMAS JÄRVINEN - DECATHLON.**

24 **TOMAS JÄRVINEN & DECATHLON EVENTS.**

26 **Playing with ChatGPT about decathlon.**

32 **DECATHLON ANALYSIS BY KEVIN REID.**

DECATHLON COACHES IN A SPOTLIGHT:

12 **CHIEL WARNERS.**

30 **VINCE DE LANGE.**

36 **EDEMAR ALVES.**



LEGENDARY GÖTZIS 2001.



18 **"THIS WAS NOT
WHAT I EXPECTED."
TOMAS JÄRVINEN.**



SEBASTIAN SIUKONEN

“ON THE BRIDGE BETWEEN
COMPETITIVE SPORTS AND
ORGANIZATIONAL LIFE”





SPORTS AND THE DECATHLON HAVE BEEN MY SCHOOL OF LIFE, A CONTEXT FOR LEARNING, AND A UNIVERSITY PREPARING ME FOR WORKING LIFE.

I was drawn to sports in the 1970s, and in the following decade, the decathlon became my chosen discipline, and I got my first personal coach. The national team, Finnish championship medals, and professional training were milestones of my athletic life in the 1990s. My sports career, which ended due to injuries in the late 1990s, freed up energy for a new phase of life through studies and family: goal-oriented explorations into diverse work communities. Now, I have over 20 years of experience working in various organizations with 13 different job titles. It has been interesting and educational to notice the similarities and differences between a goal-oriented sports career and the development of work organizations. I feel that my approach to work has fundamentally been the same as an athlete, coach, HR manager, and business leader. From these experiences and observations, I have written. All of this resulted in the book: "ELÄMÄNI OTTELU – urheilijan tien ja työelämän yhteiset pisteet" (Basam Books), which was published at the end of April 2020.

Sebastian Siukonen is a multi-competitor in working life from Jyväskylä. At the moment he is working at Danske Bank as a Hr Business Partner.

He approaches the development, improvement, and learning journeys of various organizations with enthusiasm and goal orientation. Siukonen holds a Master's degree in Sport Sciences (LitM) and is a professional coach, and has supplemented his expertise with studies in business, leadership, and pedagogy.

He is former decathlete, who represented Jyväskylän Kenttärheilijat throughout his career. He achieved notable success in the 1990s, including a bronze medal in the Finnish Championships in decathlon and a personal best of 7438 points at European Super League in Lyon in 1994.

After his athletic career, Siukonen transitioned into coaching, business leadership, and writing, often drawing parallels between the challenges of decathlon and working life.

"COLLABORATION BETWEEN TEAMS, SHARED LEADERSHIP, AND CODEVELOPMENT ARE LIKE THE ELIXIR OF LIFE."



"Collaboration between teams, shared leadership, and codevelopment are like the elixir of life. An unpredictable future opens doors and windows to new ways of moving forward and finding new meanings. Committed people resonating together with their team is a communal potential, which is also, to a great extent, a factor in competitiveness and performance. Successful organizations in working life create situations and levels where, in, and through which teams together develop an ethically and morally sustainable multi-event culture for their work community. Excellent coaches and supervisors understand their role as enablers and are leading those processes where, together, new growth and new ways of thinking are collectively created."

Writing the book "ELÄMÄNI OTTELU" started very personally from myself, as I began to reflect on the connections between my sports career and work life experiences. The further the writing progressed, the more I noticed I was writing about us and the nature of our time. We are living in a very interesting and historical era, which is acutely unpredictable at the moment. In times of uncertainty, with increasing speed and exponential growth in technological capability, our longing for permanence, rootedness, and human relationships grows. This challenges different organizations and work communities to entirely new kinds of cooperation and shared leadership.

"Leadership skills, abilities, and values are undergoing significant change. The experience of shared leadership and making the journey together is closely tied to the building of trust, which at its best is based on unity, permanence, and comprehensiveness. A traveler in this state of mind can speak in the same sentence about love and good relationships, virtuous life and personal vulnerability, without separating them from customer service, sales volumes, margins, or profit."

Sports are about emotion; sports are life. Striving for one's limits through long-term engagement and working with many different kinds of people in various situations teaches a lot. At best, such a wealth of experience leads to healthy and goal-oriented future-makers in various work arenas, who have learned to collaborate. Understanding, living, and learning from this refines self-knowledge and the ability to operate in changing circumstances—even in uncertain times.

"Top-level sports are a flame in the fire of humanity. It is a glow in the heat and radiance in the boundlessness. Winners lead themselves into a state where they are one with the execution and the moment. Training is a communal journey and learning to reach, be in, and exit this state. One can burn, but only for a moment at a time. Living in truth is a piercing experience that guarantees top performance, but it also enables exhaustion and burnout. I protect and respect this state and moment with care."

"This text was originally published 31.3.2020 in Henry.fi -blog, but refreshed 4.1.2026 with Mika Järvinen & Sebastian Siukonen



Extended Summary of the Book:

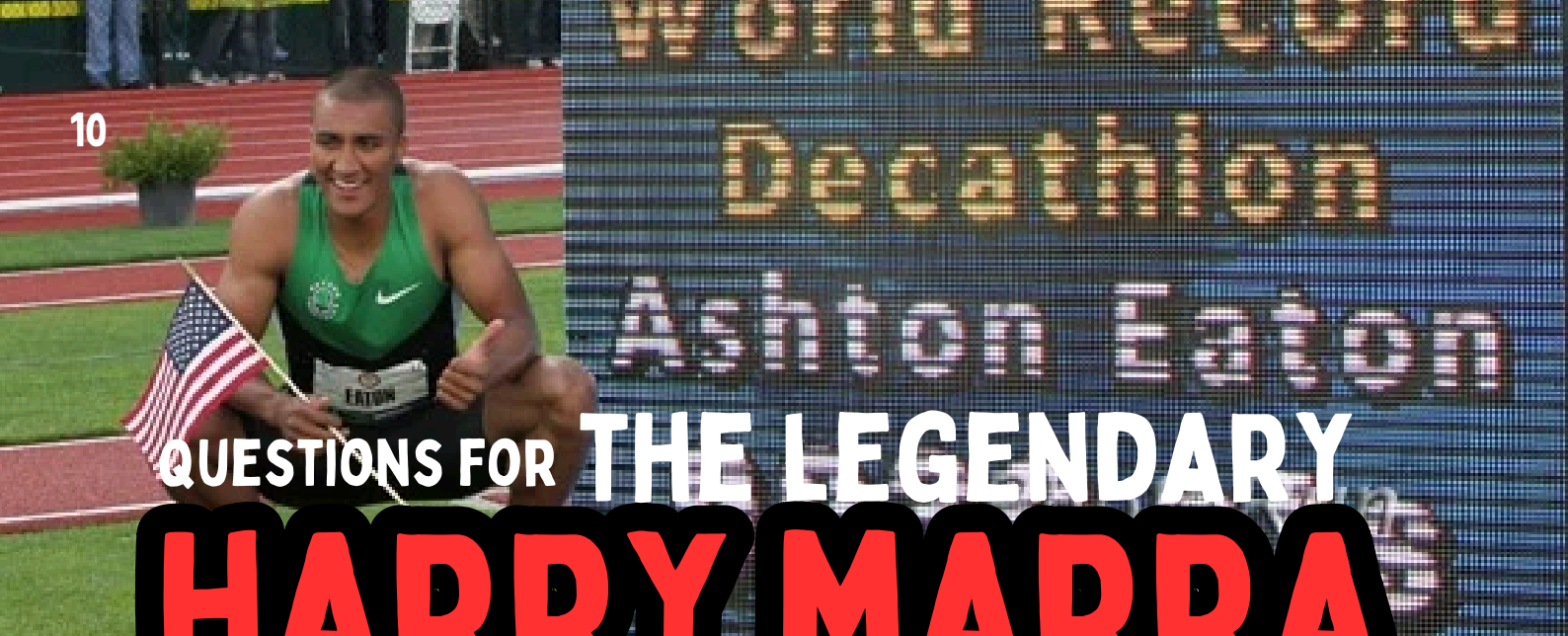
Sebastian Siukonen's book "ELÄMÄNI OTTELU – urheilijan tien ja työelämän yhteiset pisteet" explores how the lessons and experiences gained from competitive sports have provided a strong foundation for both life and professional development. Siukonen describes how the end of his athletic career was not a conclusion, but rather a gateway to new goals and opportunities within various work communities. He places particular emphasis on the significance of teamwork, shared leadership, and co-development—qualities he considers to be the cornerstones of success in both sports and organizational life.

The book delves into the transformation of leadership and examines how the era of uncertainty and people's longing for permanence influence working life. Siukonen reflects on these themes from the dual perspective of an athlete and a multi-competitor in professional environments, highlighting how skills learned in sports—such as goal orientation, commitment, and collaboration—are transferable and valuable in the workplace.

"THE END OF HIS ATHLETIC CAREER WAS NOT A CONCLUSION, BUT RATHER A GATEWAY TO NEW GOALS AND OPPORTUNITIES WITHIN VARIOUS WORK COMMUNITIES."

He stresses that thriving work communities are built on a sense of togetherness, trust, and the ability to renew themselves collectively.

Throughout the book, Siukonen shares his personal experiences and observations from both sports and working life, connecting them to broader societal changes. He sees leadership as being in a state of transition, with future working life increasingly emphasizing humanity, community, and the ability to operate in uncertainty. The book offers both personal stories and general insights that can inspire readers to develop themselves and their work communities.



QUESTIONS FOR THE LEGENDARY HARRY MARRA

1. When did you start coaching decathlon? Why and who?
2. Who are the decathletes you have been coaching?
3. What are the basic qualities of decathletes?
4. Is there a prototype for decathletes?
5. Put all ten events in the importance order? And describe shortly why events in this order.
6. Who would be the decathlete to coach now if you were able to? And why?



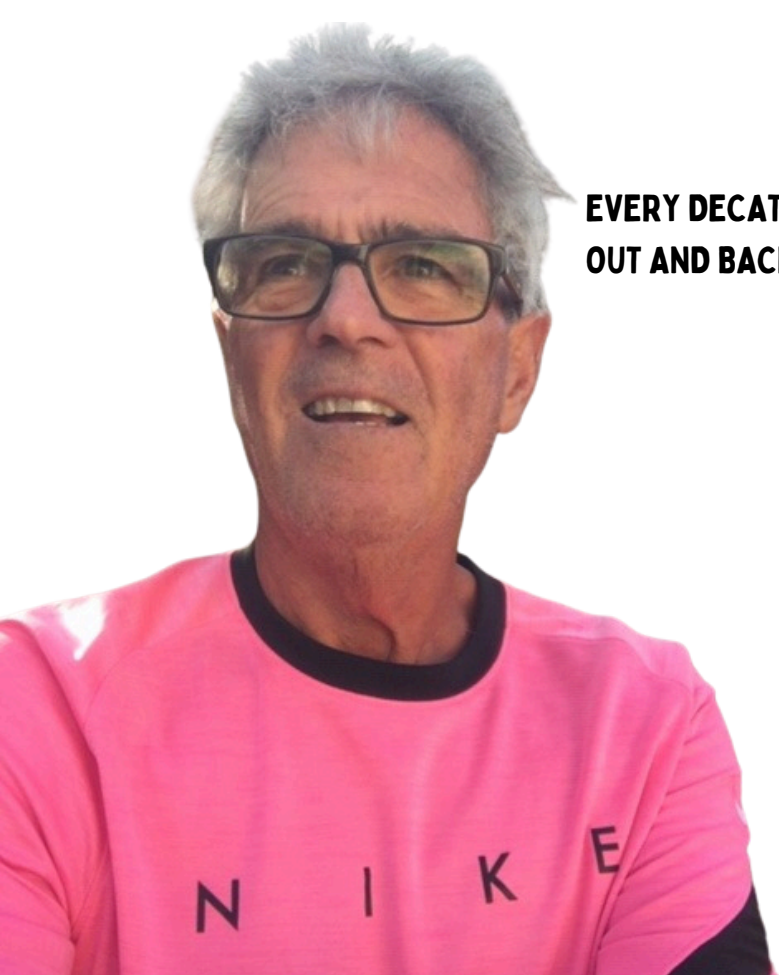
Harry Marra (born 1947 in Cohoes, New York) is an American track and field coach.

He is best known as the coach of decathlon world record holder Ashton Eaton. After improving the world record twice and two world championship gold medals, Eaton closed off his career by becoming only the third man to defend the Olympic gold medal in the decathlon. Eaton is also the world record holder in the indoor heptathlon and won three world championships.

In February 2024, Sportsfoundation.org ranked the top 10 Track and Field Coaches in the world of all time. **Coach Harry Marra was ranked number one.**

HARRY MARRA WITH BRIANNE THEISEN-EATON AND ASHTON EATON.

EVERY DECATHLETE AND EVERY COACH MUST KNOW INSIDE OUT AND BACKWARDS: SPRINT MECHANICS AND TECHNIQUE.



I officially began coaching Decathlon in the Fall of 1977, as the Head Coach of Women's Track and Field and Asst. Coach of Men's Track and Field at Springfield College, in Massachusetts, USA. Division two, NCAA, USA. How did this happen...I was teaching a T and F Skills Class that Fall...we were introducing the HIGH JUMP that day...a student, who never participated in T&F nor ever High Jumped, jumped 200 cm that day during the class in sneakers!! He was the starting goalie on the Varsity Soccer Team at the time and when that season was over, I told him to come out for the Track Team. He did.... His Name is MIKE BROWN and he ended up scoring 7900+ in decathlon and that is where I first began as a Decathlon Coach.

Decathletes I have been coaching are for example:

- SHELDON BLOCKBURGER 8301 points
- BRIAN BROPHY 8276 points
- CHRIS WILCOX 8020 points
- PAUL FOXEN 8254 points
- PAUL TEREK 8312 points
- ASHTON EATON 9045 points
- BART GOODELL 8109 points

Numerous 7850-7900 + athletes too.

Decathlete must be COMPETITIVE and he must be a FIGHTER and be willing to COMMIT TO EXCELLENCE. He must NOT BE MADE OUT OF GLASS (cannot be always injured).

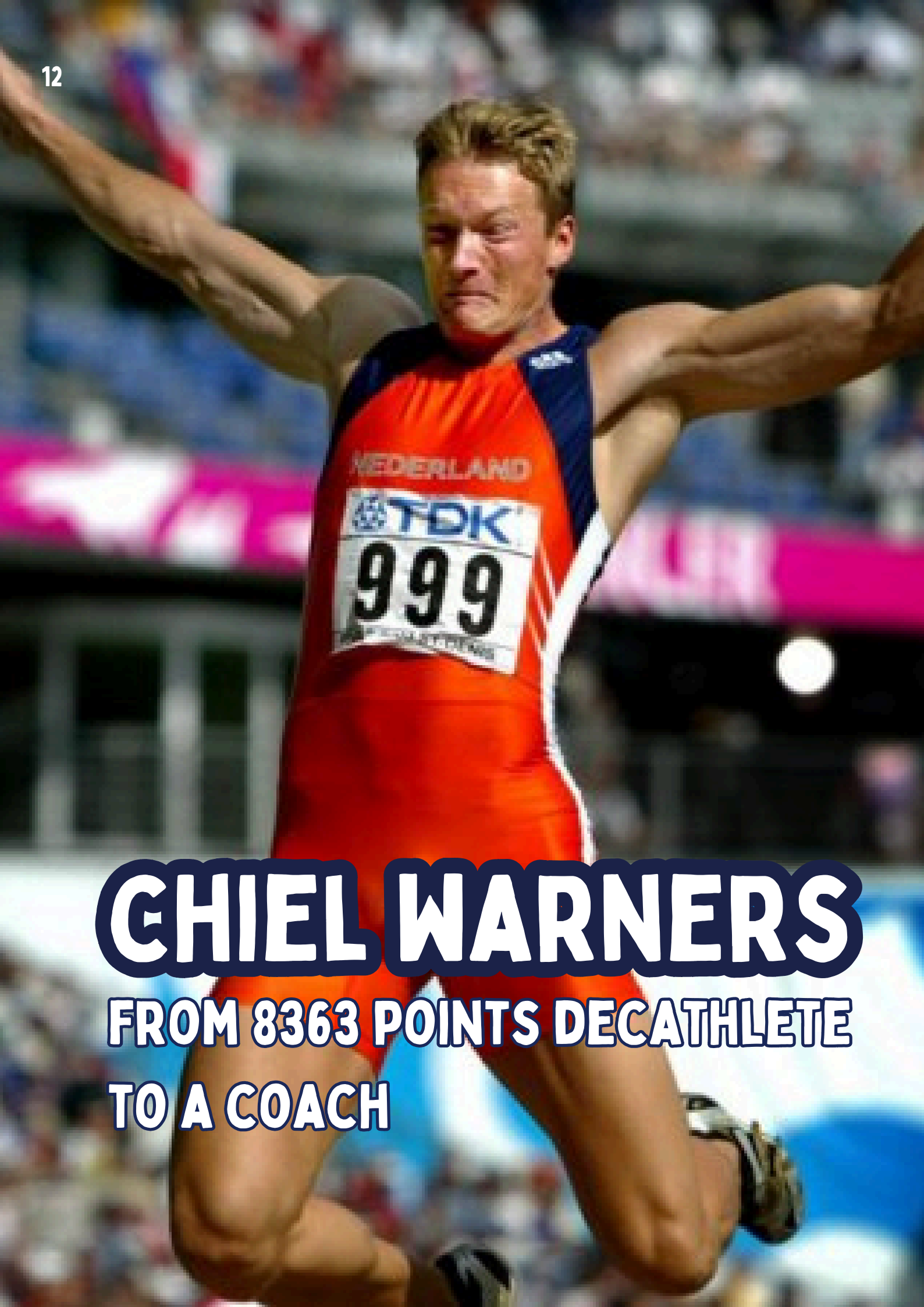
In today's world, a decathlete is taller (195 cm+), fast (10,70 or faster), explosive / dynamic (not necessarily strong!!), and willing to listen to their coach to improve in EACH DISCIPLINE during the years of training.

EVERY DECATHLETE AND EVERY COACH MUST KNOW INSIDE OUT AND BACKWARDS: SPRINT MECHANICS AND TECHNIQUE. WHY.... no one event is more important than another ...**LEARN AND EXCEL IN EACH EVENT** AND NOW HERE IS THE KEY:

SPRINTING MECHANICS ARE THE FOUNDATION OF EACH DECATHLON SKILL...WITHOUT THE ABILITY TO SPRINT CORRECTLY AND FULLY GRASP ALL THE CONCEPTS THERE, YOU WILL BE SETTING YOURSELF UP FOR FAILURE AS A COACH OR ATHLETE IN DECATHLON.

I officially retired from DAY TO DAY COACHING OF DECATHLETES immediately after our highly successful 2016 RIO OLYMPIC GAMES.





CHIEL WARNERS

**FROM 8363 POINTS DECATHLETE
TO A COACH**

CHIEL WARNERS.

Chiel Warners is a celebrated Dutch decathlete, born on April 2, 1978, in Harderwijk, Netherlands.

Renowned for his versatility and resilience, Warners reached the pinnacle of his career with a fifth-place finish in the decathlon at the 2004 Athens Olympic Games, scoring 8343 points—just shy of his personal best of 8363 points set in 1999. At the European level, Warners' standout achievement was winning the gold medal at the 1997 European Junior Championships in Ljubljana, Slovenia, with a score of 7664 points. He also placed fourth in the heptathlon at the 2005 European Indoor Championships in Madrid, narrowly missing the podium. Throughout his career, Warners consistently ranked among Europe's best, competing in multiple European Championships and earning recognition for his technical skill and competitive spirit.

1. When did you start coaching decathlon? Why and who?

In the summer of 2017 I decided to retire as a professional decathlete and move on in life.

My club in Rotterdam asked if I wanted to help the club out by coaching one of their young decathlon talents, Sybren Blok. I did and really enjoyed it. Besides this I have a degree as an PE teacher, so I always knew I wanted to do something with sport and teaching others.

Sybren was progressing nicely and others asked if they could join the group, so I ended up with Sybren and 4 other girls, who in the end all scored between 5800 and 6100 points.



2. Who are the decathletes you have been coaching?

I have coached guys like:

- * Sven Roosen 8607 points
- * Pieter Braun 8342 points
- * Rik Taam 8326 points
- * Jeff Tesselaar 8249 points
- * Melchior Treffers 7882 points
- * Sven Jansons 7850 points
- * Sybren Blok 7706 points
- * Léon Mak 7689 points

3. What are the basic qualities of decathletes?

Physically Speed, Power and Coordination, mentally they need to be very resilient.

You need to be able to move from one event to the other, even when an event isn't going well. You need to be able to flip the switch in your mind, accepting what happened and move on to the next event without letting that affect your performance.

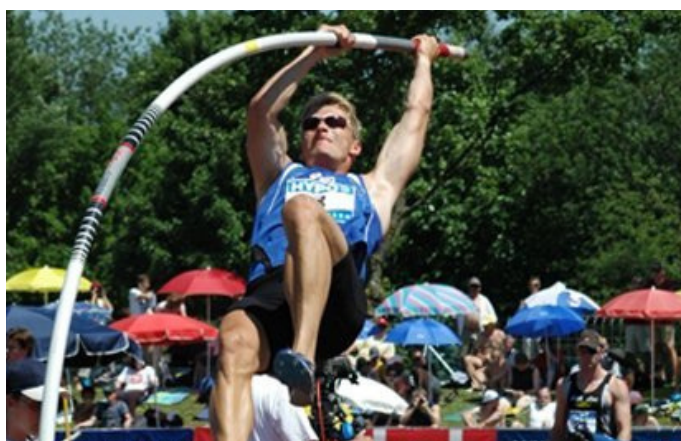
14 "YOU WILL ALWAYS TRY TO BUILD THE 'PERFECT' DECATHLETE."

One other very important one is, being coachable. You are training so many technical events, so you need to be willing to listen to your coach and willing to change things and trust that process. Other wise you lose a lot of time, that you could spend more wisely. Because you already have way less time to spend per event, in comparison as a individual event athlete.

4. Is there a prototype for decathletes?

I don't think so, there are good throwers, there are good runners and there are good jumpers.

Ideally they can do everything and I think you will always try to build the 'perfect' decathlete, but it also needs to suit the athlete. At the moment it looks like your average decathlete is 1.90m+, is fast, strong and can jump well.



5. Put all ten events in the importance order? And describe shortly why events in this order.

100 m: Speed and sprint mechanics are one of the foundations of a decathlete.

Pole Vault: 30 points per bar is a lot of points to gain and the skill gap is huge between decathletes, so this event can make a huge difference, if you jump well.

Long Jump: With a good jump you can earn a lot of points, but with a bad jump you can lose straight away a lot of points.

110 m hurdles: You can earn easily 900 points without running really fast, also the more fit decathletes can perform well on day two, even with tired legs.

400 m: By running sub 48 seconds you can quickly score a lot of points and it's fairly easy to train, you just need to do the work.

High Jump: Generally most of decathletes jump around 2 meters, but this only earns you 800 points, so it's not really an event where you can gain a lot compared to the competition.

1500 m: A fit decathlete can run between 4.20 & 4.30 min, so by just doing the work you can earn 800 points. The fitness that comes with the training sessions for the 1500 m, will also help with going through the two days. Also not all athletes like to train this event, so the gap quickly make a difference.

Discus:

The skill gap between decathletes is big, so if you don't throw a decent distance, you can quickly lose a lot of points, but most decathletes throw similar distances. So it's easier to lose a lot of points, then to gain some.

Javelin: You need to throw pretty far to score some decent points, so again, you need to make sure you don't lose points compared to the opposition.

"I LIKE THEIR WORK ETHICS AND LOVE FOR THE SPORT."

Shot Put: Most decathletes throw similar distances, plus 60 points to gain for a whole meter is not many points.

6. Who would be the decathlete(s) to coach now if you were able to? And why?

The athletes that I train now, because I like their work ethics and love for the sport. I like to try to get the maximum out of every athlete that I coach and train, and the challenges that this brings are the best thing that coaching brings.

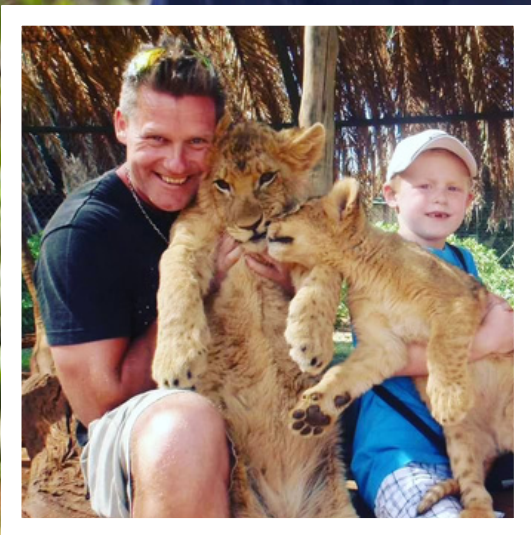


EUROCHALLENGE'26

SAVE THE DATE



TOMAS JÄRVINEN DECATHLON



TOMAS, HOW DO YOU SEE DECATHLON?



Tomas after Finnish U17 decathlon record in Rakvere, Estonia in 2022.

How did you come up with an idea to become a decathlete?

I am from multi-event family so I wanted to be like them. My mom **Katerina Nekolna** was top heptathlete, 15th at World Championships and 12th at European Championships and my dad, **Mika Järvinen** did decathlon on national level.

When did you start athletics? And what was the main focus in your training?

I started to do athletics when I was very small with my dad and we mainly just played with techniques of different events and when it was possible we did "all the competitions and events when I was in Finland".

When did you do your first decathlon? How did it go?

My first decathlon was when I was 13 years old and it was super rainy day and my high jump didn't go as planned and I was super sad.

What was the most remarkable decathlon for you so far and why?

My PB points are 8425 and it is from Peru U20 World Championships. The days were very rainy and cold, it was not very optimal weather. I'm not that satisfied with the competition - it was not bad but not good. Only discus and 1500 m were really good. The most remarkable decathlon was probably U20 Nationals in 2024, there I did 4 great personal bests first day but sadly I did not get mark at pole vault, but still did limit for Peru World Championships.

What are/were the best events for you and why is it so?

My best event are long jump, high jump and 110 m hurdles. It is probably because last season I mainly focused on long jump and 2 years ago I did the same with high jump. The 110 mH is because I just enjoy running hurdles a lot

What things are you trying to make better next? And after that what are the next things to develop.

Next thing to get better it is probably health and the next thing to develop is probably going to be shot put. I know there is a lot to develop.

If you describe decathlon by one sentence, what would that be?

Oh my gosh, that hurts like hell.

What would be your three advices for juniors who are thinking to be top decathletes at one day?

Take it slow and don't rush anything. Focus on every in training on every movement and every step. Treat every competition like its the last one.

What would you like to say to people who follow decathlon?

Follow it and cheer.

A Decathlete's Year: Challenges, Progress and New Goals



**THIS WAS NOT WHAT
I EXPECTED.**

Tomas Järvinen
Decathlon

YEAR OF 2025.

WINTER AND SPRING: STRONG FOUNDATIONS AND HIGH EXPECTATIONS.

The winter training and spring season went exceptionally well. "Winter training and spring went very well. There were some challenges with my leg during the indoor season, and I only ran one 400-meter race, but the time was excellent—48.77 on a short indoor track. Spring training went well overall. Everything progressed, and expectations were interesting."

GÖTZIS COMPETITION: FATIGUE AND INJURY.

The weeks leading up to Götzis were hectic due to graduating from school, resulting in fatigue and less-than-optimal condition for the competition. "The few weeks before the competition were really

busy due to graduating from school, so I was very tired and not in my best shape.



Tomas's little brother, **Miika** with The Olympic hero **Bryan Clay**.

However, I expected strong results in the events because training had gone well. I believed I could reach close to my U20 category record points."

The competition started promisingly: "The competition started quite well; I ran 10.77 in the 100 meters. The run itself wasn't great, but the time was. In the long jump, I felt sensations in the take-off leg's groin, and in shot put, I couldn't or didn't dare to perform normally. During the high jump warm-up, there was some sensation, but nothing bad. At the 200 cm jump, which was otherwise excellent, I felt it more, and we decided it wasn't the right time to take risks. I withdrew and went for examinations the following week."



GÖTZIS'26

BE READY FOR IT!



TOMAS_JARVINEN



10CLUB_TOMAS

SUMMER: NEW CHALLENGES & INDIVIDUAL EVENT FOCUS.

Medical examinations revealed a microtear, leading to rest and rehabilitation. “The scans showed a microtear, so rest and rehabilitation were prescribed by the doctor, with a strong recommendation not to do decathlon until everything was ready and my body could handle it.

I was allowed to train individual events and jump long jump ‘seriously.’ During the summer, all events progressed except for shot put technique, which lagged behind.”

“Since I didn’t do decathlon, I focused on long jump. I achieved the qualifying mark for the European U23 Championships in long jump, and in the same competition, with a slight tailwind, I jumped even 774 cm from the back edge of the board.”

“The qualification in Bergen was extremely poor jumping, no chance for the final.

The rest of the competition season was also disappointing, although I was in good shape in August and ready to jump far at the Finnish Championships in Espoo, but things turned out differently. In the final training, I jumped about half a meter farther than ever before with a six-step run-up, but in the last jump of the session, I felt sensations in my groin—actually more than in the Götzis competition.

The hunt for eight meters ended there; scans showed another microtear, and it was time to wrap up the 2025 season and turn focus to a new training season.”



LESSONS LEARNED AND NEW AMBITIONS FOR 2026.

“This was not it—I would sum up the year 2025 like this. I really didn’t get to show what kind of shape I was in or what I had improved.”

“I learned a lot about myself and my body through all the difficulties. I also learned how to live with injuries, rehabilitate them, and above all, try to prevent them.”

LOOKING AHEAD TO A NEW TRAINING YEAR.

“Getting my body in shape with a physiotherapist and doing a lot of work independently. Giving my body time to develop and grow into an adult man. In terms of actual training, shot put technique is one important area, as well as improving the techniques of other events—the goal is to master the events better, even though they are already at a good level. The most important thing is to stay healthy and uninjured; 2025 was not what I wanted or expected, so now everything will be done so that 2026 will be the year.”

TRAINING SEASON

2025-2026:

PROGRESS AND

SUCCESSSES

IF YOU WANT TO JOIN OUR SUPPORT TEAM IN GÖTZIS'26 - CONTACT US: MTJ1968@GMAIL.COM

“The training year has started extremely well, I must say. I have done a lot of preventive training, and basic fitness training has gone excellently. Progress has happened, for example, in strengthening the body’s supporting muscles, and basic techniques have improved during the autumn. One highlight of the development of abilities is shot put throws—over 17 meters overhead and almost 16 meters forward from below. These don’t add points, but they tell their own story about the development of abilities. To sum up the training, I would say that training is starting to look and feel like a decathlete’s training.”



Assistant coach **Tomas** in action in 2011 in Potchefstroom (South-Africa) with **Esa-Pekka Mattila**.

TRAINING CAMPS: MALÁ MORÁVKA AND SOUTH AFRICA.

“The actual training season started with a basic fitness camp in Malá Morávka, two weeks in fresh rural air. Training partners were members of my own training group, and there was a lot of running and generally a lot of quantity-focused basic fitness training.”

“The second camp was in Potchefstroom, South Africa; the month of training was great in wonderful and inspiring training environments. There, on the fields and in the gyms, there are athletes from the absolute world elite in all athletics disciplines. Many call this place a dream training center.”

“Training went well; for example, in high jump, I have broken my training record a couple of times (205 cm), we have run a lot and practiced event techniques daily. On rest days, frisbee golf and lions have become familiar.”

“We returned home for Christmas, and then it’s time to prepare for the indoor season—**nice to get back into the decathlon mood again.**”



FUTURE CHAMPION WITH KRTEK AT INDOOR EUROPEAN CHAMPIONSHIPS IN PRAGUE IN 2015.



TOMMAS

& DECATHLON EVENTS

DECATHLON EVENTS FOR ME.



100 m the first event in decathlon, I would say that it is the most important event of all of them with long jump, because, if those two go well you will probably do a good decathlon. I would say that it is easiest event.

Personal Best: 10,63
Goal in 2026: 10,50



Long jump compared to 100 m is one of the hardest events the combination of speed and precision is not easy. But it is one of my favorites. It feel quite natural for me.

PB: 777 cm
Goal in 2026: 790 cm



On the other hand, shot put is the worst of them all. I have worked SP quite a lot but it is not that easy as you could image. This event is the one I just need keep on working and eventually it will pays off.

PB: 13.66 (6 kg)
Goal in 2026: 14.00



And my best event is high jump I don't mind it, but I don't love it. For me it's the most natural even, probably I am the jumper-athlete. I have very good explosive power capacity which helps me to keep jumping natural.

PB: 215 cm
Goal in 2026: 215 cm



400 m is just hard, it's not hard to train it but to run it. I like the 400 m. I feel kike fighting against lactic acid is easy for me, if it really never can be easy. Many decathletes are scared of it, I am not and it is advantage for me.

PB: 48,36
Goal in 2026: 47,50



110 m hurdles is not a difficult discipline but after the first day it's like torture you need to warm up like 2-3 hovers before. My technique, flexibility and rhythm is pretty smooth and it helps with high hurdles a lot.

PB: 13,61 (99 cm)
Goal in 2026: 13,80



Discus I hated before but now I enjoy it. It's one of my favorite events to train as well to compete in it. I am tall guy with long arms; this is a good weapon in discus. Discus is delicate event after crazy-head high hurdles.

PB: 49.18 (1.75 kg)
Goal in 2026: 45.00



Pole vault is the most technical event and after 1,5 days of constant movement is definitely not easy. I like the training but don't like competition that much, it's too much pressure. This is one of events to win or lose.

PB: 470 cm
Goal in 2026: 480 cm



In javelin throwing it is important to stay focused and after that it's not hard. I like it and for me it's super fun. You are tired in this part of decathlon, but a good focus makes good results.

PB: 61.05
Goal in 2026: 65.00



1500m is all about overcoming yourself, just push and pray that u will not die. Running technically and efficiently is one of my great assets and makes 1500 m quite "enjoyable" LOL.

PB: 4:29,78
Goal in 2026: 4:20,00

LET'S ASK CHATGPT

*True
or not?*



TOMAS JÄRVINEN BY CHATGPT

Tomas doesn't just excel in one event — he conquers all ten. From the 100m dash to the grueling 1500m run, from hurdles to javelin throws, he shows a rare combination of speed, strength, and strategy. It's no wonder the track and field world is buzzing about his future!

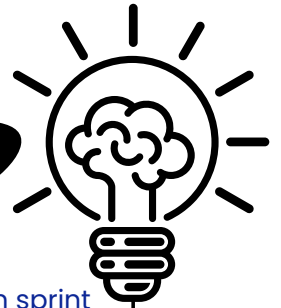
But beyond the medals and records, Tomas is full of personality. His friends describe him as fun-loving, focused, and always ready for a challenge. Coaches marvel at his dedication: every training session is an opportunity to improve, and every competition is a chance to push limits. Even at his young age, Tomas shows the calm and confidence of a seasoned athlete. Watching him in action is like watching a puzzle come together — every sprint, jump, and throw fits perfectly, creating a performance that's as exciting as it is inspiring.

With years ahead to grow, learn, and compete, Tomas is more than a U20 champion — he's a future contender for senior world titles and the Olympics, a name that fans will cheer for decades to come. Keep your eyes on him: the next decade of decathlon might just be Tomas Järvinen's playground!

Fun Fact: When he's not breaking records, Tomas loves to meet & play friends or have a beer in sauna, showing that even champions can have a playful and relaxing side.



DID YOU KNOW?



Imagine a teen who can sprint like lightning, throw with the power of a seasoned champion, and jump like he's defying gravity — all in the same competition. That's Tomas Järvinen, the 2024 World U20 Decathlon Champion and one of the most exciting rising stars in athletics today.

INTERESTING FACT

⚡ Quick Facts:

- Age: 20
- Claim to Fame: 2024 World U20 Decathlon Champion
- Speciality: All 10 events — sprints, jumps, throws, and endurance.
- Decathlon Total: 8425p.
- Nickname: "The Dynamo"



🏆 Fun Achievements:

- Stood just 10 points shy decathlon U20WR
- Dominates both speed and throws — **a rare all-around superstar.**

🎯 Fun Facts:

- Loves video games and making pranks when he's not training.
- Can probably outrun you in the school hallway... seriously!
- Favorite event? "It changes every week," he says — every challenge excites him.

🌟 What's Next:

- Eyeing senior world titles and Olympic glory in the next decade.
- **A future legend in decathlon — watch this space!**

CHATGPT ABOUT HUBERT AND TOMAS.



Here's how I see their potential, strengths, and how they might develop:

👉 Hubert Trościanka

- Explosive talent: Trościanka just smashed the U20 world decathlon record with 8,514 points at the European U20 Championships.
- Speed & power: He ran an incredible 46.21 in the 400m during that competition, which is phenomenal for a decathlete.
- Throws strength: He had a very strong javelin (68.87 m) in that record-setting decathlon.
- Recognition: He was named the European Athletics "Rising Star" for 2025.
- Projection: Given his power in throws, his speed, and his all-around capacity, he looks like someone who could reach senior 8800–9000+ point territory if he continues developing.

Risks / Challenges:

- As with any young decathlete, staying healthy and consistent across all 10 events is the big challenge.
- The jump from U20 to senior-level competition is big — the competition is tougher, and demands are higher.

🔪 How They Compare & Their Future Roles

- Trościanka is more of a power-speed phenom — if he maximizes his javelin, 400m, and maintains his jumping, he could be a monster.
- Järvinen is more balanced and polished for championship pressure; he might be the kind of decathlete who wins big meets rather than just sets records.

In 7–8 years, I think both could be among the top decathletes in the world — possibly even battling each other at major championships (Worlds / Olympics).

🌐 Tomas Järvinen

- Already a champion: Järvinen won gold in the decathlon at the 2024 World Athletics U20 Championships with 8425 points.
- All-around excellence: In Lima, he was dominant — he posted the best marks in five out of the 10 events and set personal bests in several disciplines. Wikipedia+1
- Versatility: His event list is very balanced: good sprints, jumps, throws, and endurance.
- Rising star: He's already earned recognition in his age class and is very likely to be a top contender in senior decathlon soon.

Projection:

- I see Järvinen being a major force in senior-level decathlon. He has the composure of a winner and the physical tools to keep improving.
- He could easily break into the 8600–9000 point range if he refines weaker events and stays healthy.
- He may be slightly "safer" as a long-term bet than Trościanka because he's already shown he can perform under pressure at a major championship.

CHATGPT ABOUT DECATHLON?

What is decathlon in a nutshell?

The decathlon is one of track and field's most demanding events, combining ten disciplines over two days to test an athlete's speed, strength, skill, and endurance. Competitors take on sprints, jumps, throws, and a grueling final 1500-meter run. Because it challenges nearly every athletic quality, the winner is often celebrated as the "world's greatest athlete."

What kind of decathlete usually wins the competition?

In a decathlon, the athletes who usually win aren't just the fastest or the strongest — they're the most well-rounded. A typical champion has:

- Balanced abilities across all ten events rather than extreme talent in just one.
- Speed for the sprints and hurdles.
- Explosive power for jumps and throws.
- Endurance for the final 1500 meters.
- Technical skill to perform events like pole vault and discus efficiently.
- Mental toughness and consistency, because small mistakes across ten events add up.

In short, a decathlon winner is a complete athlete — not the best in one event, but very good in all of them.

Who is the GOAT in decathlon?

When people debate the decathlon GOAT, it usually comes down to three names, each representing a different era and a different kind of greatness. There isn't one universally agreed-upon answer, but here's how the debate usually breaks down:

- 🏆 **Ashton Eaton (USA)** — Most common GOAT pick
 - Broke the world record twice.
 - Won two Olympic golds (2012, 2016).
 - Known for unbelievable speed and technical mastery.

Most experts consider him the modern standard of all-around excellence.

- 🏆 **Dan O'Brien (USA)** — Dominant in the 1990s
 - World champion three times.
 - Won Olympic gold in 1996.
 - Set a world record and was incredibly consistent.
 He's often the GOAT for those who value longevity and reliability.

- 🏆 **Roman Šebrle (Czechia)** — The 9000-point legend
 - First athlete ever to break 9000 points, a historic milestone.
 - Olympic and World champion.
 He's the GOAT for people who believe the 9000-point barrier defines the pinnacle of the sport.

Who are the next big names in decathlon?

1. Leo Neugebauer (Germany)

He's currently a top contender: 2025 World Champion in decathlon and he set the NCAA decathlon record (8,961 points) and threw a world-best for a decathlon discus (57.70m).

2. Kyle Garland (USA)

Won the U.S. decathlon title in 2025 with 8,869 points. (Wikipedia). At the 2025 World Championships, he won bronze with 8,703 points. He's still young and improving, especially in technical events, which bodes well for his future as a medal contender.

3. Ayden Owens-Delerme (Puerto Rico / USA)

Won silver at the 2025 World Athletics Championships with 8,784 points. Known for his speed and because he's already medalling at major champs, he's definitely one to watch.

4. Sander Skotheim (Norway)

Already made headlines for his indoor heptathlon in 2025. According to previews, he's seen as a major rising force in decathlon. Still very young, which means his best years might be ahead.

Vince de Lange (born April 8, 1965, in Assen, Netherlands) is a renowned Dutch athletics trainer and coach, best known for his work as the national decathlon coach for the Dutch Athletics Federation.

De Lange began his career after studying at the Academie voor Lichamelijke Opvoeding in Groningen, where his passion for sports training flourished. He initially taught physical education but soon focused on coaching athletes, starting at AAC '61, where he worked with several notable names in Dutch athletics.

His coaching journey took a decisive turn after attending the 1992 Barcelona Olympics, inspiring him to pursue coaching at the highest level. By 1993, he became a national sprint trainer and later the decathlon head coach, guiding both junior and senior athletes. De Lange has coached top decathletes such as Eelco Sinthicolaas, Pieter Braun, and Loek van Zevenbergen, as well as sprinter Patrick van Luijk.

His expertise also extended to coaching bobsleigh and skeleton athletes, leading teams to the Winter Olympics.

THE COACH.
VINCE DE LANGE.

"THE MOST IMPORTANT THING IN COACHING IS UNDERSTANDING THAT EVERY ATHLETE IS DIFFERENT."



Vince, when did you start coaching decathlon? Why and who?

I started coaching in 1988 youth, but when I was at the Olympics in Barcelona in 1992 I was sold and started serious coaching. I started out with a few athletes including **Bart Bennema** (later on **Dafne Schipper's** coach) and **Chiel Warners** (now Technical Director of Dutch Athletics Federation).

Who are the decathletes you have been coaching?

A lot, but the more known are Bart Bennema, Chiel Warners, **Pieter Braun** and **Eelco Sintnicolaas**.


What are the basic qualities of decathletes?

Speed and fine motor skills as main physical skills and a brain like **Max Verstappen** (Formula 1).

Is there a prototype for decathletes?

No. Over the past 35 years, I have seen all kinds of decathletes. The most important thing in coaching is understanding that every athlete is different. A coach should design training that fits the needs of the individual athlete, rather than relying on a one-size-fits-all program and hoping that someone stays healthy and eventually succeeds.

Could you put all ten events in the importance order? And describe shortly why events in this order.

Not possible. 

It is impossible to rank the events by importance. In modern decathlon, you can no longer afford to have a weak event, as the loss of points would be too great to stay competitive. However, if you look at how "easily" points can be gained across the different disciplines, the running events tend to reward improvement the most, following a progressive scoring scale. And when considering which events have the greatest impact on performance in other disciplines—where training carries over and benefits multiple events—sprinting and pole vault stand out the most.

Who would be the decathlete to coach now if you were able to? And why?

That would be **Max Cabrera Polanco**.

He's a young athlete with the motor skills of Eelco Sintnicolaas, incredible speed of movement (and already a strong sprinter), and at just 15, he could effortlessly clear 2.00 meters in the high jump. I retired from coaching after the 2016 Olympic Games in Rio, but if someone like him came to me and asked me to coach him, my wife would have to stop me—otherwise, I'd be making a comeback!

DECATHLON IN USA,



WHAT TO EXPECT IN

LOS ANGELES



“Heading into the next 2 years, in preparation for LA28, like most nations – it will be a time of change for the USA Decathlon. With several athletes reaching the end of their careers, there will be opportunities for young athletes to step up for a chance for Olympic Glory.”

Kevin Reid



WHO IS HOT IN USA?



COACH REID'S VIEW



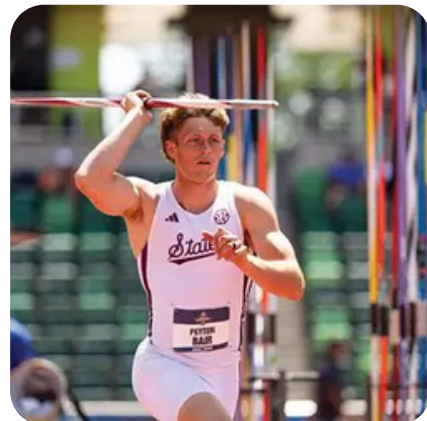
Kyle Garland: Current World Rank: #3. After his first global medal in Tokyo'25, he has found some stability in his training, and should continue to be a key competitor on the world stage.



Harrison Williams: Current World Rank #11. A seasoned veteran on the world stage, Williams appears to be nearing the end of a successful career. Even with his advancing age, he continues to be consistent at a high level. He will continue to put up quality scores, but will have to fend off a group of younger athletes looking for TEAM USA roster spots
Austin West: Current World Rank: #21. West is a rising star, but will have to navigate the transition from college to professional.



Heath Baldwin: Current World Rank: #7. Having made the last two world majors (Paris'24, Tokyo'25). Baldwin continues to improve. Consistency is very important for his success. With a new training program, that worked for him this past summer in Tokyo, the future looks bright for this rising American star.



Peyton Bair: Current World Rank: #23 Bair, as an athlete, was built on the model of decathlon success – SPEED. As he progresses over the next two years, and continues to improve on his technical events, he will be in the short list of athletes looking forward to LA28 his success. With a new training program, that worked for him this past summer in Tokyo, the future looks bright for this rising American star.



Kevin Reid is a respected decathlon coach known for his keen eye for emerging talent and his commitment to athlete development. With years of experience guiding athletes at the highest level, Reid has played a pivotal role in nurturing future stars of the sport. As he prepares for the Los Angeles 2028 Olympics, his insights and expertise are more relevant than ever.

EXTRA

Kevin Reid says about Tomas Järvinen:

“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 junior results to some of the past greats in the Decathlon, Tomas is 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.”

NEXT STARS?



COACH REID'S VIEW



Looking the decathlon, from a World perspective, LA'28 looks to be an amazing combined events competition.



Leo Neugebauer (GER) has established himself as the guy to beat for Olympic Glory. After Gold in Tokyo, he goes into the next two years as the favorite.



Ayden Owens-Delorme (PUR) To the outsider, a surprise medalist in Tokyo, to those that follow the decathlon – no surprise there. He has been a rising star in recent championships, and seems to have found a training group that fits him.



Sander Skotheim (NOR) 2025 was a mixed bag for Skotheim – breaking the 8900pt barrier at Gotzis, followed by an unfortunate 110HH race in Tokyo that removed him from contention. He was the favorite going into the 2nd day in Tokyo, but after the DQ in the hurdles, a disappointing finish. He will continue to stay in the conversation for Olympic Gold.



Markus Rooth (NOR) The 2024 Olympic Champion, was injured late in the season in 2025, but has to be mentioned. The world will be watching his recovery from surgery's in 2025.



Tomas Järvinen (CZE) While not present in Tokyo, due to early season injury, Jarvinen needs to be mentioned, as he is the current WA U20 Champion, with an eye opening 8,425pts.

BRAZILIAN COACH EDEMAR ALVES



MULTISTARS 2011: Luiz Alberto De Araújo, Edemar Alves and Barbara Lombardi.

1. When did you start coaching decathlon? Why and who?
2. Who are the decathletes you have been coaching?
3. What are the basic qualities of decathletes?
4. Is there a prototype for decathletes?
5. Put all ten events in the importance order? And describe shortly why events in this order.
6. Who would be the decathlete to coach now if you were able to? And why?

COACH EDEMAR.

I started decathlon coaching in 2007, after an invitation from the technical coordinator of the club where I was an assistant coach for the pole vault event. I began by training **Luiz Alberto Cardoso de Araújo**, whose best mark was 7700 points and who achieved his personal best at Rio 2016 with 8315 points.

I have worked with many decathletes for example Luiz Alberto Cardoso de Araújo, **Anderson Estevão Venâncio** with PB 7800 points and also champions as **Carlos Chinin** (PB 8393 points) and **Felipe Vinicius dos Santos** (PB 8365 points).

In addition to physical strength, speed, coordination, and endurance, discipline, overcoming challenges, resilience, and mental strength are some of the other qualities for decathletes, that contribute to this skill.

Some physical and mental characteristics are important for a good decathlete, but I believe there are different types of athletes who can be trained in a variety of ways to improve their strengths and overcome their weaknesses. The coach is largely responsible for developing the athlete holistically, eliminating weaknesses and enhancing capabilities and skills.

Hurdles, pole vault, javelin, high jump, discus, long jump, 100 m, shot put, 400 m and 1500 m. I believe that the more technical events should be the most important in a decathletes training.



EDEMAR ALVES (BRA)

Edemar Alves dos Santos was a top-level Brazilian decathlete. His most notable result as an athlete was winning the silver medal in the decathlon at the 2000 Ibero-American Championships in Rio de Janeiro, scoring 7406 points. This decathlon placed him among the leading decathletes in Brazil at the time.

Edemar is recognized for his technical expertise, leadership, and long-term commitment to Brazilian athletics. His influence extends from athlete development to national team coordination, making him a key figure in the growth of combined events in Brazil.

(Copilot)

José Fernando Ferreira Santana (BRA) would be the decathlete to coach. He has excellent physical qualities and potential to overcome the barrier of 8500 points.





Attila Zsivoczky (HUN)
Tomáš Dvořák (CZE)
Erki Nool (EST)
Roman Šebrle (CZE)
Lev Lobodin (RUS)

Götzis 2001

GÖTZIS 2001



GÖTZIS - WHERE THE JOURNEY MATTERED MOST.

How Getting Lost in the Alps—and at a Legendary Decathlon—Became an Unforgettable Adventure.

I was young, restless, and driven by the kind of curiosity that comes from knowing you're on the verge of something special. The decathlon in Götzis, Austria, was more than just a sporting event—it was my gateway to Central Europe, to the heart of the Alps, and to the thrill of witnessing the world's greatest athletes up close. I was there as a spectator and as the webmaster for **Aki Heikkinen's** support team, but above all, I felt part of something bigger—a community that transcended nationalities and backgrounds.



Aki Heikkinen, 2001 Götzis (World and European champion)



Petri Järvinen, decathlon fan

Götzis sits in Vorarlberg, where the Alps are not just a distant backdrop but a living presence in every breath. Arriving by train, the landscape unfolded like a painting: green meadows, steep mountain slopes, tiny villages with church spires, and snow-capped peaks—even in early summer. The air was fresher than anything I'd experienced in Finland, and the sunlight seemed to shine brighter than ever before.

Our first adventure began before the competition even started. With our team's masseur, **Matti Puttonen**, I was convinced we'd find the stadium easily using a paper map from the tourist office. Reality, however, was far more complicated. Streets twisted, names changed without warning, and small bridges crossed roaring rivers that looked insignificant on the map but were powerful and wild in person.

TOMÁŠ DVOŘÁK

WORLD RECORD HOLDER

BEFORE 2001 GÖTZIS





We asked locals for directions, but my German was hesitant and their answers were quick and dialect-heavy. We nodded politely, not entirely sure we understood. More than once, we ended up at dead ends, in the yards of small houses where dogs barked and grandmothers peeked from behind curtains. Every wrong turn only added to the sense of adventure—this was more than a sports trip; it was an exploration.

When we finally found the stadium, exhaustion gave way to excitement. The stands filled with people from all over the world, groups set up tents and picnic blankets on every patch of grass around the track. I heard Finnish, Swedish, German, English, and languages I couldn't identify. There's something special about the decathlon: the athletes are not just masters of one discipline, but complete athletes, pushing the limits of body and will. Watching their competing, I felt genuine respect—every jump, throw, and sprint was a step toward personal triumph.

BUT THE COLD NEVER REALLY CAME, ESPECIALLY WHEN THE DAY'S MEMORIES KEPT US WARM.

The weather changed rapidly during the competition. Mornings were bright and sunny, afternoons brought clouds and wind rolling in from the mountains. The mountains seemed alive, as if watching over athletes and spectators alike. In the evenings, after the events, the air cooled quickly and the shadows stretched dramatically across the valley. But the cold never really came, especially when the day's memories kept us warm.

One evening, we set out for a walk with no destination in mind, simply following the river to see where it would lead. We left the map at the hotel—perhaps a bit defiantly, but also with a sense of freedom.

The river led us to an old stone bridge, unmarked on any map. Its railings were worn smooth by decades, maybe centuries, and from the bridge we saw a view that stayed with me: the evening sun setting between the mountains, painting the sky in orange and purple, and the water sparkling as if filled with tiny lights.



On the way back, we got lost again, but this time we didn't mind. We found a small Gasthaus serving local food. I don't remember exactly what I ate, but I remember the flavors: rich sauces, fresh bread, and local beer that tasted especially good after a long day. The restaurant was warm and welcoming, and even though we didn't understand everything being said, we felt at home.

"NO SIGN OF FATIGUE, JUST PURE EXHILARATION."

The decathlon in Götzis reached its climax in the final event, the 1500-meter run. The atmosphere in the stands was electric. Many had calculated the points after nine events, and the historic 9000-point barrier was within reach. People stood, shouted, and cheered—every lap felt decisive.

Roman Sebrle from the Czech Republic was chasing the world record, needing a small miracle. Before the last lap, Sebrle still had a chance, with Hungary's **Attila Zsivoczky** pacing him. Sebrle surged, no sign of fatigue, just pure exhilaration. The future world record holder flew down the back straight, and the miracle unfolded. Watching the athletes battle exhaustion, I understood why I wanted to be there. On TV, the performances are impressive, but in person, they are deeply human. You see the pain, the will, and the relief as the finish line is crossed.



And one man raised his arms—9026 points. Roman Sebrle did what few believed possible, nearly a 10-second improvement in the final event, and the incredible barrier was broken. His compatriot **Tomas Dvorak's** former world record of 8994 points was history.



Tomáš Dvořák

Roman Šebrle



Erki Nool,
2000 Olympic winner

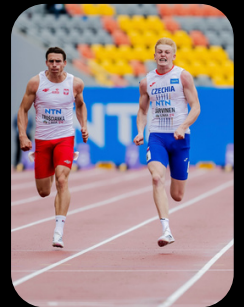
When we returned home, we brought back more than memories of the competition—we brought back the entire journey. The landscapes of Central Europe, the mountains, getting lost, and small adventures had woven together to make the trip more than the sum of its parts. The places missing from the map turned out to be the most important—the moments you couldn't plan.

Götzis 2001 remains in my memory as a reminder that sometimes the best part of a journey is not knowing exactly where you're headed. And that even as a spectator, you can be part of the story—if you're willing to stray a little from the marked paths.

Petri Järvinen



NEXTSTARS.INFO



JOJIAN THE WINNING T.E.A.M.



nextstars.info/10club

