



Athletics Starter

**The World Athletics Indoor Championships took place in Glasgow last weekend.
14 events were held, including:**



**60 Metres
Hurdles**



800 Metres



3000 Metres



Pole Vault



Long Jump

**Each of these events require similar, but different, components of fitness.
For each component, order the events from ‘most important’ to ‘least important’:**

Power

Muscular Strength

Balance

Agility

Speed

Athletes who competed at the weekend will be deep into preparations for the Olympic Games.

Discuss the ways in which their preparation for World Championships would be different in an Olympic year.