



LONG TERM DEVELOPMENT PLAN

2024, 2028 & beyond

PREFACE



Athletics Federation of India is making continuous and sincere efforts to raise the standard of athletics in the country.

The Federation is involved in the overall development of Athletics which starts from the identification of the right talent after age verification tests of the athletes, scientifically grooming of young athletes, continuous training, upgrading the knowledge of coaches and technical officials, organizing adequate number of competitions from sub-junior level to the senior level, monitoring of overall performance and development of the athletes by providing them all necessary training facilities and fulfilling their dietary requirements.

The AFI have identified the events keeping in mind the world standards. To keep Athletics clean and dope free, AFI requests the NADA time to time for testing of identified as well as potential athletes both in and out of the competitions.

Athletics Federation of India is of the strong opinion that without the involvement of **Sports Authority of India/Ministry of Youth Affairs & Sports**, top-class results cannot be achieved. In pursuit to achieve highest level of performance in 2024, 2028 and beyond, AFI is presenting a program which will require support of all the partners, especially, **Sports Authority of India/Ministry of Youth Affairs & Sports**.

PREPARATION MODEL



2 Years, Current Elite Athletes + Youth / Junior Athletes



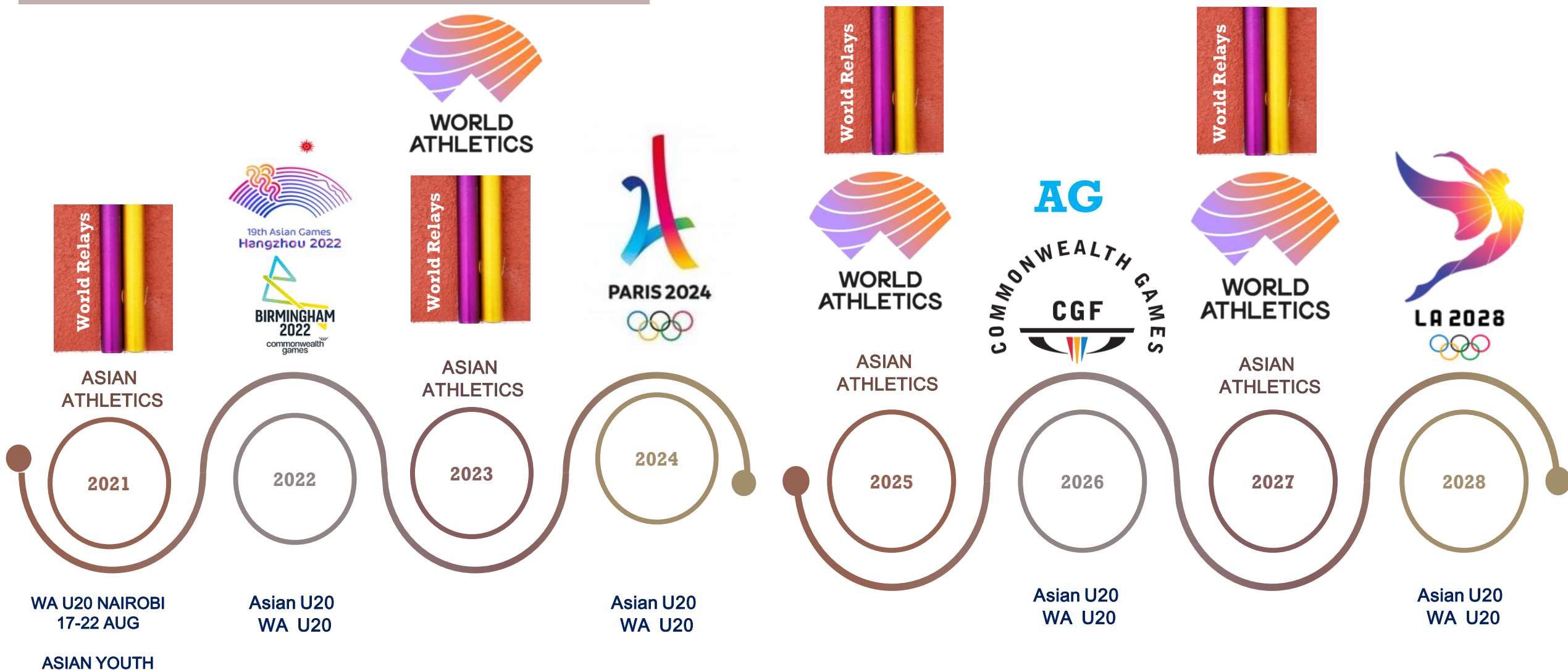
6 Years, Current Youth / Junior Athletes + Future Talents

Olympics 2032

10 Years, Current Youth / Junior Athletes + Future Talents



BUILD UP TILL 2028



Juniors



Seniors

Juniors

2023



WORLD
ATHLETICS

World Indoor
19-19 Mar 2023
China



World Relays
13-14 May 2023
China



Asian Athletics
Thailand
12-16 July 2023



19th Asian Games
Hangzhou 2022
23 Sep-08 Oct
2023



WORLD ATHLETICS
CHAMPIONSHIPS
BUDAPEST 23

19-27 Aug 2023





ASIAN AA ATHLETICS

SERIES 2023



FEBRUARY

10-12. 10th Asian Indoor Athletics Championships Nur-Sultan, KAZ

MARCH

19 Asian 20km Race Walking Championships Nomi City, JPN
TBC Asian Relays

APRIL

20-23 5th Asian Youth (U18) Athletics championships Tashkent, UZB

JUNE

4-7 20th Asian U20 Athletics Championships Yecheon, KOR

JULY

12-16 25th Asian Athletics Championships Pattaya, THA

AUG/SEPT

TBC Asian Throwing Championships Mokpo, KOR

NOVEMBER

TBC Asian Half Marathon Championships
TBC 18th Asian Marathon Championships Hong Kong, HKG

OTHER GAMES

APRIL

TBC South East Asia Youth Athletics Championships TBD

MAY

TBC 32nd South East Asian Games Phnom Penh, CAM
27-28 Taiwan Athletics Open Taipei, TPE

JUNE

16-17 International Competition T. Kolpakova Bishkek, KGZ

JULY

1-2 G.Qosanov Memorial (CT Bronze Label) Almaty, KAZ

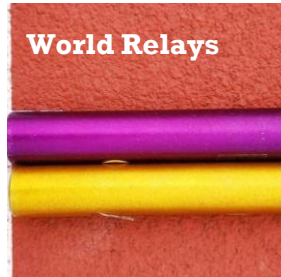
NOVEMBER

17-26 Asian Indoor and Martial Arts Games BKK&Chonburi, THA



Seniors

Juniors



World Relays

2024



**WORLD ATHLETICS
U20 CHAMPIONSHIPS**

20-25 Aug 2024 Lima, Peru

Asian U20



02-11 Aug 2024



HIGH PERFORMANCE PLANNING



EVENT IDENTIFICATION



SUITABLE SUPPORT STAFF



IDENTIFYING TALENT



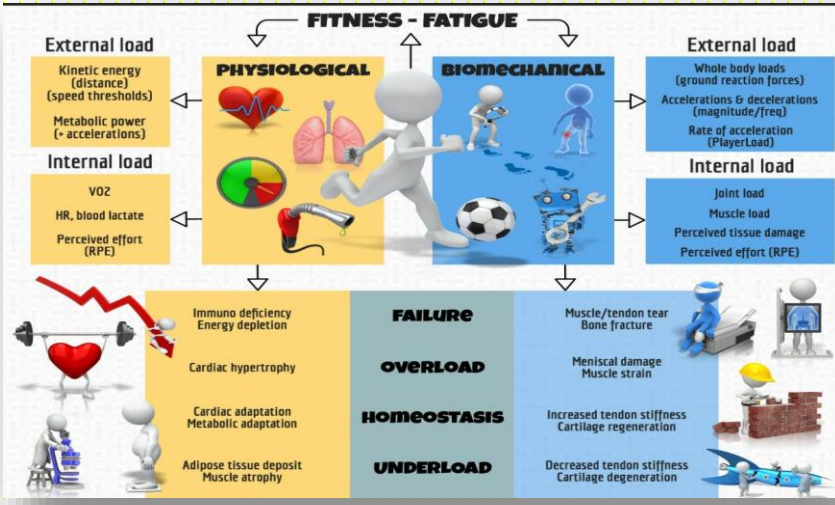
FACILITIES



ENTHUSIASTIC COACHES



TRAINING, ANALYSIS AND MONITORING



HIGH PERFORMANCE FRAMEWORK

TRAINING ,COMPETITION
EVALUATION AND RECOMMENDATION

NEXT YEAR PLANNING



IDENTIFIED EVENTS



Distance Running

[10 Medal Events, 20.83%]



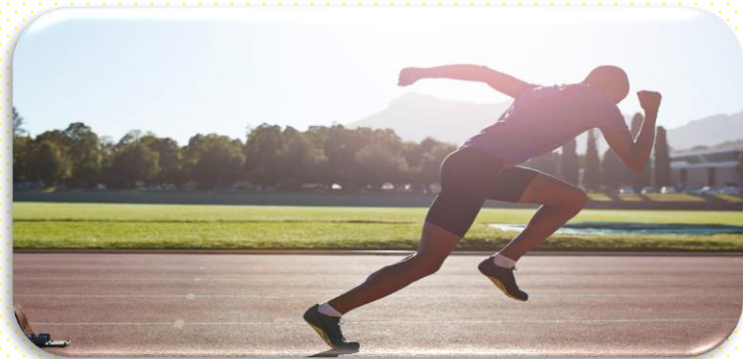
Jumps

[8 Medal Events, 16.67%]



Race Walking

[3 Medal Events, 6.25%]



Sprints

[17 Medal Events 35.42.%]



Throws

[8 Medal Events s, 16.67%]



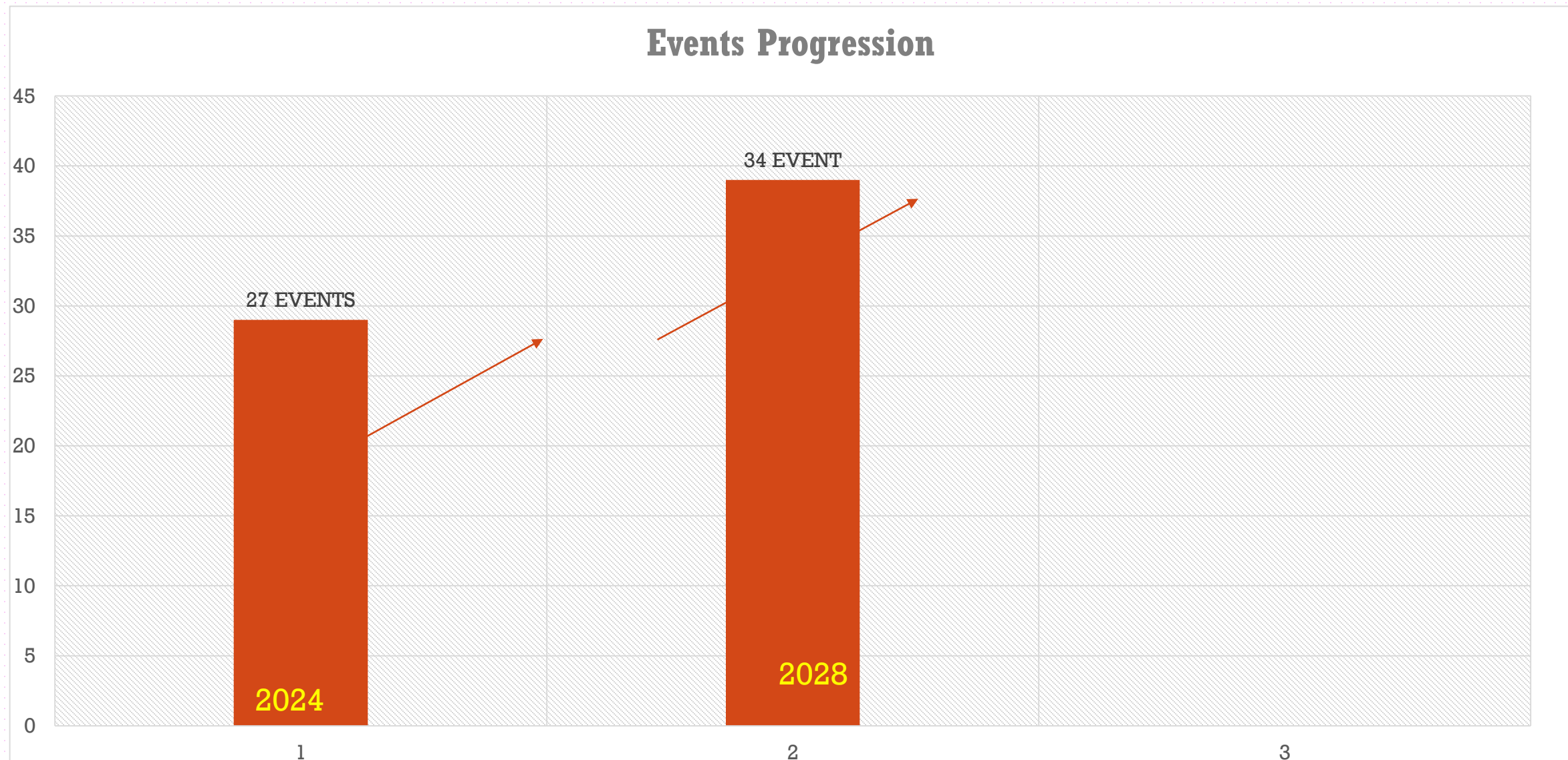
Combined events

[2 Medal Events 4.17%]

- Six different event groups offer **various options** for **everyone**. Small, big, tall, skinny, strong: Everybody will find his niche.
- **48 disciplines** equal **48 potential gold medals** and **144 medals** overall in athletics.



NUMBER OF IDENTIFIED EVENTS FOR OLYMPICS 2024-2028 & BEYOND



POTENTIAL EVENTS OLYMPICS 2024

#	MEN	#	WOMEN
		1	200 m
1	400 m	2	400 m
2	800 m	3	800 m
3	1500 m	4	1500 m
4	3000 Steeple Chase	5	3000 Steeple Chase
5	400 m Hurdles	6	400m Hurdles
6	Javelin Throw	7	Javelin Throw
7	Shot Put	8	Shot Put
8	Long Jump	9	Discus Throw
9	Triple Jump	10	Triple Jump
10	Race walk 20 Km	11	Long Jump
11	Race Walk 35 Km	12	Race Walk 20 Km
12	4X 400 M Relay	13	4X100 m Relay
		14	4x400 M Relay

29 Mixed Relay

Total Events- 27

Men- 12

Women-14

Mixed-1



POTENTIAL EVENTS OLYMPIC 2028

#	MEN	#	WOMEN
1	200 M	1	200 m
2	400 m	2	400 m
3	800 m	3	800 m
4	1500 m	4	1500 m
5	5000 m	5	5000 m
6	10000 m	6	10000 m
7	3000 Steeple Chase	7	3000 Steeple Chase*
8	400 m Hurdles	8	400m Hurdles
9	Javelin Throw	9	Javelin Throw
10	Shot Put	10	Shot Put
11	Long jump	11	Discus Throw
12	Triple Jump	12	Hammer Throw
13	High Jump	13	Long Jump
14	Race Walk 20 KM	14	Triple Jump
15	Race Walk 35 KM	15	Race Walk 20 Km
16	Decathlon	16	Heptathlon
17	Decathlon	17	4X100 m Relay
18	4X 400 M Relay	18	4x400 M Relay
19	Marathon	19	Marathon

39- Mixed Relay

Total Events- 39

Men- 19

Women-19

Mixed-1



TARGET MEDALS



ASIAN GAMES 2023, 25-30 MEDALS

WORLD CHAMPIONSHIPS 2023, 3-4 MEDALS

OLYMPICS 2024, 2-3 MEDALS

WORLD CHAMPIONSHIPS 2025, 3-4 MEDALS

ASIAN GAMES 2026, 30-35 MEDALS

COMMONWEALTH GAMES 2026, 10-12 MEDALS

WORLD CHAMPIONSHIPSC 2027, 6-7 MEDALS

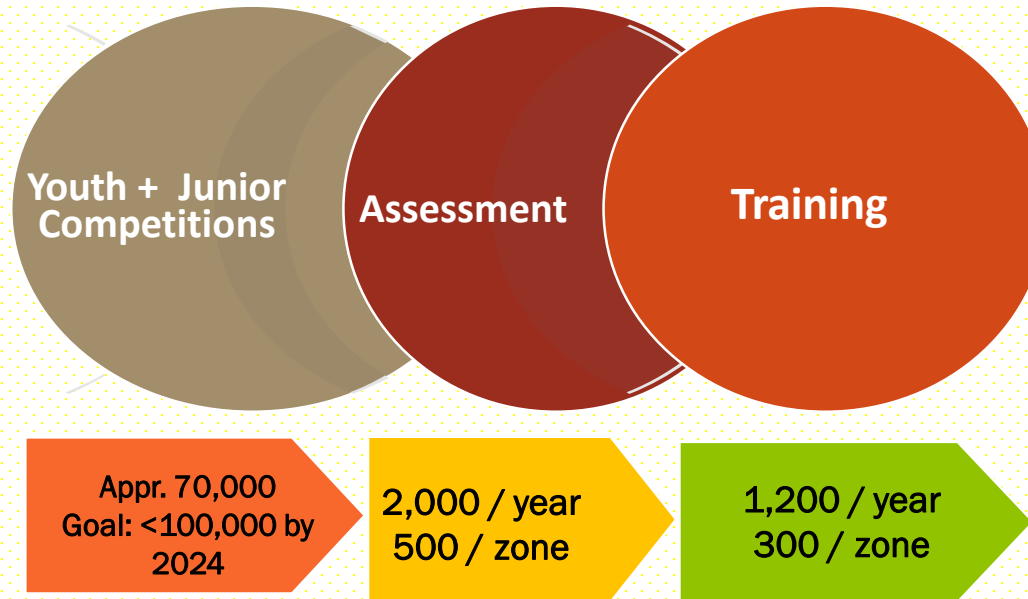
OLYMPICS 2028, 6-7 MEDALS



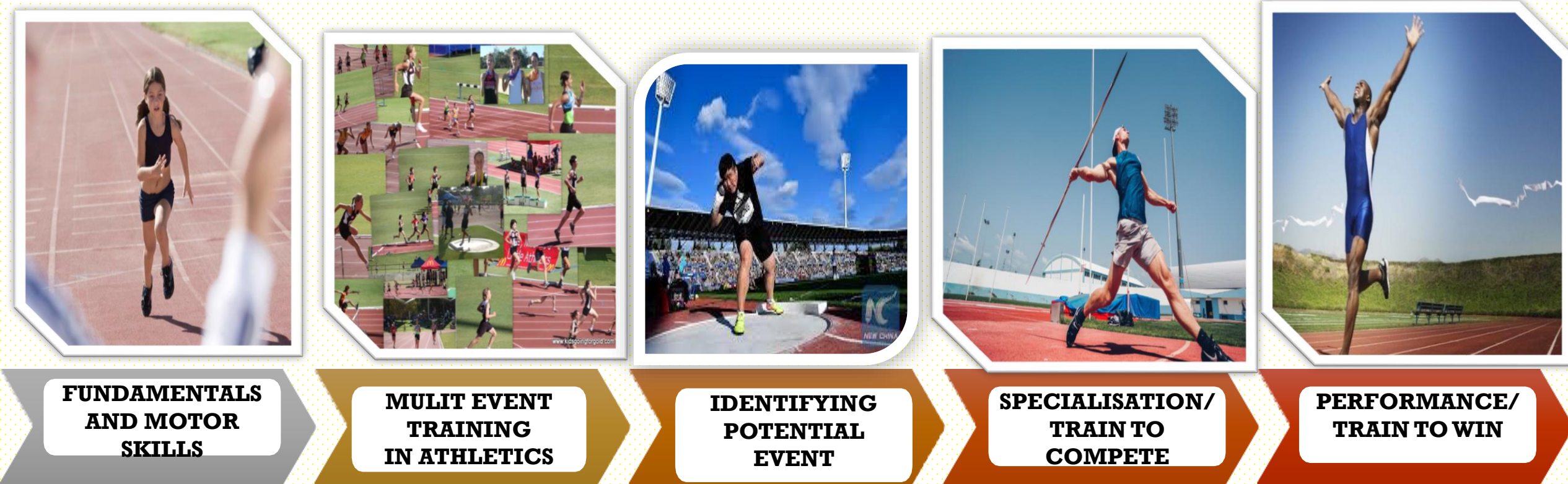
POCKETS FOR TALENT IDENTIFICATION



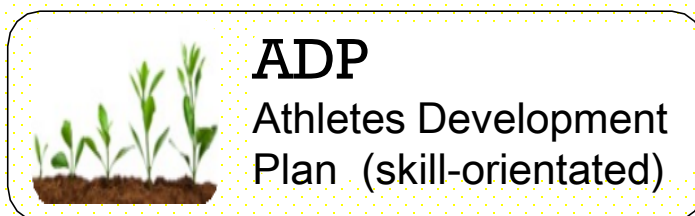
GRASSROOT LEVEL



ATHLETES' DEVELOPMENT PLAN



Develop an age-related **training guideline** to inform coaches, teachers, parents, etc. about appropriate training methods for each age-group. This guideline will build the practical base for the **development pathway** and helps to raise the level of fundamental abilities, technical and motor-skills.



TALENT IDENTIFICATION SYSTEM OF AFI

U14 & U16 NATIONAL
INTER-DISTRICT
JUNIOR ATHLETICS
MEET (NIDJAM)

U18 NATIONAL
YOUTH

U14 TO U20
NATIONAL
JUNIOR

ELITE LEVEL



COACHES EDUCATION PROGRAM

Three main pillars will build the foundation of AFI's trendsetting coaches' development program. Its purpose is to offer a pathway for likewise qualified and dedicated coaches and to raise the overall level of coaching qualification and athletes' performances in Indian athletics.

Continuous Coaching Education

Offer consistent development opportunities for the fraternity of coaches in line with the IAAF coaches education system.

Official **certification** courses, additional **workshops** and conferences for the **different athletes' development stages** will help to further equip the Indian coaches.

Panel of Coaches

Select **promising, open-minded coaches** to foster athletics in India. Train these coaches to become **future leaders** in the field of athletics and to **share their knowledge** not only with India's top (junior) athletes, but states and districts as well.

Mentorship

Identify and **engage international as well as local mentors** from the five different event groups to **guide the panel of coaches** and to conduct additional **workshops for all interested coaches**.

Utilize their knowledge to **develop coaching guidelines** and frameworks.

CAPABILITY DEVELOPMENT

Establishing an infrastructure of **coaches recruited by AFI / SAI** is an essential step to improve the local athletics scene. Qualified people need to **take responsibility for the development of the particular event groups**. Coaches are supposed to follow a holistic development plan and apply AFI's development / training philosophy as well as newest scientific insides and training methods.



PANEL OF COACHES

One of AFI's key strategies for further performance improvement is the identification and development of talented local coaches. The selected coaches will work together in teams (Panel of Coaches) to increase not only their knowledge, but to become future leaders in the field of athletics. AFI offers a formal educational program, which will be enriched by non-formal as well as informal aspects: The coaches will have regular meetings with chief coach, who will teach them basic aspects of coaching as well as high performance related topics. One key aspect of these unique program will be the development of skills and abilities rather than simple knowledge transfer. AFI will also seek the support of international mentors, who will cover the event-specific aspects in regular sessions.

In addition, the panel of coaches will cover the administration and training of AFI's youth and junior camps. AFI intends to offer these coaches the perspective of becoming national coaches for the different event groups / disciplines in future. India will be one of the first countries which is able to implement such a holistic approach of coaches' education, following the latest scientific insides as well as newest pedagogical approaches.

AFI intends to select the following number of coaches for the Panel of Coaches in the different event groups:

Sprints 8-10



Jumps 6-8



Middle & Long Dis. 6-8



Throws 6-8



Combined events 4-6



EXCELLENCE / ELITE ATHLETES



DATABASE
Performance tracking in
training and competition,
evaluation



Create a database of international performances and international performance developments (until the age athletes are peaking in their main event) in **training and competition** to offer an objective evidence base for the program

Strategic goals

- Create a database of international best athletes' performances in Olympic events and the **performance development** in training and competition throughout the career of these athletes
- Identify an average athlete's performance development using age-based performance trajectories for the different disciplines to underpin the future carding / support structure
- Use the data to **predict the potential and a reasonable future performance progression** of particular athletes. Identify India's (future) top performers based on this prediction



FACILITIES – AVAILABLE CURRENTLY



NIS PATIALA

100m W / 400m / Javelin / Discus
/ Shot Put / Hammer W / MLD / RW



LNCPE TRIVANDRUM

Horizontal Jumps
Sprints



SAI NSS BANGALORE

Sprints / Jumps / Throws / Middle and
Long distances





NIS Patiala is well established oldest training center for our athletes. Apart from certain benefits, the training of the athletes around the year is difficult due to under mentioned reasons.

1. The weather condition due to severe winter season
2. During Rainy season
3. As there is no indoor facility in Patiala which is why the athletes have to miss the training session due to above-mentioned reasons and also have to reduce the training load.

It is strongly recommended that the indoor facility may be made in Patiala as earliest to avoid inconvenience to the athletes due to weather.

It is possible that the NIS Patiala can be on par with world-level training centers.



SAI LNCPE TRIVANDRUM



This place becomes the mandatory place for the training of certain events for the sand running and during the severe winters in NIS Patiala. Due to the excessive rain and high level of humidity the training around the year is not feasible. As due to the humidity the recovery becomes very slow, in case you agree with our proposal, we can make a team of experts to draft a plan for up-gradation of the center.

Thanking you for your cooperation and support.



SAI NSS BANGALORE



Bangalore is again a well-established center and is considered to be good for Middle Distance Long distance and Race-walk Athletes, due to its altitude. Due to its height, it has certain disadvantages to other events which are slow recovery, it is also felt that it has more rainy days than Patiala and during that period events other than Middle dis. Long dis and Race walking have to miss their training. Ideally, this center also needs an indoor track.

During the camp in Bangalore, the athletes of Middle and Long distances and race walking can be also sent to Ooty for high altitude training as it is an integral part of their workout. It is also requested to make some arrangements in Ooty to facilitate the training of Middle & Long distances and Race walking teams.



FACILITIES REQUIRED – 2022 UNTIL 2028 & BEYOND



NIS PATIALA
SPRINTS / JUMPS /
THROWS / MLD
Apr. 150 athletes, 20
coaches, 20 support staff



*Usha School
of Athletics*

PT USHA School
400m
Apr. 10 athletes / 2 coaches / 2
support staff

LNCPE TRIVANDRUM
SPRINTS / JUMPS / THROWS
Apr. 100 athletes / 15 coaches / 1
support staff



ODISHA
SPRINTS / MLD
TBD/ cooperation with Reliance

BANGALORE
SPRINTS / JUMPS / THROWS / MLD
Apr. 100 athletes / 15 coaches / 15
support staff



NATIONAL CENTER, TBD
SPRINTS / JUMPS / THROWS / MLD
Apr. 150 athletes, 20 coaches,
20 support staff

HIGH-ALTITUDE TRAINING
CENTER, TBD
MLD + RW
Temporary camps



Indoor Athletics Facilities



OVERALL
500-600 athletes / 80 coaches / 80
support staff (administration)



SCIENTIFIC SUPPORT

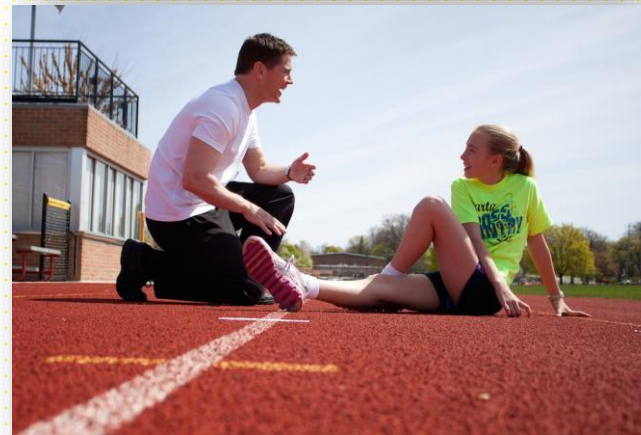
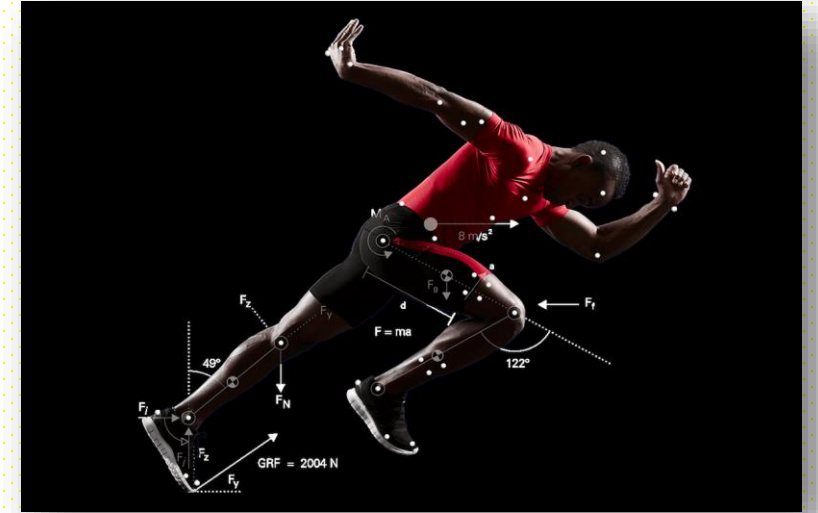
PHYSIOLOGY



SPORT MEDICINE



BIOMECHANICS



RECOVERY

SPORTS PSYCHOLOGY

NUTRITION



PHYSIOLOGY

Sport physiology is the study of how exercise alters the function and structure of the body.

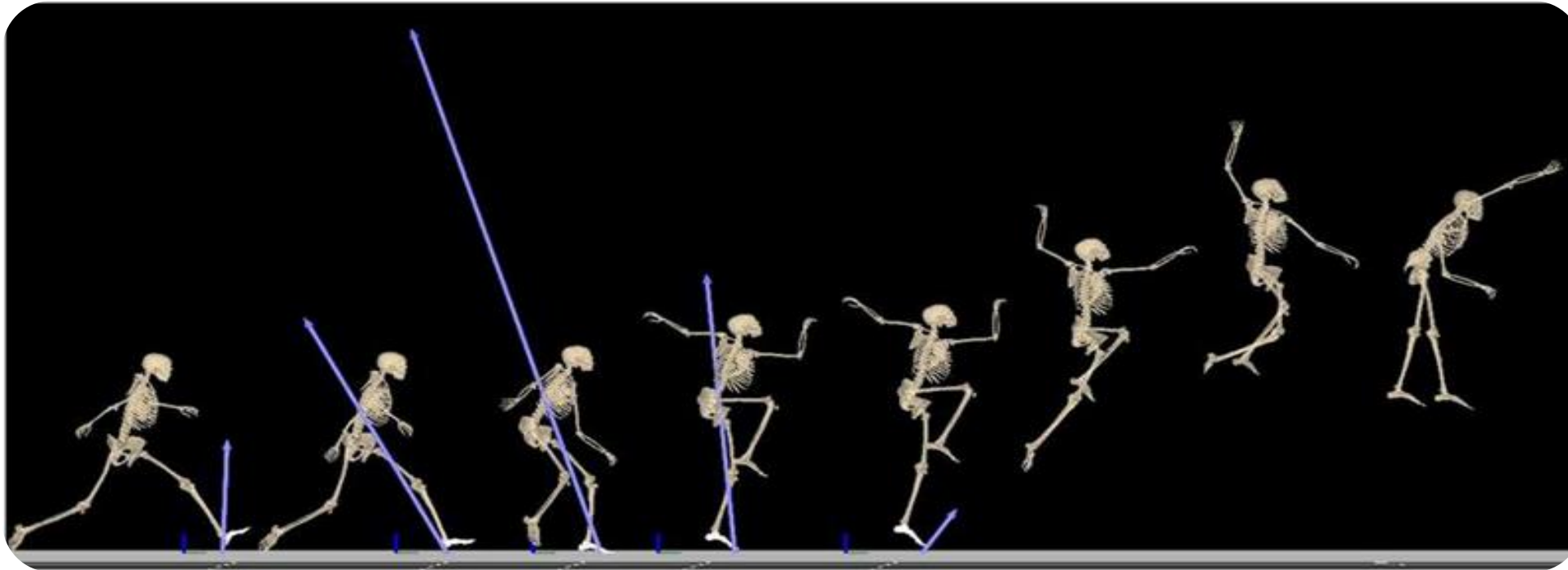
A **sports** physiologist seeks to understand the **physiological** demands of a sporting performance, which inform what characteristics an athlete should have to be successful competing at the highest level.





Sports medicine focuses on helping people improve their athletic performance, recover from injury and prevent future injuries. It is a fast-growing health care field, because health workers who specialize in **sports medicine** help all kinds of people, not just athletes.





Biomechanics in sport incorporates a detailed analysis of **sport** movements in order to minimise the risk of injury and improve **sports** performance. ... Mechanics is a branch of physics that is concerned with the description of motion/movement and how forces create motion/movement.





The **Recovery** Principle dictates that athletes need adequate time to recuperate from training and competition. The **Recovery** Principle applies both to immediate rest needed between bouts of exercise, as well as to longer time intervals of several hours to about two days.





Sport psychology is a proficiency that uses **psychological** knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of **sports** participation, and systemic issues associated with **sports** settings and organizations.

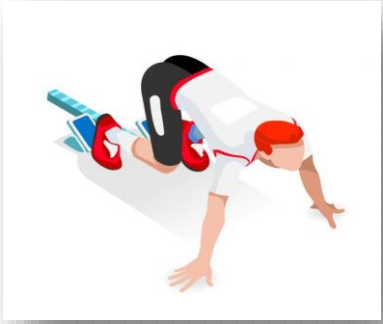




At the most basic level, **nutrition** is important for **athletes** because it provides a source of energy required to perform the activity. The food we eat impacts on our strength, training, performance, well being and recovery.



WHERE TO PLAY –2028?



Sprints

100m (women's relay)
400m (men + women, incl. all relays)



Middle & Long Distance

800m / 1500m (men) 3000m SC (men)



RACE WALKING

20km race walk (men & women)



Jumps

Long Jump (men& women) Triple Jump (men& women)



Throws

Shot Put (men)
Discus Throw (women) Javelin Throw (men + women)

Tbd for Asian Games 2022 + 2026 / OG 2028



4-TIER MULTILAYER PRYAMID SYSTEM TILL OLYMPIC 2028 AND BEYOND

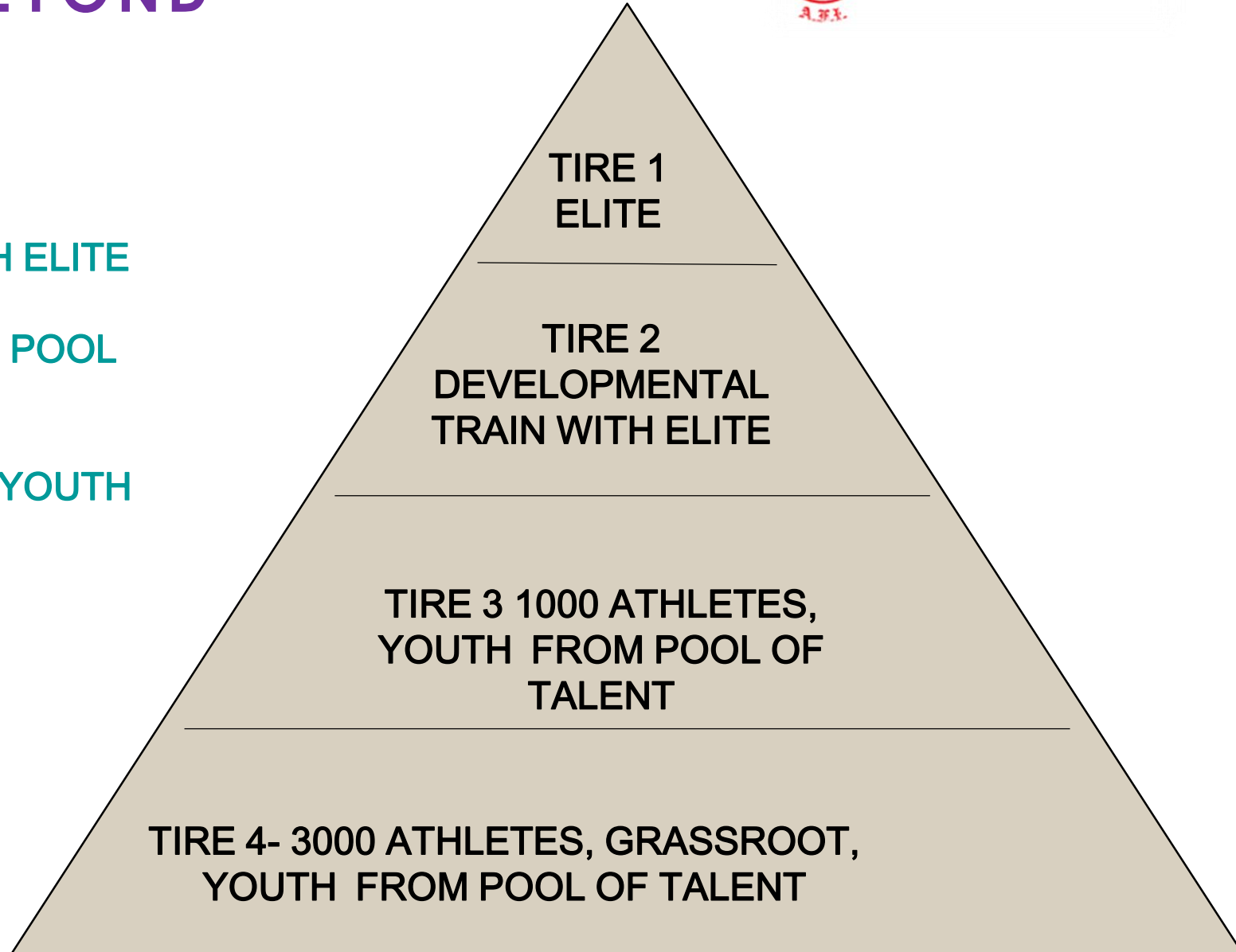


TIER-1= ELITE

TIRE-2= DEVELOPEMENTALTRAIN WITH ELITE

TIRE-3= 1000 ATHLETES, YOUTH FROM POOL OF TALENT

TIRE-4= 3000 ATHLETES, GRASSROOT YOUTH FROM POOL OF TALENT



EFFORTS TO KEEP ATHLETICS CLEAN & FAIR



ANTI-DOPING

CONCENTRATED EFFORTS
TOGETHER WITH
**WADA, NADA &
ATHLETICS INTEGRITY
UNIT**
TO KEEP INDIAN
ATHLETICS CLEAN & FAIR

AGE FRAUD

AFI INTRODUCED
**BIO-METRIC UNIQUE ID
CARDS**
TO ERADICATE THE MENACE
OF AGE FRAUD & CHEATING
IN COMPETITIONS

OVER TRAINING

EDUCATING GRASS-
ROOT LEVEL COACHES
THROUGH VARIOUS
COURSES TO STOP
OVER TRAINING
ATHLETES AT A YOUNG
AGE

TIER I

- Core group of 150 athletes with identified events will be training in this group along with most promising Development & Junior athletes.
- Core group is identified based on performance in various Sr. National Championships & Junior national Championships and the performance of juniors in Jr. International Championships and escalated from Tire II.
- The first tier will be continuous throughout the year without any break foreseeing the injury, fitness hazards & rehabilitation which badly hamper in the improvement in their specific performance.
- Will be in the average age group of 23-30 years.
- A pool of Sports Science experts, foreign coaches, Recovery Experts, Physiotherapists, Masseurs and experienced coaches with specialization are to be identified for imparting training for this group.



TIER I

- More foreign coaches are mandatory for better conduct of this layer training process.
- Without proper monitoring, no program can be successful, so a team of experienced sports scientists, coaches shall monitor this program at frequent intervals.
- A developmental group of promising Junior athletes performing close to the performance of the core group also is trained along with the core group with all the facilities the core group have under the supervision of foreign experts and well experienced coaches with proven track record and these group is identified as same as the core group is identified
- This group will be our stream for the Asain Games 2023, World Championship 2023 Olympics 2024
- Total composition under this tier would be around 150 including Core Group and developmental group.



TIER II

- This stream is mainly focusing, 2023 Asian Games, 2024 Olympics & 2028 Olympics Athletes will be in the average age group of 17-22 years.
- Athletes are identified based on the performance in Junior National Championships, youth National Championship, School National Championship and mainly escalated from Tier III.
- This stage is the stage of specialization and the start of mastering skill and need to impart training with well experienced Coaches and foreign experts and scientific experts.
- About three-months National camps are minimum basic requirements to be conducted Zonal wise and centralized considering vacations for educational Institutions.



TIER II ADDITION AND DELETION OF ATHLETES



- But by this Continuity is not assured so the identified athletes for this group shall be trained in Academies, SAI Schemes NCOEs, preferably NCOEs of SAI NSSC Bangalore, SAI NS Patiala and SAI LNCPE Trivandrum so that the training these athletes can be supervised by the experts and coaches in Tire I.
- There should be weeding out and inclusion as and when required based on athletic development and Sports performance.
- Proper monitoring of experts consisting of Coaches & scientific experts shall be carried out at regular frequency.
- The total number of athletes for this group will be around 500 numbers
- Separate funds shall be allotted for this Tier.
- A broad-based Training program and foreign exposure shall be planned.



TIER III

- This is the most important and challenging group for training as well identification.
- In this Tier III training will be focusing for achieving medals in 2026 Asian Games & Commonwealth Games , 2028 Olympics and beyond.
- The potential athletes will be in the average age of 14-16 years.
- Will consists 1000+ female and Male.
- Athletes will be identified from National Inter-District Junior Athletics Meet conducted by AFI, National School Championships, & Zonal competitions held by AFI and Khelo India Youth Games.
- Identification can be made in large from NIDJAM as there is a mass participation from almost districts of 29 states and 7 union Territories.



TIER III

- The panel of experts will identify the talents from this competition not only based on performance but based on physical parameters required for high level performance in athletics.
- Though they will be included in the Zonal National coaching camps but for assuring the continuity they will be trained in SAI STCs spread in the most of the states identifying the pockets where the athletes belong.
- Right coaches with good experience should impart training abiding the growth and developments of athletes.
- Proper monitoring shall be carried out to avoid early peaking and over training.
- Separate funds shall be allotted for this Tier.
- Psychological counselling will be carried out time to time to motivate this group.
- This group will be escalated to Tier II and academies, the new group of potentials will be coming in every year.



TIER IV

- They will be identified from the schools from all over the country,
- Trained by trained PET teachers with minimum certification of Pre level 1 coaches course,
- Performance is not the factor in this age group,
- Physical literacy will be focused in the training,
- Engaged in fixed Athletics all-round development,
- Potentials will be elevated to Tier 3.
- We may identify 3000 athletes.





STRENGTH



WEAKNESS



OPPORTUNITIES



THREATS



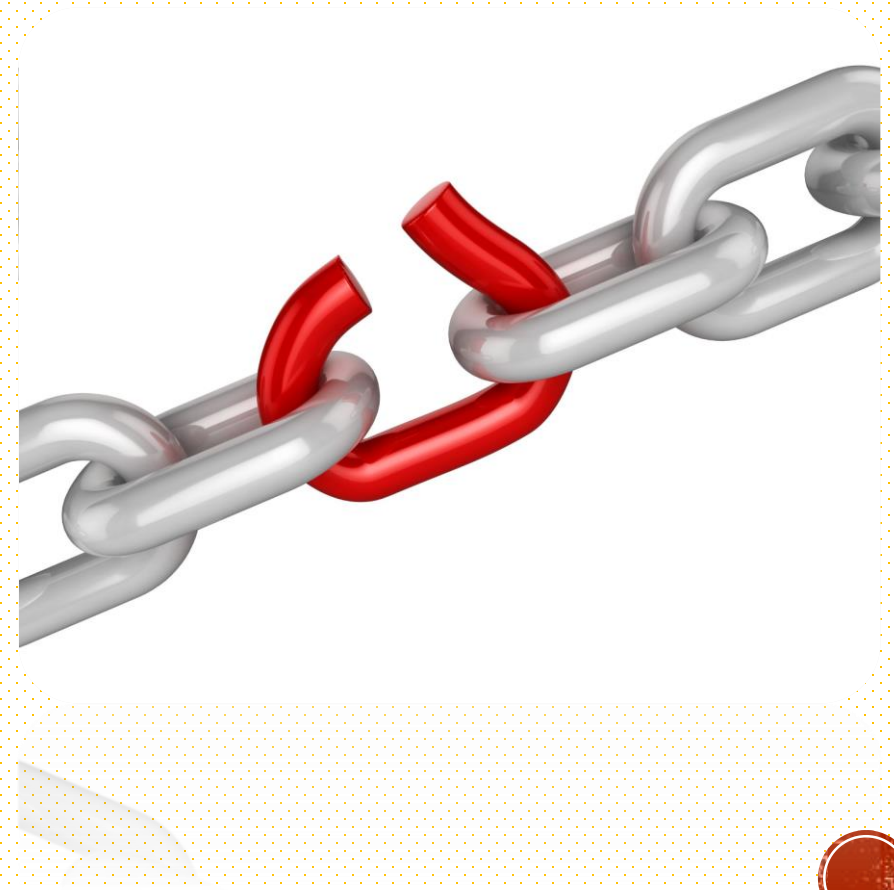
Strength

- AFI's junior programs forms the solid backbone of its system as it maintains the constant flow of young talent from bottom to top.
- Support from SAI & MOYS
- Among the top-3 in athletics in Asia.
- Number of domestic competitions- 18 Championships per year.
- Reach- 32 State Units, 500+ Districts, 13 Boards.
- Strong International Representation at IAAF, Asian Athletics Association & South Asian Athletics Federation.
- More than 5000 Technical Officials (ITOs, NTOs, FTOs, FSTOs) across India.
- More than 600+ level 1 & 115 WA licensed Coaches.



WEAKNESSES

- Lack of Olympic Training Centers, High Altitude Training Centers.
- Continuity in training specially for Junior & Youth athletes.
- Early Specilization & Over training.
- Dearth of quality coaches.
- Lack of Coaches education.
- Lack of athletics specific sports-science centers, recovery experts, sports psychologists, Sports medical facilities.
- Slow improvement of training centers.
- Dependency on imported food supplements & dependency on Govt. to procure them.
- No indoor training facilities in extreme weather conditions.
- Lack of recreational facilities for Athletes at the camps.
- No indoor Training facility in the country.



OPPORTUNITIES

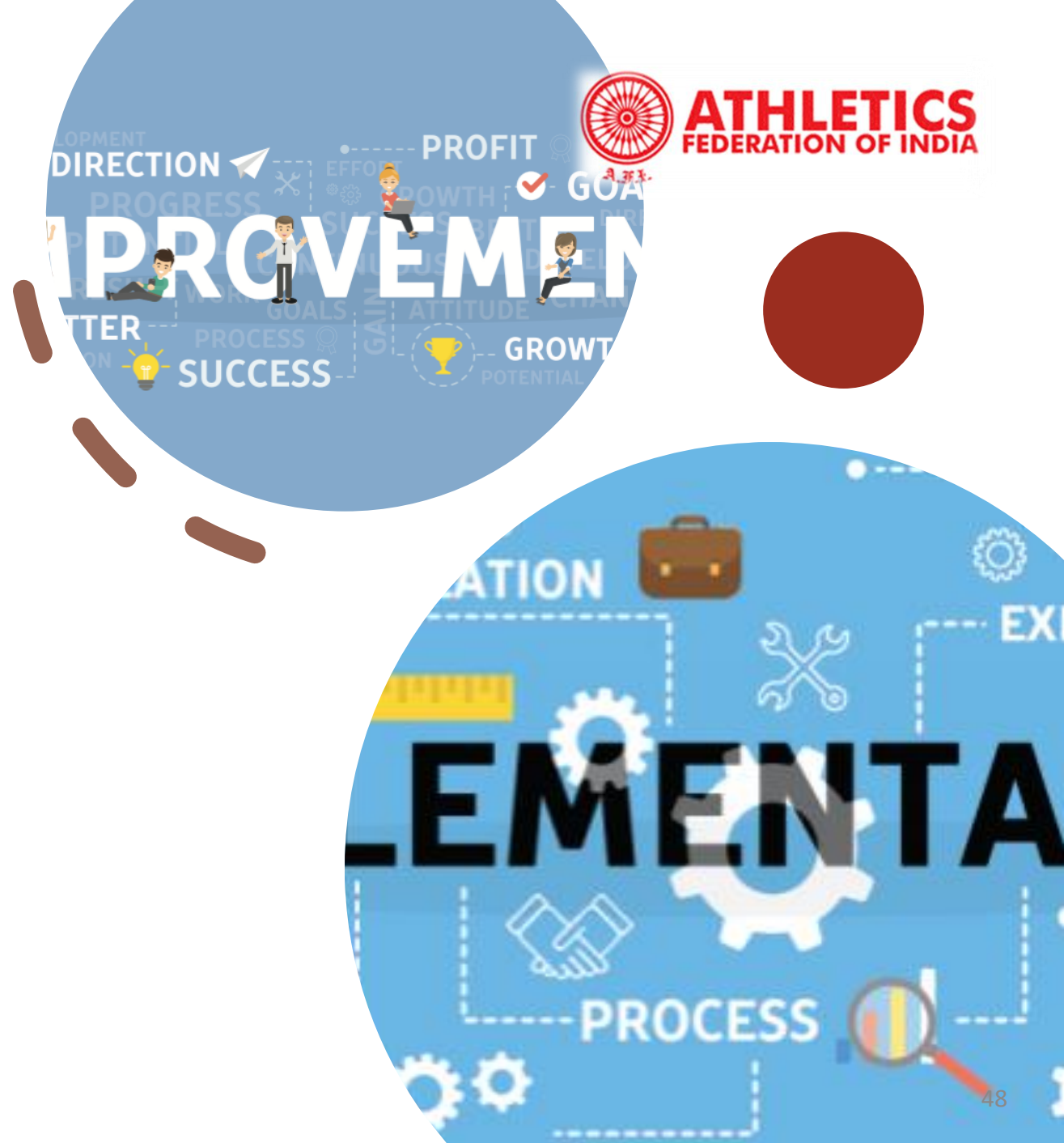
- Abundance of talent in the country.
- Improving performance in identified events such as Javelin (men), 20km Walk (men & women), 400m (Men&women) , 4x400m Relay (men & women)& Long Jump Men & women
- Olympic medal marks in reach in identified events.
- Growing pool of talented Junior athletes.
- Increase in number of athletes qualifying for Olympics/World Championships.



- Lagging behind other countries in providing Hi-tech, sports science based & advanced training centers.
- Weather conditions in summer, winter & monsoon affecting regular training.
- Losing training & competition venues to other sports.
- Travel restrictions due to Visa issues.
- Delay in sanctions.
- Overage athletes (age manipulation)
- Prominent doping cases in certain sports have recently raised.



- Advance planning for ELITE group & their training abroad till 2021
- Total focus on a build-up challenges for Olympics 2021,
Asian Games 2023 & World Champ 2023.
Olympic Games 2024
WA world Championships 2025
Asian Games & CWG 2026
WA World Championships 2027
Olympic Games 2028 & beyond .
- Identification of events to focus at Senior & Junior levels.
- Increase in number of Certified coaches with launch of WA Certified Coaching Courses across India- Target 5000 coaches by 5 years from 2018
- Partnership with Private Sector Parties to support grassroots athletics competitions & spread athletics across country
- Focus on existing Athletics Academies & setting up of new Academies



END!

Radhakrishnan Nair P

Chief Coach
Indian Athletics