400m & 800m The ILLINI Way

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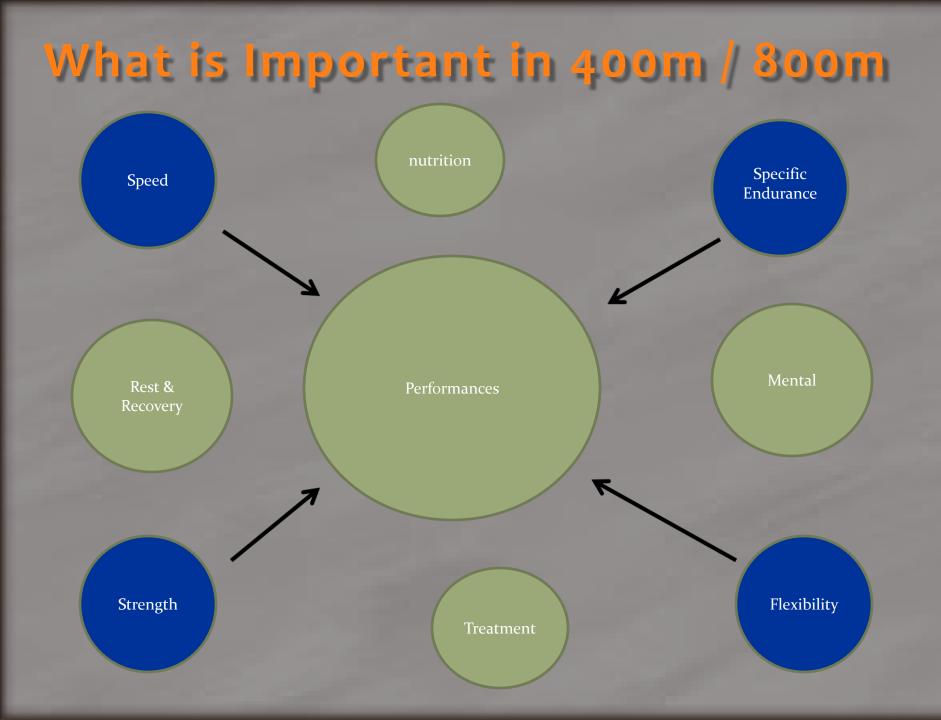


Acknowledgements

- Vince Anderson Texas A&M
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- I Todd Lane- at Louisiana State University
- Marc Mangiacotti at Brown University

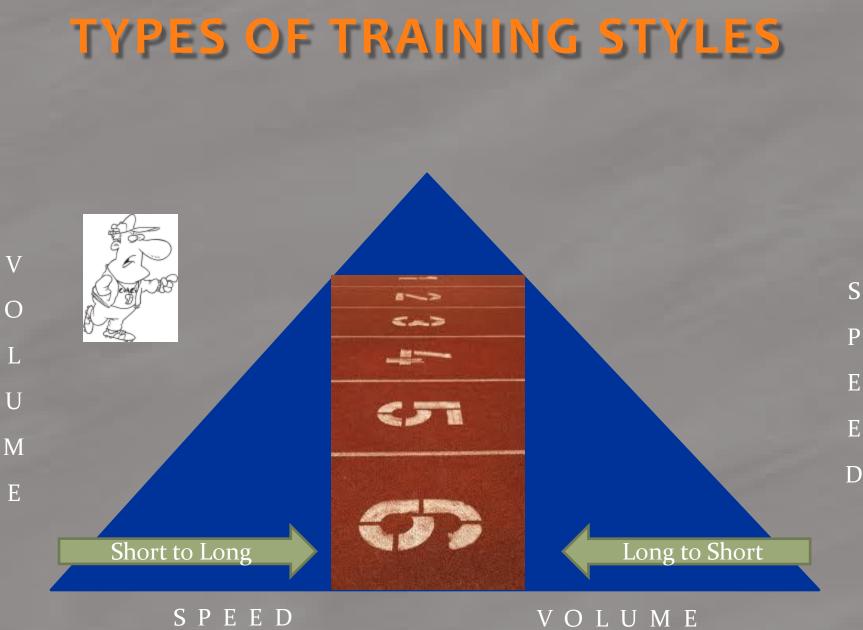
Coaching Questions

OWhat Is Important? Output: Description: The second sec



HOW DO WE GET THERE?





Р E E

Long to Short

A strategy for the development of speed, speed endurance and specific endurance that starts with long distances and progresses to short distances. - UKA

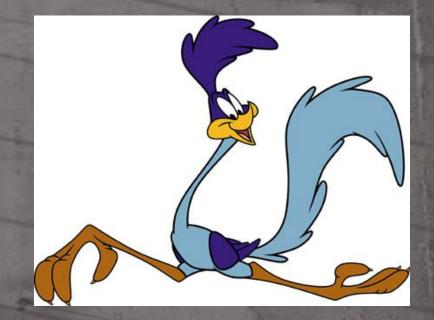
Short to Long

A strategy for the development of speed, speed endurance and specific endurance that starts with short distance and progresses to longer distances. - UKA

THE ILLINOIS WAYS

- In our program at Illinois, we have a great emphasis on <u>SPEED</u> within our training plan.
- We work short to long with our 400m runners and more long to short with my 800m runners.
- We also look for <u>SPEED</u> in identifying potential talent.
- We believe in quality over quantity in everything we do.

SPEED AND HOW IT AFFECTS OUR PREFORAMCE



IDENTIFYING / QUALITIES 400M RUNNER

Athlete - A Goal Time is 46.50

- $\square PR 60m, around 6.72$
- D PR 100m, around 10.37
- D PR 200m, around 21.11
- PR 300m, around 33.64

Athlete - B Goal Time is 50.00

- $\square PR 60m, around 7.20$
- □ PR 100m, around 11.17
- D PR 200m, around 22.73
- □ PR 300m, around 36.23

Athlete - C Goal Time is 53.00

- IPR 60m, around 7.60
- D PR 100m, around 11.84
- PR 200m, around 24.09
- □ PR 300m, around 38.39





IDENTIFYING / QUALITIES 800M RUNNER

Athlete - A Goal Time is 1:51.00

- PR 200m, around 21.51
- PR 400m, around 47.44
- D PR 600m, around 1:18.49
- PR 1600m, around 4:06.23

Athlete - A Goal Time is 1:57.00

- □ PR 200m, around 22.80
- D PR 400m, around 50.28
- PR 600m, around 1:23.33
- D PR 1600m, around 4:20.04

Athlete - A Goal Time is 2:10.00

PR – 200m, around 25.31
PR – 400m, around 55.81
PR – 600m, around 1:32.60
PR – 1600m, around 4:50.16







Athletes Profile 400m

Michael Johnson – 43.18 WRH

PR – 100m, 10.09
PR – 200m, 19.32
PR – 300m, around 30.85



Gary Kikaya- 44.10 (former teammate)

- □ PR 100m, 10.65
- 🛛 PR 200m, 20.40
- PR 300m, around 31.95



Athletes Profile 800m

Johnny Gray– 1:42.60 ARH

- □ PR 600m, 1:12.21
- 🛛 PR 1000m, 2:17.27



Jebreh Harris– 1:45.56 (former teammate)

- PR 200m, around 21.31 (w)
- 🛛 PR 400m, 46.27
- □ PR 600m, around 1:14.8 (ht)
- □ PR 1000m, around 2:23.11



TRAINING COMPONETS

Understanding the Energy Systems help me write our training sessions.
We try to training within event tolerances . (Energy Systems)
It's Important to establish technical running model.

ENERGY SYSTEMS

ANAERBIC ALACTIC SPEED WORK (SPEED AND POWER)

Intensity	95% - 100% of Max Effort
Distance of Dun	20 meters CO meters
Distance of Run	20 meters -60 meters
Number of Reps in a Set	3 to 4 Reps
Number of Set	3 to 4 Sets
Total Distance Run in a Set	80 meters-120 meters
Total Distance in Training Sessions	400 meters-600 meters
Recovery time between Reps	90 seconds to 3 minutes
Recovery time between Set	8 to 10 minutes

ENERGY SYSTEMS

ANAEROBIC LACTATE WORK	SPEED ENDURANCE	SPEICAL ENDURANCE # 1	SPEICAL ENDURANCE # 2	
Intensity	90% - 100% of Max Effort	90% - 100% of Max Effort	90% - 100% of Max Effort	
Distance of Run	60 meters - 150 meters	150 meters - 300 meters	300 meters - 600m meters	
Number of Reps in a Set	2 to 5 Reps	1 to 5 Reps	1 to 4 Reps	
Number of Set	2 to 3 Sets	1 Sets	1 Sets	
Total Distance Run in a Set	150 meters to 300 meters			
Total Distance in Training Sessions	300 meters to 1200 meters	300 to 1000 meters	300 to 1800 meters	
Recovery time between Reps	2 to 5 minutes	10 to 20 minutes	20 to 30 minutes	
Recovery time between Set	8 to 10 minutes			

ENERGY SYSTEMS

AEROBIC SYSTEM WORK	EXTENSIVE TEMPO	INTENSIVE TEMPO
Intensity	60% - 80% of Max Effort	80% - 90% of Max Effort
Distance of Run	100 meters - 400 meters	100 meters - 400 meters
Number of Reps in a Set	6 to 30 Reps	8 to 16 Reps
Number of Set	2 to 3 Sets	2 to 3 Sets
Total Distance in Training Sessions	1400 meters to 4000 meters	800 meters - 2800 meters
Recovery time between Reps	45 seconds to 90 seconds	30 seconds to 5 minutes
Recovery time between keps	+5 seconds to 50 seconds	So seconds to S minutes
Recovery time between Set	90 seconds to 2 minutes	3 minutes to 10 minutes

SPEED - TRAINING COMPONENTS

□ Speed Development (Anaerobic Work) – 2 per week

- Max Velocity drill
- Ins and Outs or Sprint Float Sprint
- □ 30 meter fly estimated 30m time 1.00 (4.00 30m = 3.00 fly)
- □ Example:
 - 3 x 10 meters ^ in 15 meters ^ 10 meters
 - □ 2-3 30 meter fly work

ACCELERATION -TRAINING COMPONENTS

□ Acceleration Development (Anaerobic Work) – 2 per week

- □ Acceleration Drill
- □ Sled Pulls
- Contrast runs
- Starts, Falling, 3P, 4P Block's
- Example:
 - □ 6 x 25m @ 100% IR 3:00m
 - 3 x 20m, 25m ,30m IR 4:00m

SPEED ENDURANCE - TRAINING COMPONENTS

Speed Endurance (Aerobic Work) – 2 per week

□ Example:

- $\boxed{1} \quad 6 \ge 150 \text{ m} \quad @ \quad 90\% \text{ IR} = 2:00 \text{ min}$
- □ 4 x 80 m @ 95% IR = 3:00 min

SPECIFIC ENDURANCE / TEMPO -TRAINING COMPONENTS

- Tempo (Aerobic Work) 2 per week
- Image: Train for the 400 or 800 not the mile or 3000m
- I Make workouts specific
- Extensive tempo and Intensive tempo
 - □ Example:
 - 1 10x200m @ 70% IR 3:00m
 - □ 5 x 300m @ 85% IR 4;00m
 - 1 x 400m, 300m, 200m, 100m @ 85% 4:00m

STRENGTH AND RESISTANT TRAINING

General Strength
Ability to overcome resistance
Starting point
Maximum Strength
Ability to produce get force
Strength = Speed
Power
Ability to produce force quickly

Most needed type of strength

 General Strength □ Total Body Circuits Med Balls Maximum Strength Weight room Power Weight training Jump Training Combination training



Testing

- In the fall we do a great deal of testing for all the events groups. Here is a several test in which do some point during the season
- Overhead Throw with shot
- Between the Legs forward
- □ 30m flying absolute speed and full speed running technique.
- □ 30m crouch starting acceleration.
- 6 6om crouch starting acceleration and transition to full speed.
- 150m standing speed endurance (alactic anaerobic)
- 300m standing speed endurance (lactic anaerobic)
- **6** 600m standing general endurance and strength endurance
- **Given Standing Triple Jump strength and power**
- IStanding Long Jump starting power

Sample Training Sessions

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TRAINING SAMPLE FOR 400M

T University of Illinois Track and Field Weekly Training Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/10/2011	10/11/2011	10/12/2011	10/13/2011	10/14/2011	10/15/2011	10/16/2011
PM: GP #1 2:00-4:00 OTK PM: GP #2 4:00-5:45 OTK PM: GP #4/5 4:00-5:45 OTK PM: GP #4/5 4:00-5:45 OTK PM: GP ALL WT 5:45-8:45		PM: GP#1@2:00-4:00 PM: GP#2/4@4:00-5:45 PM: GP#5@4:00-5:45 WT#1@2:30-3:30 WT#2@5:45-8:45	PM: 4:00 PM	PM: 6:00 - 6:45 WT		Rest/Recovery Treatment PM: TBA @ ATR
<u>Warm-up:</u> Vision × 10 reps + Speed Drill # 1 Multi-Jump <u>:</u>	<u>Warm-up:</u> Focused × 10 reps + Sprint Drill # 4 Multi-Throws: 161b	Disciplined × 10 reps + Sprint Drill # 4	<u>Warm-up:</u> Disciplined × 10 reps + Sprint Drill # 4 General Strength:	Vision × 10 reps + Accel Drill # 2	<u>Warm-up:</u> Vision × 10 reps + Speed Drill # 4 4-6 × Hill at ARM	
Rip × 5 Accell Development: Accell Ladder × 6-8 (16)	OHB ×5 BLF ×5 Sprinter/Hurdler	3×90m SLB IR 90sec <u>General Strength:</u>	Waterloo × 12 rep <u>Core Develop:</u> Hardees × 10 rep	Rip×5	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	
Sprinter Group Speed Development: (Spike) Max V Ladder x 4-6 JWK2 4x20m 3x30m 2x40m Hurdle Mobility: 5H WMB Hurdler Group Speed Development: (Spike) Max V Ladder x 4-6 WK2 2x20m 1x30m 1x40m Hurdle Development: 5x5h 5step @ 36" Cool Down: Jog/Skip 400m (barefoot)	G2: 2 × 4 × 200m 26-27 IR 2:00m SR 4:00m Jumper Group 4× 20m Flat Flat 4× SLB 10c into 3 big bound	<u>Med Ball:</u> TANK × 12 <u>Cool Down:</u> Jog/Skip 400m (barefoot)	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	Sprinter Group Speed Development: (Spike) Max V Ladder x 4-6 _WK2 Speed Endurance: 4x90m SMF Muscle Mobility # 4 x 10 Cool Down: Jog/Skip 400m (barefoot) Hurdler Group Speed Development: (Spike) Max V Ladder x 4-6 WK2 2x20m 1x30m 1x40m Hurdle Development: 5x5h step @ 38"		
Notes	Notes	Notes	Notes	<u>Cool Down:</u> Jog/Skip 400m (barefoot) Notes	Notes	Notes
NOTES Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	<u>Recovery Treatment:</u> ICE BATH/FOAM ROLLER	<u>Recovery Treatment:</u> ICE BATH/FOAM ROLLER	NOTES Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	Recovery Treatment: ICE BATH/FOAM ROLLER	NOTES Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	Notes

TRAINING SAMPLE FOR 400M

T University of Illinois Track and Field Weekly Training Sessions Group SPR Week # 15 Week Start 12/12/2011 Week End 12/18/2011						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/12/2011	12/13/2011	12/14/2011	12/15/2011	12/16/2011	12/17/2011	12/18/2011
AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT	AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT	AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT	ON YOUR OWN	ON YOUR OWN	ON YOUR OWN	Rest/Recovery Treatment:
<u>Warm-up:</u> Vision × 10 reps + Speed Drill # 2	<u>Warm-up:</u> Focused × 10 reps + Accel Drill # 2	<u>Warm-up:</u> Focused × 10 reps + Accel Drill # 2	<u>Warm-up:</u> Vision × 10 reps + Accel Drill # 2	<u>Warm-up:</u> Disciplined × 10 reps + Sprint Drill # 1	<u>Warm-up:</u> Focused × 10 reps + Accel Drill <i>#</i> 2	
<u>Multi-Jump:</u> Rip × 8	<u>Med Ball:</u> GAS x 12	<u>Med Ball:</u> TANK× 12	<u>Multi-Jump:</u> Hurdle hops 4×5 @30" (No pause)	<u>Power Development:</u> 6 × 90m SLB IR 90sec	<u>Tempo:</u> G1:8 × 150m 75%/85%/95% G2:10 × 150m 75%/85/95%	
WT Load 10% of BDWT	<u>Int.Tempo - 80-85%</u> G1: LS IR= 3:00 SR = 6:00 2x350m 1x300m	<u>General Strength:</u> Waterloo × 12 rep <u>General Strength:</u> Remedial ×6	<u>Accell Development:</u> 6-8 3pt working on pushing mechanics not reaching	<u>General Strength:</u> Pedestal × 10 sec holds Pillar (B) <u>Lunge Exercise:</u> × 10 rep	<u>Example:</u> 50 @ 75% 50 @ 85% 50 @ 95%	
Speed Development: (Spike) Max V Ladder x 46 WK 10 Speed Development: (Spike)	<u>G2: SS IR= 3:00 SR = 6:00</u> 2×250	<u>Core Develop:</u> Hardees × 15 sec	<u>Speed Development: (Spike)</u> Block 6x25m IR @ 3-4 <u>Muscle Mobility # 4 x 10</u>	<u>Core Develop:</u> Hardees x 15 sec	<u>Core Develop:</u> Close Chain Abs × 10 r/l	
400m Hardway IR 1:30 <u>Hurdle Mobility: 5H WMB</u>	1×200 1×120 <u>Cool Down:</u>	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	<u>Cool Down:</u> Jog/Skip 400m (barefoot)	
<u>Core Develop:</u> Close Chain Abs × 10 r/l	Jog/Skip 400m (barefoot) <u>Core Develop:</u> Close Chain Abs × 10 r/l		<u>Post Session Stretching:</u> Shin R/L # 3 (both leg)			
<u>Cool Down:</u> Jog/Skip 400m (barefoot) <u>Post Session Stretching:</u>	<u>Post Session Stretching:</u> Shin R/L # 3 (both leg)					
Back - Seat Straddle (m-I-r) Spinal Roll - Butterfly (f/b) Pretzel (r/l) - Heel Sit Standing Calf (r/l)						
Notes	Notes	Notes	Notes	Notes	Notes	Notes
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TRAINING SAMPLE FOR 800M

T University of Illinois Track and Field Weekly Training Sessions Group MD Week # 6 Week Start 10/10/2011 Week End 10/16/2011						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/10/2011	10/11/2011	10/12/2011	10/13/2011	10/14/2011	10/15/2011	10/16/2011
AM: 8:00-10:00 <u>Warm-up:</u> Courage × 10 reps + Speed Drill # 1	AM: On your own 3 miles PM: @ 4:00-6:00 <u>Warm-up:</u> Vision × 10 reps + Speed Drill # 1	AM: @ 8:00-10:00 PM: GP #1 @ 2:00-4:00 PM: GP #2/4 @ 4:00-5:45 PM: GP #5 @ 4:00-5:45 WT # 1 @ 2:30-3:30 WT # 2 @ 5:45-6:45 (Rest of the group) <u>Warm-up:</u> Disciplined x 10 reps + Sprint Drill # 4	PM: 4:00 PM <u>Warm-up:</u> Vision × 10 reps + Accel Drill# 2	AM: On your own 2 miles PM: 4:00 - 5:45 @ OTK PM: 6:00 - 6:45 WT Warm-up: Vision x 10 reps + Accel Drill # 2	AM: 10:00 <u>Warm-up:</u> Vision × 10 reps + Speed Drill # 4	Rest/Recovery Treatment PM: TBA @ ATR
Int. Tempo 3x4x200m 32,31,30sec 50sec jog <u>Med Ball:</u> GAS x 10 <u>Hurdle Mobility: 5H MB</u> <u>Cool Down:</u> Jog/Skip 400m (barefoot)	T <u>empo Run:</u> 4 mile run <u>Speed Runs</u> 8× 100m strides <u>General Strength:</u> Waterloo × 10 rep <u>Core Develop:</u> Hardees × 15 sec <u>Cool Down:</u> Jog/Skip 400m (barefoot)	Multi-Throws: 161b OHB × 5 BLF × 5 Power Development: 3×90m SLB IR 90sec General Strength: Remedial × 6 Lunge Exercise: × 8 rep Med Ball: TANK × 12 Cool Down: Jog/Skip 400m (barefoot)	I <u>nt. Tempo</u> 8 × 600m @ 1:45 1:48 <u>Hurdle Mobility: 5H MB</u> <u>Cool Down:</u> Jog/Skip 400m (barefoot)	Multi-Jump: Rip × 5 <u>General Strength:</u> Waterloo × 12 rep <u>Musole Mobility # 4 × 10</u> <u>Core Develop:</u> Hardees × 10 rep <u>Cool Down:</u> Jog/Skip 400m (barefoot)	4-6 × Hill at ARM <u>Cool Down:</u> Jog/Skip 400m (barefoot)	
Notes	Notes	Notes	Notes	Notes	Notes	Notes
Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	<u>Recovery Treatment:</u> ICE BATH/FOAM ROLLER Not optional	Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	Recovery Treatment: ICE BATH/FOAM ROLLER Not optional	<u>Recovery Treatment:</u> ICE BATH/FOAM ROLLER Not optional	

TRAINING SAMPLE FOR 800M

T University of Illinois Track and Field Weekly Training Sessions

Group ______MD____Week #___15__Week Start ___12/12/2011__Week End ___12/18/2011__

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	· · ·		,	,		
12/12/2011 AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT Warm-up: Vision × 10 reps + Speed Drill # 2 Multi-Jump: Rip × 5 Tempo Run: 1 mile warm-up Int. Tempo: IR 3:30 (RL) 4 × 700m @ (29) 1:42 3 × 300m @ (26) 39 sec Int. Tempo: IR 3:30 (MT,ZZ, JJ) 2 × 6 × 200m @ 27 sec Tempo Run: 2 mile warm-up Med Ball: GAS × 10 Hurdle Mobility: 5H MB Cool Down: Jog/Skip 400m (barefoot) Post Session Stretohing: Back - Seat Straddle (m-I-r) Spinal Roll - Butterfly (t/b) Pretzel (t/l) - Heel Sit Standing Calf (t/l)	12/13/2011 AM: On your own 4 miles PM: 3:00-5:00 @IDK Warm-up: Focused × 10 reps + Accel Drill # 2 Multi-Throws: 161b OHB × 5 BLF × 5 Tempo Run: 5 mile run medium (5:15 - 5:30 pace) Speed Runs 8× 100m strides General Strength: Waterloo × 12 rep Core Develop: Hardees × 15 sec Cool Down: Jog/Skip 400m (barefoot)	12/14/2011 AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT Warm-up: Focused × 10 reps + Accel Drill # 2 <u>Tempo Run:</u> 4 mile warm-up <u>Med Ball:</u> TANK × 12 <u>General Strength:</u> Waterloo × 12 rep <u>General Strength:</u> Remedial × 6 <u>Core Develop:</u> Hardees × 15 sec <u>Cool Down:</u> Jog/Skip 400m (barefoot)	12/15/2011 <u>DN YOUR OWN</u> <u>Warm-up:</u> Vision × 10 reps + Speed Drill # 2 <u>Tempo Run:</u> 1 mile warm-up <u>Speed Development: (Spike)</u> 400m Hardway IR 1:30 (10x40m) <u>Hurdle Mobility: 5H WMB</u> <u>Core Develop:</u> <u>Close Chain Abs × 10 r/l</u> <u>Cool Down:</u> Jog/Skip 400m (barefoot) <u>Post Session Stretching:</u> Back - Seat Straddle (m-I-r) Spinal Roll - Butterfly (f/b) Pretzel (r/l) - Heel Sit Standing Calf (r/l)	12/16/2011 ON YOUR OWN Disciplined × 10 reps + Sprint Drill # 1 Power Development: 6 × 90m SLB IR 90sec	12/17/2011 ON YOUR OWN Warm-up: Vision x 10 reps + Accel Drill # 2 Tempo Run: 1 mile warm-up RL 6 x 1000m @ 3:05-3:10 MT4 x 1000m @ 3:05-3:10 JZ 4 x 1000m @ 3:05-3:10 JJ 6 x 800m @ 2:10-2:15 Tempo Run: 2 mile warm-up	12/18/2011 ON YOUR OWN 40-45 mins Rest/Recovery:
Notes	Notes	Notes	Notes	Notes	Notes	Notes

QUESTIONS ??????????

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THANK YOU!

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