

400m & 800m The ILLINI Way

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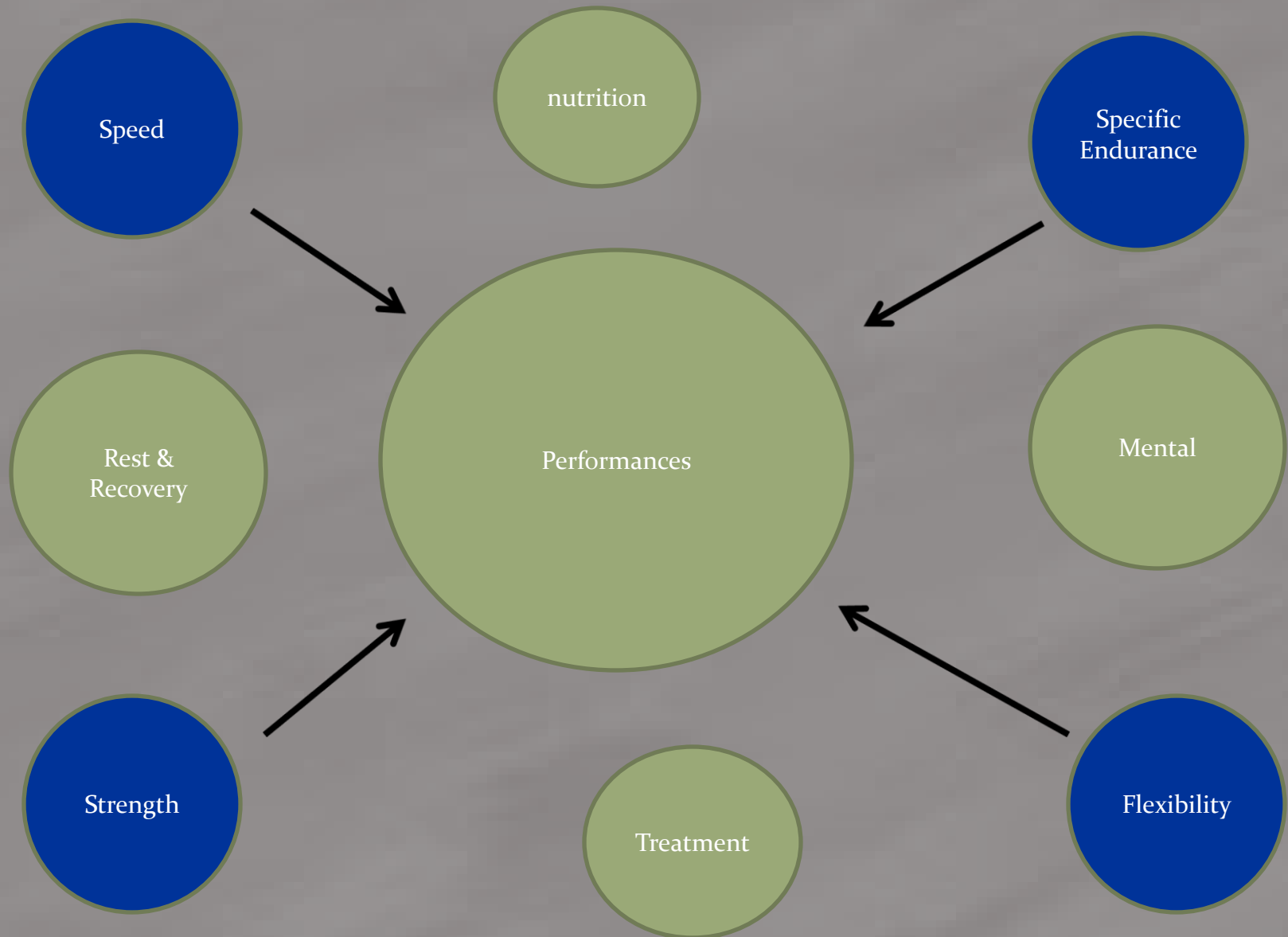
Acknowledgements

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

Coaching Questions

- What Is Important?
- How do we get there?

What is Important in 400m / 800m



HOW DO WE GET THERE?

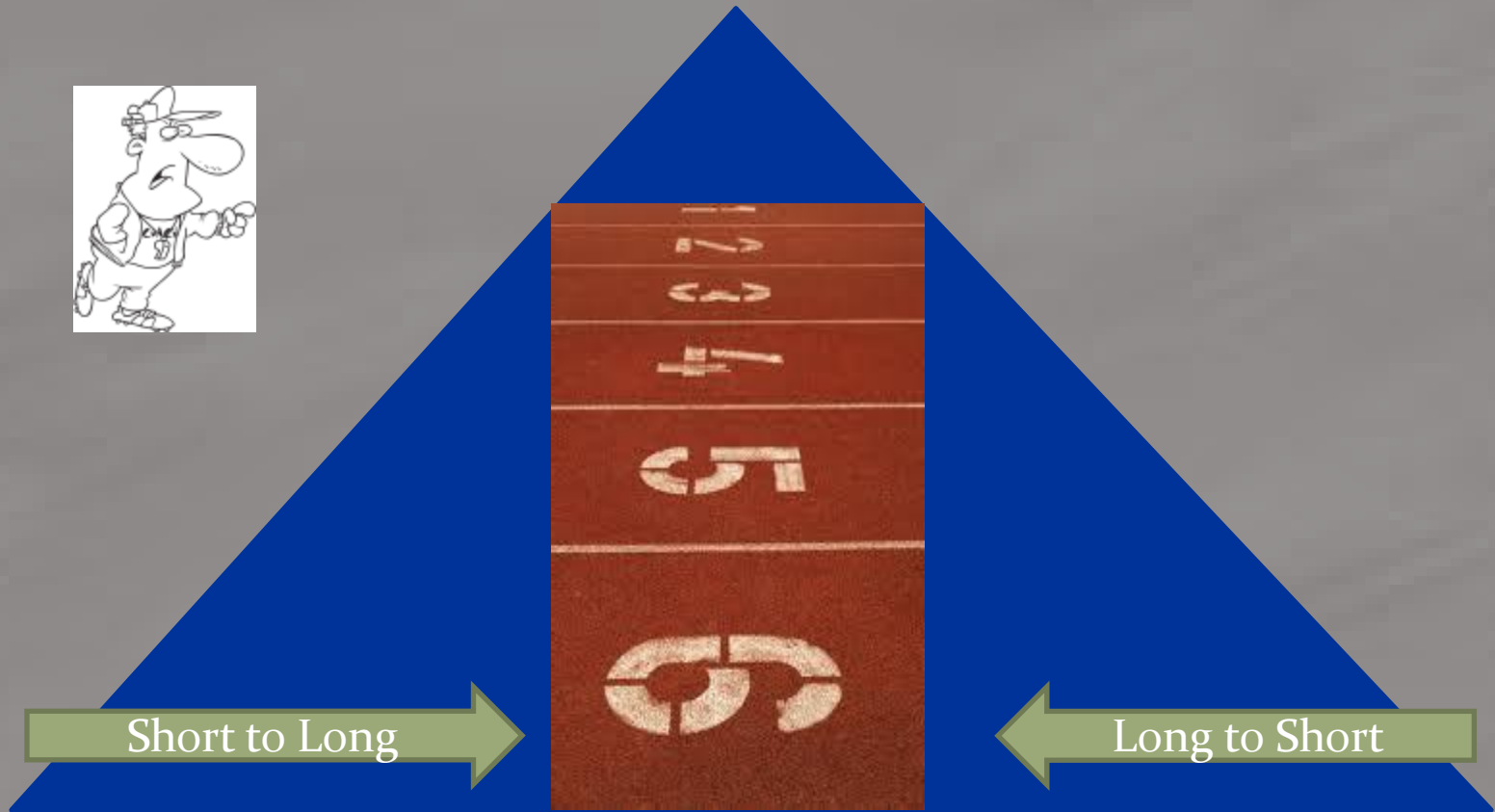


TYPES OF TRAINING STYLES

V
O
L
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M
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S
P
E
E
D



Short to Long

Long to Short

S P E E D

V O L U M 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 SPEED 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 SPEED in identifying potential talent.
- We believe in quality over quantity in everything we do.

SPEED AND HOW IT AFFECTS OUR PERFORMANCE



IDENTIFYING / QUALITIES 400M RUNNER

Athlete - A Goal Time is 46.50

- PR – 60m, around 6.72
- PR – 100m, around 10.37
- PR – 200m, around 21.11
- PR – 300m, around 33.64



Athlete - B Goal Time is 50.00

- PR – 60m, around 7.20
- PR – 100m, around 11.17
- PR – 200m, around 22.73
- PR – 300m, around 36.23



Athlete - C Goal Time is 53.00

- PR – 60m, around 7.60
- 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
- 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
- PR – 400m, around 50.28
- PR – 600m, around 1:23.33
- PR – 1600m, around 4:20.04



Athlete - A Goal Time is 2:10.00

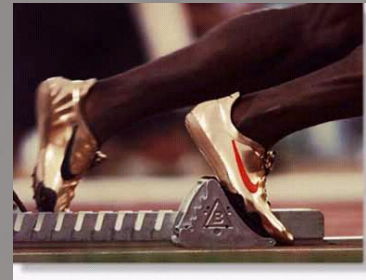
- PR – 200m, around 25.31
- PR – 400m, around 55.81
- PR – 600m, around 1:32.60
- PR – 1600m, around 4:50.16



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 COMPONENTS

- 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 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 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:

□ 6 x 150 m @ 90% IR = 2:00 min

□ 4 x 80 m @ 95% IR = 3:00 min

SPECIFIC ENDURANCE / TEMPO - TRAINING COMPONENTS

- Tempo (Aerobic Work) – 2 per week
- Train for the 400 or 800 not the mile or 3000m
- Make workouts specific
- Extensive tempo and Intensive tempo
 - Example:
 - 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

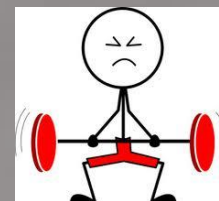
- Total Body
- Circuits
- Med Balls

□ 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.
- 60m crouch - starting acceleration and transition to full speed.
- 150m standing - speed endurance (alactic anaerobic)
- 300m standing - speed endurance (lactic anaerobic)
- 600m standing - general endurance and strength endurance
- Standing Triple Jump - strength and power
- Standing Long Jump - starting power

Sample Training Sessions

TRAINING SAMPLE FOR 400M



University of Illinois Track and Field Weekly Training Sessions

Group SPR Week # 15 Week Start 12/12/2011 Week End 12/18/2011

Monday 12/12/2011	Tuesday 12/13/2011	Wednesday 12/14/2011	Thursday 12/15/2011	Friday 12/16/2011	Saturday 12/17/2011	Sunday 12/18/2011
<p>AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT</p> <p><u>Warm-up:</u> Vision x 10 reps + Speed Drill # 2</p> <p><u>Multi-Jump:</u> Rip x 8</p> <p><u>Contrast Accell Develop:</u> Accell Ladder x 4-5 (16) Sled Pulls - x 4-5 (30m) MT Load 10% of BDWT</p> <p><u>Speed Development: (Spike)</u> Max V Ladder x 4-6 WK 10</p> <p><u>Speed Development: (Spike)</u> 400m Hardway IR 1:30</p> <p><u>Hurdle Mobility: 5H WMB</u></p> <p><u>Core Develop:</u> Close Chain Abs x 10 r/l</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p> <p><u>Post Session Stretching:</u> Back - Seat Straddle (m-l-r) Spinal Roll - Butterfly (f/b) Pretzel (r/l) - Heel Sit Standing Calf (r/l)</p>	<p>AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT</p> <p><u>Warm-up:</u> Focused x 10 reps + Accel Drill # 2</p> <p><u>Med Ball:</u> GAS x 12</p> <p><u>Int. Tempo - 80-85%</u> G1: LS IR= 3:00 SR = 6:00 2x350m 1x300m 1x120m G2: SS IR= 3:00 SR = 6:00 2x250 1x200 1x120</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p> <p><u>Core Develop:</u> Close Chain Abs x 10 r/l</p> <p><u>Post Session Stretching:</u> Shin R/L # 3 (both leg)</p>	<p>AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT</p> <p><u>Warm-up:</u> Focused x 10 reps + Accel Drill # 2</p> <p><u>Med Ball:</u> TANK x 12</p> <p><u>General Strength:</u> Waterloo x 12 rep</p> <p><u>General Strength:</u> Remedial x 6</p> <p><u>Core Develop:</u> Hardees x 15 sec</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Vision x 10 reps + Accel Drill # 2</p> <p><u>Multi-Jump:</u> Hurdle hops 4 x 5 @ 30" (No pause)</p> <p><u>Accell Development:</u> 6-8 3pt working on pushing mechanics not reaching</p> <p><u>Speed Development: (Spike)</u> Block 6x25m IR @ 3-4</p> <p><u>Muscle Mobility # 4 x 10</u></p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p> <p><u>Post Session Stretching:</u> Shin R/L # 3 (both leg)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Disciplined x 10 reps + Sprint Drill # 1</p> <p><u>Power Development:</u> 6 x 90m SLB IR 90sec</p> <p><u>General Strength:</u> Pedestal x 10 sec holds Pillar (B)</p> <p><u>Lunge Exercise:</u> x 10 rep</p> <p><u>Core Develop:</u> Hardees x 15 sec</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Focused x 10 reps + Accel Drill # 2</p> <p><u>Tempo:</u> G1: 8 x 150m 75%/85%/95% G2: 10 x 150m 75%/85%/95%</p> <p><u>Example:</u> 50 @ 75% 50 @ 85% 50 @ 95%</p> <p><u>Core Develop:</u> Close Chain Abs x 10 r/l</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p>Rest/Recovery Treatment:</p>
Notes	Notes	Notes	Notes	Notes	Notes	Notes

TRAINING SAMPLE FOR 800M



University of Illinois Track and Field Weekly Training Sessions

Group MD Week # 15 Week Start 12/12/2011 Week End 12/18/2011

Monday 12/12/2011	Tuesday 12/13/2011	Wednesday 12/14/2011	Thursday 12/15/2011	Friday 12/16/2011	Saturday 12/17/2011	Sunday 12/18/2011
<p>AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT</p> <p><u>Warm-up:</u> Vision x 10 reps + Speed Drill # 2</p> <p><u>Multi-Jump:</u> Rip x 5</p> <p><u>Tempo Run:</u> 1 mile warm-up</p> <p><u>Int. Tempo:</u> IR 3:30 (RL) 4 x 700m @ (29) 1:42 3 x 300m @ (26) 39 sec</p> <p><u>Int. Tempo:</u> IR 3:30 (MT, ZZ, JJ) 2 x 6 x 200m @ 27 sec</p> <p><u>Tempo Run:</u> 2 mile warm-up</p> <p><u>Med Ball:</u> GAS x 10</p> <p><u>Hurdle Mobility:</u> 5H MB</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p> <p><u>Post Session Stretching:</u> Back - Seat Straddle (m-l-r) Spinal Roll - Butterfly (f/b) Pretzel (r/l) - Heel Sit Standing Calf (r/l)</p>	<p>AM: On your own 4 miles PM: 3:00-5:00 @ IDK</p> <p><u>Warm-up:</u> Focused x 10 reps + Accel Drill # 2</p> <p><u>Multi-Throws:</u> 16lb DHB x 5 BLF x 5</p> <p><u>Tempo Run:</u> 5 mile run medium (5:15 - 5:30 pace)</p> <p><u>Speed Runs</u> 8x 100m strides</p> <p><u>General Strength:</u> Waterloo x 12 rep</p> <p><u>Core Develop:</u> Hardees x 15 sec</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p>AM: 9:00-11:00 @ IDT PM: 3:00-5:00 @ IDT</p> <p><u>Warm-up:</u> Focused x 10 reps + Accel Drill # 2</p> <p><u>Tempo Run:</u> 4 mile warm-up</p> <p><u>Med Ball:</u> TANK x 12</p> <p><u>General Strength:</u> Waterloo x 12 rep</p> <p><u>General Strength:</u> Remedial x 6</p> <p><u>Core Develop:</u> Hardees x 15 sec</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Vision x 10 reps + Speed Drill # 2</p> <p><u>Tempo Run:</u> 1 mile warm-up</p> <p><u>Speed Development: (Spike)</u> 400m Hardway IR 1:30 (10x40m)</p> <p><u>Hurdle Mobility:</u> 5H WMB</p> <p><u>Core Develop:</u> Close Chain Abs x 10 r/l</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p> <p><u>Post Session Stretching:</u> Back - Seat Straddle (m-l-r) Spinal Roll - Butterfly (f/b) Pretzel (r/l) - Heel Sit Standing Calf (r/l)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Disciplined x 10 reps + Sprint Drill # 1</p> <p><u>Power Development:</u> 6 x 90m SLB IR 90sec</p> <p><u>Tempo Run:</u> 5 mile run easy</p> <p><u>General Strength:</u> Pedestal x 10 sec holds Pillar (B)</p> <p><u>Lunge Exercise:</u> x 12 rep</p> <p><u>Core Develop:</u> Hardees x 15 sec</p> <p><u>Cool Down:</u> Jog/Skip 400m (barefoot)</p>	<p><u>ON YOUR OWN</u></p> <p><u>Warm-up:</u> Vision x 10 reps + Accel Drill # 2</p> <p><u>Tempo Run:</u> 1 mile warm-up</p> <p>RL 6 x 1000m @ 3:05-3:10 MT 4 x 1000m @ 3:05-3:10 ZZ 4 x 1000m @ 3:15-3:20 JJ 6 x 800m @ 2:10-2:15</p> <p><u>Tempo Run:</u> 2 mile warm-up</p>	<p><u>ON YOUR OWN</u> 40-45 mins Rest/Recovery:</p>
Notes	Notes	Notes	Notes	Notes	Notes	Notes

QUESTIONS ????????????

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THANK YOU!