



800 meter Training

Specific training tips for developing the high school 800 meter athlete.

Philosophy & Process Orientation 800 meters = *long sprinter*

Program Objectives – Character, High-Performance & Compete Like a Champion.

Program Values - Never & Don't: lie, steal, cheat & whine, complain, make excuses.

Talent & Skill Identification.

The 800 meter athlete's skill set is more similar to that of the 400 meter & 400 meter hurdler athlete than it is to a distance runners.

Athletic Developmental Stages – Fundamentals, Train-to-Train, Train-to-Compete, Train-to-Win.

Training Phases & Cycles

Specific Workouts

Coaching Style athlete-centered

Take the long road

Strongly consider the athlete's mental and physical characteristics

Communicate effectively and involve the athlete in the training plan

Coach the athlete as much as the event. Keep in mind individual differences.

DON'T FORGET THE SCOREBOARD



Character

Honesty

Integrity

Drive

Self-
Reliance

Optimism

Grit

Will Power

Self-
Confidence

Citizenship

High
Performance

Life-style

Nutrition

Sleep

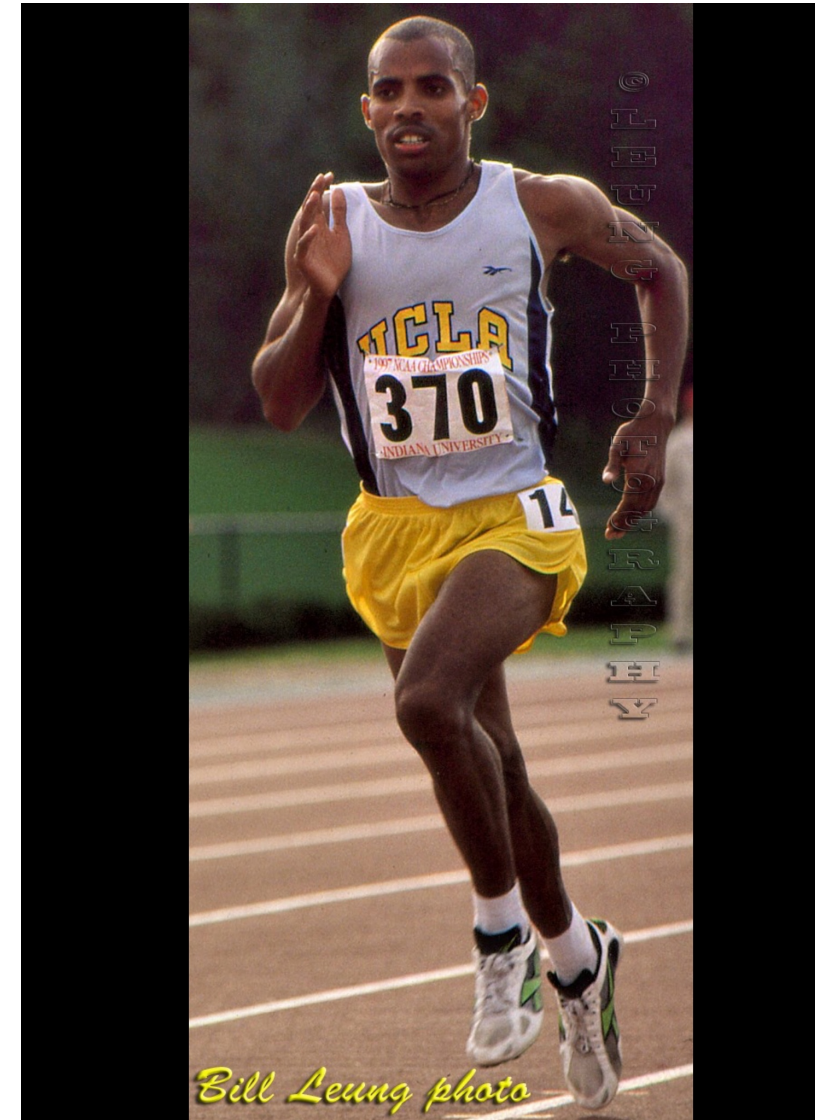
Hydration

Commitment to Training

Compete like a Champion

"Be at your best when your best is needed"

Coach Wooden



Program Values

Never & Don't vs. Always & Do

NEVER

Lie – Cheat – Steal

ALWAYS

Authentic – Fulfil – Contribute

DON'T

Whine – Complain – Make Excuses

DO

Delight – Rejoice – Take Responsibility



Talent and Skill

Height – not much of a factor

Endurance – good

Speed Endurance – great

Aerobic Power – great

Speed – good → great

Ability to Recover Well – great

Muscular Strength – good

Muscular Power – great, related to BW

Ability to accelerate – great

**More like a 400 m or 400 m hurdler
than a distance runner.**

Cory Primm



Lena Nilsson



Developmental Phase	Fitness and Conditioning	Nutrition/Fueling	Sport Training	Personal Habits
Learning to Train	Shows up to training and does what is asked, but little else.	Drinks water during and after practice, eats what ever is provided after practice. Sometimes makes a healthy choice for an athlete in training.		Struggles to learn the balance between sport and external activities.
Training to Train	Adheres to training guidelines in and out of season. Occasionally does a little more than is expected. May select an extra workout/run now and then but not always the right training session to get the job done.	Weights in before and after practice to monitor hydration consistent with training load. Knows good nutritional principles but applies this to sound dietary choices inconsistently.		Generally does a good job of balancing training and external life activities. Recognizes that stress may play a role in training adaptation and game performance. Occasionally anticipates sport/life/school challenges and makes adjustments.
Training to Compete	Completes regular training sessions to maximize fitness attributes but adds additional focused and intentional sessions to enhance conditioning attributes that need work. This may include rehab/prehab requirements or may require more than one extra workout per week.	Makes adjustments in hydration and nutrition based on weekly and seasonal workloads. Knows and adheres to healthy choices. Intentionally excludes poor nutritional choices. Know and recognizes optimal body weight and composition and monitors accordingly.		Demonstrates a good balance between training and life. Anticipates training/competition, school and life challenges and plans accordingly to deal with those. Gets out in front of problems that will impact training. Knows sleep habits to ensure good rest.
Training to Win	Has a comprehensive training program that addresses all areas of fitness (endurance, balance, agility, power, speed). Planning for activities is consistent with weekly and seasonal timing. Work outside of regular training sessions is essential and embraced.	Has an individualized strategy for hydration and nutritional needs that is adjusted, daily, weekly and seasonally. Nutrient intake is well suited to the athlete and followed without exception. Has a good working knowledge of what are the best nutrition/eating strategies for their body type.		All external life activities are structured to support maximal training. Anticipates workloads and seasonal transitions and plans accordingly. Knows sleep needs and adheres to a strict schedule. Eliminates external stresses.

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periodization

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Training Phases

Phases

General Conditioning & Strength

Specific Conditioning & Strength

Convert aerobic & muscular strength to
power/Specific preparation/Race modeling

Speed Endurance/Speed

Easy jogging, easy strides, weight training, yoga,
cross training (water, bike, eliptigo), stretching

Higher running volume, Introduction of interval
training, specific weight training, wickets

Specific pace preparation, Hill repeats, Olympic
lifting, Plyometrics

Track workouts 4 x week, finish workouts with flying
30's, 150's, S-F-S or F-S,

Training Cycles

- *long sprinters*

7 days

10 days

- *distance runners*

14 days

21 days



Specific Workouts

7 – day cycle for a male (2:00), Convert to Power

- #1 – Hill Repeats (5 x 300, 5 x 80m) + lift
- #2 – 3 sets of 400/300/200 @ 63/45/28, rest=200j & 4'
 - #3 – Recovery Day + lift
- #4 – 2 sets of 600/300 @ 1:39/42, rest=200j, 100w, 200j & 6'
 - #5 – 6 x 200 @ 29, rest=3'
 - #6 – Time Trial = 1k/800/600
 - #7 - Rest

10 – day cycle for female (2:15), Convert to Power

- #1 – a.m. 3 mi run (last mile strong pace), p.m. 8 x 200 @ 35"
rest=2-3' + lift
- #2 – 3 x 500 m @ 76/17, rest=6'
- #3 – Recovery Day + lift
- #4 – 3 sets of 300/150 @ 54/Fast, rest=2'&5', + 3 x flying 30's
- #5 – 45 min easy jog + lift
- #6 - Hill Repeats (4 x 300, 3 x 80m) + lift
- #7 – a.m. 3 mi run (last mile strong pace), p.m 2 mi jog + 10 x
100 m strides @ 15-16 with 100 m walk
- #8 – Time Trail = 1k/800/600
- #9 - 3 sets of 400/300/200 @ 68/49/Fast, rest=200j & 4' + lift
- #10 - Rest