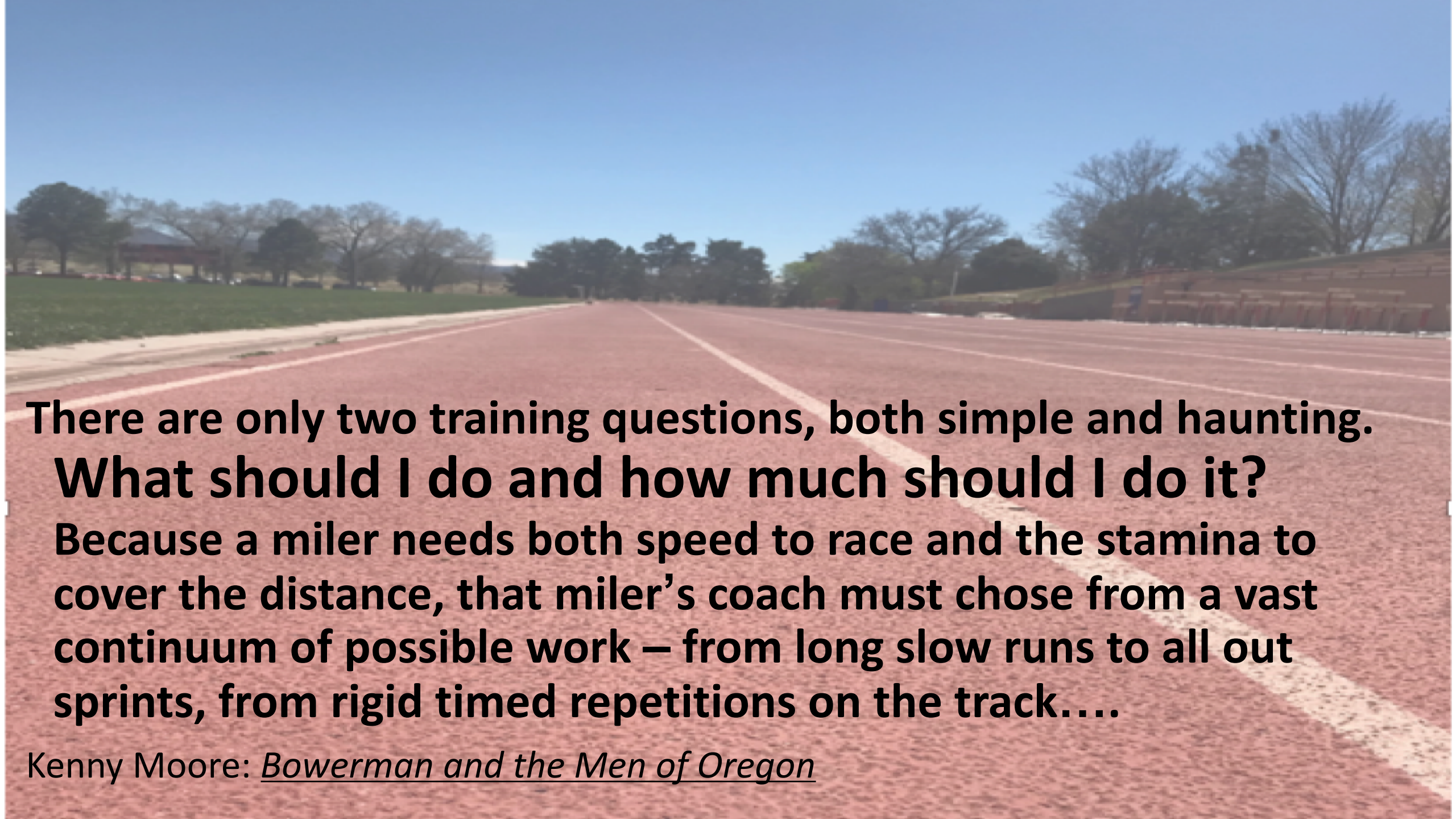


# MD: 800M



Training and Racing the 800 meters





**There are only two training questions, both simple and haunting.  
What should I do and how much should I do it?  
Because a miler needs both speed to race and the stamina to  
cover the distance, that miler's coach must chose from a vast  
continuum of possible work – from long slow runs to all out  
sprints, from rigid timed repetitions on the track....**

Kenny Moore: *Bowerman and the Men of Oregon*

# TODAY'S GROUND RULES

**No fancy terms: i.e.** Millimoles, Blood lactate, V-dot values, Mesocycle, micro..., Periodization, Creatin-Phospate, % aerobic capacity

**Only simple talk like - -**

Pace - faster, slower, or at race pace

Effort- Hard, medium, easy

Recovery

Days, weeks, months...

Pre-, mid-, peak season

**All will be real HS workouts – not wish workouts**

# What to look for in a 800 m runner?

Good speed

Good endurance

Good strength

Powerful stride

Hunger

Willingness to hurt

Toughness

Narrow waist

Great mechanics

Thin limbs

Foot strike

My ideal 800 m runner is really...  
**ANYONE!**



# 2019



rank	800 meters (2:01.80)	'19-BEST
1	Julian Garcia-11	1:56.66
2	Skyler Forman-12	1:58.51
3	Joaquin Deprez-9	1:58.7R
4	Jesse Sanchez-10	1:59.6R
5	Justin Hickey-10	2:02.19
6	Owen Dudley-9	2:02.64
7	Lucas Jepsen-12	2:03.75

Albuquerque Academy HS  
Grade Level Records:

8 <sup>th</sup>	Cody Harper `01	1:57.98
9 <sup>th</sup>	Cody Harper `02	1:56.70
10 <sup>th</sup>	Cody Harper `03	1:52.37
11 <sup>th</sup>	Cody Harper `04	1:51.80
12 <sup>th</sup>	Curtis Beach `09	1:50.74

One important thing I've learned...  
no one has all the answers  
about how to best train.

-Dr. Jack Daniels





## 10 DEEP LIST: 800 meters

1.	1:50.74	Curtis Beach	09
2.	1:50.85	Cody Harper	05
3.	1:54.58	Alex Herring	10
4.	1:55.20	Aric Kedge	16
5.	1:55.45	Matt Twiest	96
6.	1:55.88	Taylor Murray	09
7.	1:56.66	Julian Garcia	19
8.	1:56.74	Steve Plamondon	83
9.	1:57.08	Mark Jeunnette	97
10.	1:57.21	Thomas Weiler	00



# Where / how do we start?

## 1-GENERAL

Get the body moving:

- Playing sports
- Running
- Biking
- calisthenics
- core
- weights

## 2-SPECIFIC

- 30-60 minutes
- Hill repeats- 30 – 45 second range
- Hilly distance runs
- Mountain runs
- Strides
- Bleachers
- Sled pulls
- Progression runs

**January &  
February - - -**

**Don't let the  
watch be  
your master!**



## **Running Workouts:**

**3 SETS of 4 X 200**

**Rest: 1 min walk**

**Rest between sets: 6 – 8 minutes**

**How fast? Goal Race Pace**

**Girls- :32-:35 Boys- :28-:31**

**Each week is a variation of above.**

**How often?**

**Weekly from early March → State → post season**

# WORKOUT MODIFICATIONS:

## **1- VARRY THE REST:**

- Rest can vary from as short as :30 seconds to as long as :90
- Generally :60 seconds

## **2-VARRY THE RECOVERY:**

- Recovery can be as short as 5 minutes to as long as 10 minutes
- Recovery can be based on heart rate
- Recovery can be dynamic (jog / walk) or non-dynamic (walk/drink water)

## **3- VARRY THE PACE**

- Pace can vary from current date race pace to goal race pace
- Pace can progress from current date race pace to goal race pace
- Pace on last couple of reps can be controlled to "go get it"



# REPS MODIFICATIONS:

## Early season:

- 3 sets of 3 x 300's
- or 3 sets of 200,400,200
- or 2 sets 5 x 200's
- or :30, :45, :60 seconds rest with pace moving down

## Mid-season:

- 200,400,200 jog or walk recovery, 200, 300, 200 jog or walk, 200,200,200
- 4 x 200, 3 x 300, 4 x 200
- 600, 200, jog, 400, 200, 200, jog 4 x 200

## Late season:

- 1 x 600, 200, jog 1 mile, 1 x 500, 300 \* Only two sets
- 3 x 200, 300, 200
- 3 x 400, 200

## 2<sup>nd</sup> “HARD” WORKOUT

### **Sample: 800 TEMPO WORK**

- 3 x 1200 w/ 400 jog
- 5 x 800 w/ 200 jog
- 2 x 1 mile with 400 jog
- 8-10 x 400 w/ 200 jog

### **Sample: 800 SPEED ENDURANCE**

- 300, 250, 200 @ :52 pace w/ 6-8 min
- 3 x broken 4's (300-100, 250-150, 200-200) w/ :60 sec and 10 min between sets
- 3 x 400m “kickers”

# IN BETWEEN / RECOVERY DAY WORKOUTS

## 1- Recovery runs (lots of recovery runs)

- ✓ range between 30 – 60 minutes
- ✓ followed by strides

## 2-Progression runs (maybe 1 / week)

- ✓ generally faster in last 10 – 15 min.

## 3- XC type training:

- ✓ longer tempo i.e. 2x10 minutes
- ✓ hills i.e. 10 x 45 sec w/ jog down

## 4- Bike / Run Combo

- ✓ 45 min. combo self select





## **BENCHMARK WORKOUTS:**

### **THE MILER'S TEST**

4 x 400 to be completed in less than 10 minutes

# Sample 800m workout week: MID SEASON – NO MEET!

**Daily:** Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

**Monday:** 800m tempo work: 4 x 1000m at 5:30 / mi pace w/ 200m jog, 4x1500 w/ 250 walk recovery, light plyo – hurdle hops or box hops (~24 foot strikes)

**Tuesday:** Recovery - 20 min moderate paced run, Slat drills / accelerations, 15 min easy bike, Weights – lower

**Wednesday:** Pace Work- Longer warm up, 3 sets of 200, 400, 200 with :75 seconds, 8 min jog/walk between sets, 10 min cool down, core/plank work

**Thursday:** Recovery - 40 minute moderate, 6 x strides on grass or 12 x bleachers, med ball work

**Friday:** Speed Endurance / long sprint work:

3 sets of broken 400's.

1<sup>st</sup> set: 300m – 100m w/ :75 sec recovery, pace :52-:54 per 400m (10 minutes)

2<sup>nd</sup> set: 250 - 150m w/ :75 sec recovery, pace :52-:54 per 400m (10 minutes)

3<sup>rd</sup> set: 200m – 200m w/ :75 pace :52-:54 per 400m (10 minutes)

**Saturday:** Longer day, 50-60 minutes easy, core

# Weight Training for 800m: Jan. → Mar.

**Progression: from LIGHT → MEDIUM**

**from GENERAL STRENGTH → SEMI-EXPLOSIVE**

2 days/ week

3 x 8 each leg of box step ups with 2 handed kettle ball press  
3 x 8 each side, push up plank reaches  
3 x 8 dumbbell power cleans  
3 x 8 each side, push-up bird dogs

2 days/ week

3 x 8 each leg dumbbell walking lunges  
3 x 8 each arm of dumbbell push up rows (go light, stay square)  
3 x 8 each side lateral rotation ball slams w/ med ball  
3 x 8 each way of squatted band walks

2 days/ week

1 set of 12 pull-ups  
3 x 12 incline sit ups with medicine ball toss  
3 x 12 incline back extension with plate weight  
1 set of 12 pull-ups



# Weight Training for 800m: S-break → May

**Transition to a little HEAVIER but with more SEMI-EXPLOSIVE movements**

2 days/ week      3x10 body weight squats → box hops  
3 x 8 each side, lunge step (back bar)  
3 x 16 plyo push ups

2 days/ week      3x :20 sec box pop ups  
3 x 1 minute jump rope  
2 x 16 med ball sit ups  
2 x 16 plate back extensions

1 day/ week      1 x 40 sec. Heavy Rope  
1 x max pull ups

## 800 meter race tactics:

- ✓ Lane draw and the start
- ✓ How to control pace early
- ✓ Best places to lead
- ✓ Dominating the race
- ✓ Caught in a box

Basics for most HS kids:

Running for a PR / a time



# **SUMMARY: MD THE 800M**

1. WORK `EM HARD: Man is adaptable
2. Take anyone: It's HS
3. Have a plan: What do you hang your hat on?
4. Provide Variation: make each workout different
5. Control the REST: key to everything
6. Mix it up: aerobic, hills, tempo, staples ...
7. Weight Training: Upper, lower, torso, progression
8. Supplement: plyos, hurdle mobility, bike, swim ...
9. Teach Racing: race plan, race position



# Questions?

**The primary reason to have a coach is to have somebody who can look at you and say, "Man you're looking good today."**

***-JACK DANIELS***

