



Training for the 800m

Brad Jenny - Doane XC and Track coach since 1999, 800 runner in college

Annika Pingel - Doane Alum and Current XC and Track coach, ran everything in college

Coaching philosophy - Relationships, Show up, Work hard, Have a great attitude

Consistency - In coaching and in training

Collaboration - Working with athletes to get the best out of them, when they have some ownership in the program there is more buy-in, more buy-in produces better results

Three areas to address in training for the 800

Speed - Aerobic - Specific

Never be too far away from any of them

Speed days

Work on acceleration and speed. Have to think like a sprinter. Faster than 400 to all-out.

Extra warm-up, Sprint specific drills

Workout examples - 4 x 30m accels, 4 x 30m flys

- 3 x 3 x 60m - 75%-85%-95%

Aerobic training

There are many ways to improve your aerobic fitness

- Easy runs
- Tempo runs
- Intervals - event specific training

The body will make the adaptations to the physiology with proper rest and recovery. The athlete needs to focus on the mental aspect. Working on mentally getting through tough workouts will directly translate to racing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm-up 10 min easy 15 min @ tempo 10 min easy Weights	Warm-up Sprint warm-up 4 x wickets 8 x 400 200m jog btw Cool Down Hurdle mobility	Warm-up 10 min easy 15 min @ tempo 10 min easy Weights	Warm-up Sprint warm-up 4 x wickets 8 x 300 Cut down rest Cool Down Hurdle mobility	Pre-meet including pace laps

ATHLETIC DEPARTMENT

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Warm-up Sprint Warm-up 4 x wicket 20 x 100m Cool down	Weight Warm-up Weights 10 min easy 10 min @ tempo 10 min easy 6 x 100m build-ups	Warm-up Sprint Warm-up 4 x wicket 4 x 20m accels 4 x 30m flys 3 x 150m fast	Weight Warm-up Weights 10 min easy 10 min @ tempo 10 min easy 6 x 100m build-ups	Warm-up Sprint Warm-up 4 x wicket 400-200-200 4 x 200 Weights	OYO 30 minute easy run Stretch

Indoor Season, Strength 2024 Week 10, Session 1

Objectives for Focus Areas:

- Cycle focus: **Recovery week**- Medium weights, moved with a fast intention

Exercise Super Set 1 Sets/Reps Set 1 Set 2 Set 3 Set 4

Hang Clean 4 x 3 _____ _____ _____ _____

+
Push Press 4 x 3 _____ _____ _____ _____

Exercise Super Set 2 Sets/Reps Set 1 Set 2 Set 3 Set 4

1/2 Back Squat 4 x 3 _____ _____ _____ _____

+
Bench Press 4 x 3 _____ _____ _____ _____

Exercise Super Set 3 Sets/Reps Set 1 Set 2 Set 3

Db Step-Up 3 x 2/leg _____ _____ _____



Fall Season, Power, 2023 Week 9, Session 1

Objectives for Focus Areas:

- Overcome Inertia
- Learn to be powerful from a static position (just as if you were coming out of blocks)
- Cycle focus: **Intensity week**- can add some weight

<u>Exercise Super Set 1</u>	<u>Sets/Reps</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
BKP Clean + Hang Clean (Below Knee Pause)	4 x 1 + 2	_____	_____	_____	_____
+					
Push Press + Push Jerk	4 x 1 + 1	_____	_____	_____	_____

<u>Exercise Super Set 2</u>	<u>Sets/Reps</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
Back Squat	5 x 3	_____	_____	_____	_____	_____
+						
DB or BB Bench Press	5 x 3	_____	_____	_____	_____	_____

<u>Exercise Super Set 3</u>	<u>Sets/Reps</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>
DB Step-Up (Heavy)	3 x 3/leg	_____	_____	_____
+				
DB 1/2 Kneeling to A Stance	3 x 3/leg	_____	_____	_____

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