

Training for 800m

by Steve Bennett
B.Sc.(Physiology) Dip.Ed.



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800m Training – An Alternative Plan

A discussion of some ways to train and coach 800m athletes.
Ideas suitable for both 400/800 and 800/1500 athletes.

The Problem

Developing the 800 athlete's speed and strength to maximal levels while at the same time developing the endurance qualities required to run two laps fast.

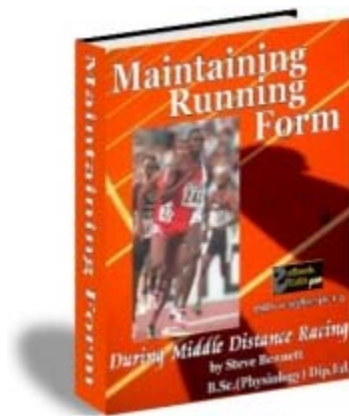
Background Discussion

Many 800m athletes follow a single periodized year in a fashion that involves focusing on different energy systems at different stages of the year. This e-book presents three possible ways to prepare for high performance as a 400/800/1500 athlete.

1/ Traditionally Phased Method

2/ **An Alternative Plan** - 4 week microcycle including all needs. Similar all year.

3/ **The Combination Plan** – A system that has most recently been implemented with my personal squad



Maintaining Form During Middle Distance Racing

Presents a large range of Modern Training techniques that will improve athletes Running Form and help any athlete maintain more speed in the closing stages of races.

Training to improve "**ease of speed**" is the missing factor in many training programs. This e-book will help put people on the right path toward developing the ability to finish races in the way displayed by the likes of **Haile Gebreselassie**, **Wilson Kipketer**, **Hicham El Guerrouge** and **Michael Johnson**.

More information is at www.oztrack.com

The Traditionally Phased Method

A Traditional Plan usually includes something like the following:

Transition: 4 weeks

Light training to recuperate, includes both fast strides and aerobic running. A mental break more than anything. It is also a time when any injuries are worked on and more emphasis is placed on finding long term solutions.

Early background: 12 weeks with every 4th week lighter

Building up of the volume of Aerobic running: runs of 6km to 16km at varied speeds with some long hard runs. Typically involving:

The build-up to around 60-100km a week involving maybe 2 sessions a day of aerobic running.

Aerobic power speed-work eg 6 x 800m at 5km pace rest 1min

Anaerobic Threshold running (some Cross Country races)

Occasional Speed drills and Sprinting up to 60m

Build-up of Gym training weights and Circuit work

Technical improvement of posture and relaxation

There is no focus on anaerobic tolerance. The focus is on Aerobic development and strength while maintaining the range of movement needed for faster running only.

Maximum speed cannot be improved during this time because the volume of slow running would leave the athlete too tired to be able to practice running at faster rates than ever before. Also the ground contact times during aerobic running are contrary to the ideal training needed for sprinting.

The volume of slow running would drop sprinting speed below real maximum for this reason alone. The high volumes would also even more importantly make it more difficult to practise perfecting movement mechanics even at 800m speed.

Many would ask is real maximum speed required at all?

I believe it needs to be developed carefully to allow for an athlete to be more relaxed at first lap 800m speed. In an elite International race this means 12.5s per 100m in the Mens & 14.0s per 100m. To make this point another way imagine Michael Johnson in an 800 where they run the first 400m in 49.5s or Marion Jones in a 56.0s first lap. They have the speed to be very relaxed and the opportunity to be efficient.

Pre season preparation: 12 weeks

The maximum volume is reached in the middle of this phase.

When total volume decreases Strength work is increased in volume and intensity and maximum strength for the year is reached late in this phase or early in the next. This may involve gym work and hill running

e.g. 16 x 100m reps up a 17% hill rests 90sec.

More anaerobic work is introduced and allowed to increase intensity through the phase.

Peak XC racing season or hard longer runs.

Usually anaerobic performances during 400-800 pace reps are well below race season standards because of the long period of absence of this type of training.

No volume of highly anaerobic speed-work at 200-400 speed can be done without undue soreness and injury. This is because of unfamiliarity with the training and because of the volume of other training that has been done at well below race speed.

Early season: 12 weeks

Introduction of regular racing.

Further decreases in volume and an increase in speed and anaerobic intensity.

This is the time of peak injury risk, while the body is re-adapting to race speeds.

The typical difficulty is doing the required amount at 200 speed for good 400m performances while at the same time maintaining aerobic power.

Aerobic volume when decreased allows better quality Anaerobic training to be performed.

However, the peak of the season is still 10 weeks into the next phase.

It could be suggested that Anaerobic Speed-work is being started too early if aerobic ability drops but it seems to take 3 months of the right anaerobic work to develop the "sustained & repeatable" speed that was lost during the early part of the training year.

Early peak season: 8 weeks

Decreases in volume - no long runs maintenance of aerobic ability by some shorter solid pace runs.

Focus is on race specific endurance and developing 400m type speed.

Most speed-work is longer reps with longer rests

eg 2 x 1000m rest 15min or 3 x 800 rest 15min or 3 x 400 rest 20min

Also some shorter reps with short rests 3 x 3 x 200 rest 30sec

The athlete would normally lead into serious races with a solid session 4 days previous then two days earlier a tempo session with the focus on relaxation at race pace with good rests. This session would be well within them. The other days would be either easy strides and relaxed 100s small volume or a 4km solid run (warm-up and warm-down not included)

Athletes may be striving to reach last season's peak performances at this late stage. Doubts may creep in which could then effect training and racing performance.

Peak: 6 weeks

Total focus on racing

Usually anaerobic performances are at the very highest levels demonstrated by the very best 400m performances of the season.

Good 800m race performances follow the dropping of the 400m time.

However, Aerobic power is probably already dropping and is below the ideal level due to the fact that it had to be left behind as a focus long ago (After all that work!)

Even if the athlete does not race at all over 400m their best "400m ability of the season should coincide with their best 800m race performances. (The only reason it would not is if there was sub-optimal aerobic contribution)

Further comments on the Traditional Phased Plan

All aspects of training follow from each other, an injury at any stage may lead to doubts of being able to "peak" this year.

Athletes get bored mid year when they are so far from race type fitness and may be demotivated early in the race season when race times especially in the 400m are so slow.

How will the athlete ever develop the highly desirable abilities of strength and pure speed to be able to race close to their potential in the 400m.

Adaptation of the abilities required for good 400m running only really occur for the last 6 months of the year when they fit in around tiring endurance training.

400m/800m athletes are probably better off not really racing Cross Country as the risks involved in downhill running combined with the extra recovery required with longer races would make it even more difficult to develop the speed required.

The Alternative Plan:

Aims to:

- Improve of all aspects together at the same time in a linear fashion.
- Avoid sacrificing some energy systems for a phase to develop another. The athlete could then peak twice a year much easier.
- Enable the athlete to be fresh enough to work on pure speed and strength on a regular basis. This would allow for their 400m ability to be more highly developed.
- Provide a higher level of anaerobic speed all year which means aerobic development could go on all year instead of having to be lowered in emphasis at some stage to regain lost 400m speed.
- Involve developing all aspects of adaptation required for 800m racing in a 4 week cycle.

THE ALTERNATIVE PLAN STRUCTURE

Summary

The plan involves a four weeks cycle where;

Week 1 Speed Focus - The aim is to develop speed at the freshest stage of the cycle.

Week 2 Strength-Endurance Focus - The aim is to develop strength in the Gym and specific strength while running hills etc. There is some overlap with a speed focus early in the week.

Week 3 Speed-Endurance Focus- The aim is to develop all aspects of endurance including aerobic power, anaerobic power and lactate tolerance. Some work is done right down to 200 finishing speed all year.

Week 4 Recovery - Easy week to promote recovery. Mostly less volume and less "long contact" running.

This cycle can be followed all year with adjustments to intensity and volume made to suit the athlete and approaching competitions. They should never be more than 4-8 weeks away from peak shape.

Some coaches have suggested to me that they have seen the frequency of injuries drop due to the lack of "speed shock" at any stage.

The cycle could also be shortened to 3 weeks when in race preparation.

In the early cycles focus can be more on new techniques, running style improvement and performance of all sessions in a relaxed way in volumes that can be handled. The total loading either intensity and/or volume would aim to be increased each cycle.

All systems should either be maintained or developed in each cycle. If anything goes backwards significantly something needs to be changed. (Of course 400m maximum speed cannot be maintained all year but the qualities that contribute to it should be able to improve-

e.g. a 47.00 runner should not be any slower than 48.00 all year.

The later cycles involve performing the new habits that have been learned well and focusing on creating maximal adaptation of all energy systems. The late cycles are tougher and in the case of race preparation would be less in total volume and higher in intensity.

The content needs to be tailored to the individual athlete.

- They can all absorb unique amounts of the different types of training.
- They all lose the qualities given to them by the different energy systems at a unique rate.
- They all respond to the different types of training in a unique way.

Athletes in their early stages of involvement in athletics should focus more on developing the ability to handle a reasonable training load at a lower intensity. They should certainly develop the ability to complete easy aerobic runs of 40-60min comfortably before following a higher intensity program.

They should also learn and practise good biomechanics at race speeds from a young age but keep the repetitions short enough that good form can be maintained eg 60-150m and rests long enough not to make it hold to hold good form.

Example Plan

Background Stage 6 months

(April-September in Australia)

Planned for an athlete capable of
47.30/1:48.01/3:56

Week 1 Speed

Mon - Gym: Focus on trunk stability and postural improvement. No running.

Tue - Track : Mixed warm-up, Speed Drills, Hip Mobility Circuit, maximum speed development eg. 3 x 3 x flying 30m at 95% then 250m relaxed near to 400 goal pace. Warm-down 10 X 100m strides.

Wed - Running Technique improvement and Relaxation practice
eg. Mixed Warm-up 10 x 80m technique strides then 3000m at 90% effort. Warm-down 10 x 100m strides.

Thu - Track :Mixed warm-up , Speed Drills , Relaxed 200m pace
eg Warm-up 3 x 2 x Flying 100s at about 200m finishing speed rests 3min / 7min

Fri - Gym- Focus on trunk stability and postural improvement. No running.

Sat - Track : Mixed warm-up, Speed Drills, Hip Mobility Circuit, maximum speed development
eg. 3 x 3 x flying 30m at 95% then 250m on 400 goal pace. Warm-down 10 x100m strides.

Sun - 9 km at a moderate pace 3:45-4:00/km

Week 2 Endurance

- Mon - Gym: - Focus on trunk stability and postural improvement.
- Run 6km at a moderate pace.

Tue - Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Evening- Track: Mixed warm-up, Speed Drills, Hip Mobility Circuit, 3 x 1000 rest 10min circuit exercises. Target each 200m faster starting at 36-35-34-33-32. Done in racing flats.

Wed -Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Evening- Running Technique improvement and Relaxation practice
eg. Mixed Warm-up 10 x 80m technique strides then 3000m at 90% effort. Warm-down 10 x 100m strides.

Thu - Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Evening- Track :Mixed warm-up , Speed Drills, 20 x 200 rest 1min standing in 31 last 2 under 26, Warm-down jog 3km

Fri -Gym: Focus on trunk stability and postural improvement.
- Run 6km at a moderate pace.

Sat - Long Hills: Warm-up 4 x 800m up 5% slope rest 8min at equivalent to 3000m effort. Warm-down 4km

Sun - Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Evening- Anaerobic Threshold Run: 10km middle 8k at a solid pace 3:30/km on a rolling hills trail.

Week 3 Endurance

Mon -Morning-Circuit Training (Full-body fitness)
-Evening -Aerobic Run 8km at 4:00/km

Tue - - Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
- Evening-Track: Mixed warm-up, Speed Drills, Hip Mobility Circuit, 6 x 400 rest 6min active 53/62/53/62/53/62 Warm-down 3km

Wed -Morning- Circuit Training (Full-body fitness)
-Evening -Aerobic Run 8km at 4:00/km

Thur -Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Evening- Track : Mixed warm-up, Speed Drills, Hip Mobility Circuit, 2 x 5 x 200 Aim sub 26.5 rest walk/jog 200m in 2min 800m jog between sets

Fri - 8km at 4:00/km

Sat - - Morn- Easy run 25min include within it 4 x 60m strides up to 800m pace.
-Short Hills: Warm-up 2 x 5 x 100 steep hills 17% rest 1:40, 2 x 400 hills 5% rest 3min warm-down 4km

Sun - Aerobic run 10km at a moderate pace.

Week 4 Recovery

Mon -Morning -Swim 20min aerobic.
-Evening- 6km easy.

Tue - Track: Warm-up, Technique relaxation strides, Tempo runs at 800 pace, 2km eg 6-10 x 200 at 800 pace rest 5min - an easy session.

Wed - Morning-Swim 20min aerobic.

Evening- Running Technique improvement and Relaxation practise
eg. Warm-up 10 x 80m strides then 3000m at 90% effort .Warm-down 800m jog.

Thurs -Track: Warm-up, Technique relaxation strides, Tempo runs at 400 pace, Warm-down eg 2 x 200m in 23.4 2 x 3 x flying 100s in 11.5 rests 5min - an easy session

Fri - Swim - light

Sat -Time Trial 300m or 500m or 1000m or low key Race: At an effort that gives good feedback of form not necessarily run all out.

Sun - Rest

Pre-competition(Oct-Nov-Dec in Australia)

The pre-competition phase in this case lasting for 3 months. Consists of 4 x 3 week cycles with an easier week after two cycles. The shift is toward more lactate tolerance work and less fresh time developing pure speed ability. Pure speed will have improved. It is now time to focus more on being able to relax and use a higher % of the maximum speed over a greater distance as it applies to the 400m and 800m events.

Tough speed resistance work will be done occasionally in this phase and will not be continued past November on a regular basis. It may be done only about 4-5 times in this phase. eg 3 x 3 x 200 rest 30sec/4min in under 27

Recovery runs are at least 3 days a week in the morning.

Precomp Week 1

Mon - Morning recovery run 4-6km
- Gym: Focus on trunk stability and postural improvement.

Tue - Morning recovery run 4-6km
- Track : Mixed warm-up, Speed Drills
2 x Fly100 in 11.0 /5min
2 x 400m in 52 relaxed/5min
2 x 200 in 25 relaxed/5min
Warmdown 10 x 100 strides.

Wed - Morning recovery run 4-6km
-Warmup 3000m at AT pace and 4 x 60m at 800 pace Warmdown

Thu - Morning recovery run 4-6km
Track :Mixed warm-up
10 x 200 in 25.0 (600m race pace) rest 3min (decrease with adaptation)
warmdown 10min

Fri -Morning recovery run 4-6km
Gym- Focus on trunk stability and postural improvement.

Sat - Hill session 10min warmup
20 x 100 hills 17 % slope in 18s rest 90sec
15min warmdown

Sun - Warmup 10min
3 x 3 x 400 rest 2min and 8min active
Warmdown 10min

Week 2

Mon - Morning recovery run 4-6km
- Gym: Focus on trunk stability and postural improvement.

Tue - Morning recovery run 4-6km
- Track : Mixed warm-up,Speed Drills
6 x 400 paces at 800/1500/800/1500/800/1500 eg 53/62/53/62/53/62 rests decreasing with adaptation from 8min to 3min?
Warmdown 10 x 100 strides.

Wed - Morning recovery run 4-6km
-Warmup 3000m at AT pace and 4 x 60m at 800 pace Warmdown

Thu - Morning recovery run 4-6km
Track :Mixed warm-up 20 x 200 1-2 seconds under 1500pace per 200 eg 29 rest 1 min
(decrease with adaptation) warmdown

Fri -Morning recovery run 4-6km
Gym- Focus on trunk stability and postural improvement.

Sat - Hill session 10min warmup 20 x 100 hills 17 % slope in 18s rest 90sec 15min
warmdown

Sun - Warmup 10min 2 x 4 km rest 5min easy at AT pace about 10km race pace or a little slower. Warmdown 10min

Week 3

Mon - Morning recovery run 4-6km
- Gym: Focus on trunk stability and postural improvement.

Tue - Recovery Run 4-6km
Track: Warm-up, Drills,
1000m at 1500 pace eg 2:33 rest 12min
800m faster than 1500m pace eg 1:58 rest 5min
3 x 200 at quicker than 800m pace eg 26 rest 30sec
Warm-down 2km

Wed - Recovery run 4-6km
Swim 20min aerobic.

Thurs - Morning recovery run 4-6km
Track: Warmup 10min , Drills,
8 x 300 42/40/38/42/40/38/42/36 rest 3min
Warmdown 10min

Friday- Morning recovery run 4-6km
Swim - relaxed

Sat - Time Trial or Race.

Sun - Recovery day. Rest or easy run.

Comments - My experiences using the alternative plan.

During the 97/98 Season I coached 3 athletes using the plan:

Athlete 1- Improved steadily through the first 5 months of the Background Stage of the plan (4 week cycles) and was in great shape in all areas without really tapering or bringing in the more intense work.

As progress was made into the Competition preparation phase the athlete had increasingly more difficulty backing up session to session and developed some injuries that spoiled the season.

Athlete 2 - Improved noticeably though the Background Stage in smoothness at race speed and steadily improved in all areas.

Just before entering the competition preparation period the athlete did a two week aerobic backup period of higher volume steady running. Once in Competition preparation training rapid improvement was evident which I feel put the athlete into peaking mode far too early. However with some adjustment the athlete managed to run 1:51.10 in November and 1:51.07 in March.

Athlete 3

Improved steadily in all areas throughout the year having a few troubles with a virus in September. An incredible ability to run fast easy 200m reps was evident but the athlete seemed to be having increasing difficulty in backing up in training or races. This I have guessed my have been due to a steadily dropping fat burning ability causing the athlete to be more easily glycogen depleted. The female athlete ran PBs at 400 and a 2:08 in December but could not peak in March.

At the end of the season it was felt that it was the basic stamina ability that had been the aspect that had let the athlete down.

Summary

The alternative plan was a success in bringing about gains in efficiency and a good consistent level of performance. The athletes however were not easily able to peak.

I now feel that the program is better suited to athletes who already have a high level of general background endurance. I think of general stamina as "all day walk fitness".

I have also wondered about the way that the high levels of lactic acid as experienced in some of the sessions may effect the state of the aerobic system. Some research has suggested that there is a strong possibility that high lactate levels (or maybe more likely high concentrations of hydrogen ions) on a regular basis may decrease VO2MAX. If the research is true then the Alternative plan may have a big weakness in this area. The sessions like 6 x 400 rest 4min at 800/1500 would generate high lactate levels as would 4 x 1000 rest 10min if the reps are run at a rate that needs a large input from the anaerobic energy systems.

The Traditional Plan may avoid the problem to an extent but high levels of lactate still need to be experienced for the athlete to develop sustained speed endurance and also co-ordinate good motor patterns at high lactate levels. The question to be asked is how often and to what value of lactate is a problem?

Note: Some have suggested to take care with the regularity of sessions that produce lactate levels of higher than 12 units (except when in competition preparation mode)

Combination Plan for 800m Training.

The method used in 2001/2002

April-May-June

Early in the Training year eg in Australia

Variety of Steady running up to 60min maximum (mostly two runs a day up to 40min) Early in career athletes should aim to increase volume at a steady pace **BUT as a good tolerance to higher workloads develops they should gradually they should aim for a higher % of total running at a faster pace** eg. In an athlete with 32min 10km ability this could mean a number of runs at 3:20-3:40/km.

Encourage some all day walks etc to boost fat burning ability. Early in the year especially in individuals who have lived a more sedentary lifestyle.

Body weight circuit exercises for basic conditioning. Advancing to develop maximum strength related to specific muscles. Example ideas:

- Weighted Step ups (alternate) focusing on performing them in a specific way. 1 x 8 , 3 x 4 (I have 120lb female athletes doing up to 200lb)
- Pullups 3 x max effort eg 10+
- Standing Vert Press with Dumbbells
- Weighted Swiss Ball crunches 3 x 8 (partner resisted to an equivalent of over 100lb)

Gym sessions are mostly free weights and as much as possible are standing exercises.

Plyometrics (sprinkled through each 3 week cycle)

Standing start and running start alternate leg bounds over 5 steps into a sandpit We do up to 6 sets. We measure each one and aim to improve the distance.

We also do a larger amount of bounces in the sandpit eg 4 x 10 double leg, 4 x 10 hops with almost no rest.

Hill Bounding - There are variations but a common one is 20 x 60m hill with 20m bound-20m run-20m bound) rest between each is 60-90s.

This is all to develop "ease of speed". El Guerrouge can run 54s laps like it is easy. Women that want to run under 2:00 in an 800 need to find that 28.0 per 200 can be run smoothly with very little effort and have the strength to maintain this pace under fatigue.

There is a very strong focus on a variety of trunk and core conditioning exercises.

My squad does 4-6 sessions of either Swiss ball (20min) or Pilates (20min) each week. The aim is to have it steadily improving and transferring into running.

Once an athlete has established good levels of core conditioning they can decrease the volume of this work permanently and simply focus on maintenance.

Every 3 - 4 weeks is an easier week. (I am using every 3rd week of less than 50% total volume but with some elements more intense)

Race , testing or Time Trial every 4-6 weeks over a range of distances from 60m to 5km

Track work aims at the start of each training year to boost the stroke volume of the heart and to raise Anaerobic Threshold pace. However at the same time the elements that contribute to

increased power and speed are being developed. Later in the year the program gradually becomes more intense. This is difficult to explain. However the basic idea is to create an opportunity for steadily increasing intensity eventually at the expense of total training volume. The final stages of the very highest intensity training requires that total weekly volume is decreased by a large amount.

Small but frequent volumes of fast running to stay familiar with speed
this is maintained all year.

Example Plan

Early in Training Year - April-July in Australia

Up to 100km/week depending on the Athlete.
3 Week Cycle

Week 1

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 3-4 x 1500m rest 3min then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Middyay- Pilates 20min

Tue- Morning -20-40min easy

Afternoon - 30-40min moderate

Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10-15min solid run then 6-8 x 400m rest 1min Rests between 4min. Then heels/toes , hurdle hip drills - Warmdown

Thu-Morn - 20-40min easy run

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 20-30 x 60m hills rest 60s (20m bound+ 20m run + 20m bound) then run 10min and 3 x 150m tempo runs and hurdle hips, heels toes

Later in evening- Pilates 20min

Sun- Morn- 40-60min with last 20min solid

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 5-8 x 800m rest 3min then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Middyay- Pilates 20min

Tue- Morning -20-40min easy
Afternoon - 30-40min moderate
Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10-15min solid run then 6-8 x 400m rest 1min Rests between 4min. Then heels/toes , hurdle hip drills - Warmdown

Thu-Morn - 20-40min easy run

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 5-10 laps of (40m bound jog 100m - walk downhill 50m- run 200m smooth downhill faster (not overstriding)- run strong up the first part of the hill for 80m and start another lap . Afterward a recovery of an easy 10min and then 3 x 200m tempo runs at about 600m race pace and then a variety of hurdle hip drills, plus heel & toe walking

Later in evening- Pilates 20min

Sun- Morn- 40-60min with last 20min solid

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 3 x 1000m rest 3min then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Midday- Pilates 20min

Tue- Morning -20-40min easy

Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10min solid run then 4 x 400m rest 1min Rests between 4min. Then heels/toes , hurdle hip drills - Warmdown

Thu-

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 20 x 60m hills rest 60s (20m bound+ 20m run + 20m bound) then run 10min and 3 x 150m tempo runs and a good quantity of hurdle hip drills, heels-toes

Later in evening- Pilates 20min

sometimes a time trial day eg 3-4km XC etc.

Sun- Morn- 40min moderate

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

July-October

Aim to see steady increases in volume and of speed of continuous runs. The speed work should avoid being highly lactic and should mostly stimulate increases in ease of speed and Anaerobic threshold. More work on developing V02max should be done with increasing intensity harder repetitions eg 4-6 x 1000m or 3-4 x 1500m with longer rests. This is best suited to athletes that can hold really good form under fatigue over these distances.

Some athletes may compete at Cross Country Races during this period but care needs to be taken on courses with downhills to avoid injury.

Sample for a Female sub2:10 800m athlete

Week 1

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 3 x 1500m rest 3min in under 5min then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Midday- Pilates 20min

Tue- Morning -20-40min easy

Afternoon - 30-40min moderate

Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10-15min solid run then 6-8 x 400m rest 1min in under 71s Rests between 4min. Then heels/toes , hurdle hip drills - Warmdown

Thu-Morn - 20-40min easy run

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 20 x 60m hills rest 60s (20m bound+ 20m run + 20m bound) then run 10min and 3 x 150m tempo runs and hurdle hips, heels toes

Later in evening- Pilates 20min

Sun- Morn- 40-60min with last 20min solid

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

Week 2

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 5-7 x 800m rest 3min in abt 2:30 then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Middyay- Pilates 20min

Tue- Morning -20-40min easy

Afternoon - 30-40min moderate

Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10-15min solid run then 3 x 3 x 200m rest 60s in around 30s .4min between sets - recovery jog 10min then heels/toes , hurdle hip drills - Warmdown

Thu-Morn - 20-40min easy run

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 5-8 laps of (40m bound jog 100m - walk downhill - run 200m smooth downhill faster - run strong up 80m) continuous then easy 10min and 3 x 200m tempo runs and hurdle hips, heels toes

Later in evening- Pilates 20min

Sun- Morn- 40-60min with last 20min solid

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

Recovery Week

Mon- Morn- 20-40min easy

-Afternoon- Track Session- Drills - 3 x 1000m rest 3min in around 3:10 then sandpit bounces, hurdle hip drills and heels/toes walks.

-Evening or Middyay- Pilates 20min

Tue- Morning -20-40min easy

Later in evening- Gym Session 2

Wed- Afternoon- Track

Relaxing warmup- Med Ball conditioning - some fast 30m sprints or flying start 30m then 10min solid run then 4 x 400m rest 1min in abt 70s Rests between 4min. Then heels/toes , hurdle hip drills - Warmdown

Thu-

-Evening- Swiss Ball + Gym Session 1

Fri- Recovery Day - Massage etc.

-Pilates

Sat- Track Session- Warmup including drills- Plyo session - run 10min then 20 x 60m hills rest 60s (20m bound+ 20m run + 20m bound) then run 10min and 3 x 150m tempo runs and hurdle hips, heels toes

Later in evening- Pilates 20min

sometimes a time trial day eg 3-4km XC etc.

Sun- Morn- 40min moderate

-Afternoon- Gym 3

Later in evening- Swiss Ball 20min

November-December

Early Race season

Race preparation- Varied track work -decreasing volume. The time of the largest amount of intense anaerobic work.

Anaerobic work is a careful mix of

Short reps with short rests at above race pace eg

3 x 3 x 200 rest 45s at 600m race pace (some hill sessions can be performed with a similar effect)

or

Long Reps with Long rests eg.

3 x 600 rest 12min or 3 x 400 rest 12min

or

600-rest 15min- 400-rest 5min-200-rest 5min -200

or

2 x (600-rest 1min -150) rest 15min

January-February-March

Main race season

Leading into a peak.

Rest well, practise rhythm and race enough to reach peak form at the right time.

Some Ideas

Steady Training runs may be best done on rough uneven surfaces to encourage the use of a greater range of muscle fibres than the stimulus presented by a constant smooth surface like road or bike path. Certainly the African athletes train mostly on uneven surfaces. Athletes need endurance in a great range of muscles across the entire fibre spectrum. (I have heard that Type 1, 2a & 2b is in reality an over simplification in fact there is a spectrum of muscle fibres).

Avoid frequent doses of long contact time running e.g. performing sand hills often may cause the athlete to change their motor pattern in such a way as to decrease stride frequency at all running speeds. The change in running biomechanics will happen over a long period of time and decrease efficiency.

Training focus needs to be stimulating improvements in **relaxed speed**. *Relaxation needs to be practised constantly*. An athlete that can relax at 51.0 in a fast male 800m may have more

useable speed than an athlete that is faster over 400m but is not relaxed at 51.0 speed. Efficiency is very important in Middle Distance Races. Athletes that are nice movers last longer and more of them actually stay uninjured in the sport long enough to reach their potential.

Athletes need to be able to change their style and change gears. This needs to be practised on a regular basis throughout the year.

Problem Solving 800m Performance

What can I do to be able to improve my ability to finish off races better?

- Improving 1500m ability will assist. Strong 1500m athletes tend to be fresher later in the race and often finish quicker than 400/800m athletes.
- Pacing the first 100m slower can help save more speed for the last 100m
- Develop more strength endurance from hills & gym
- Decrease over-striding in the final stages by minimizing contact times and not striving to bang the ground harder. Often this feeling is evidence of over-striding.

How can I improve my ability to accelerate and change pace?

- Plyometrics can make a huge difference in this area. Bounding 4 bounds and a jump into a sandpit from a standing start or a 5-10m running start repeated 4-5 times about every 10 days can help. Also bounding up hill on grass is safe and great for developing power.
- Athletes need to practice changing gears to have gears. It doesn't take much.
- Improve core strength and stability – many athletes have hips that drop the moment they try to accelerate and this causes them to have less power in their first step acceleration.
- Improve strength in legs and mid torso by doing exercises like step-ups, lunges and half squats. Build up the load and always remember the goal is to develop sustainable power.

How can I make it easier to go through the first lap faster and easier?

- The ideas outlined above will all contribute to development of ease of race pace.
- Athletes need to practice running relaxed to be efficient. Far too many athletes only ever run at race pace when they are too tired to run smoothly. This can "train in" bad habits.
- Rehearse the first 300-500m of a 800m race in training and perfect your ability to run smooth.

How can I avoid developing injuries especially when I try to train faster?

- Do plenty of conditioning exercises to help prevent injuries e.g. walking in sand to condition the muscles of feet, walking on heels and toes to condition the lower legs. (Ideas are outlined in Maintain Form)
- Optimize your running form. Maintain high hips, tall, land midfoot when at high speeds. Make sure you are not pointing your feet down before impact. This is a common cause of foot & lower leg problems.
- Train on your race surface so that you don't get sore from racing on it.
- Never add soreness to something that is already sore.
- See a physiotherapist for a check up not just when you are injured.
- Have a massage as often as possible and learn self massage. Also use of ice bath and ice post workout is very valuable.
- Do not rely on stretching as an injury preventative. Stretching is not warm-up. Also never stretch a potentially injured muscle.
- Maintain good running form – using limbs outside of ideal angles can cause injuries.
- Hills on grass are a safe way to train when your body is warning you about the dangers of running fast.
- Avoid running fast downhill when tired. Many cross country courses invite injury that arrives from this activity.
- Have easy days after hard days generally. This will prevent you from introducing high risk from soreness and then making it worst.
- Have a good diet with enough protein, calcium etc.
- Maintain good fluid intake – many athletes tear hamstrings when they are partially dehydrated. Your massage therapist can tell when you are low on fluid, they can feel it in your muscles.
- Stay off the roads as much as possible. Find grassy areas and trails they will help you by providing a softer and more varied surface.
- Do strength training especially to target postural strength and stability. This will make a big difference to the risk of injury.
- Do plenty of mobility work i.e. moving stretches. Pilates is great for hip mobility and stability. Athletes who are tight in the hips usually have heaps of injury problems.
- Look after your Achilles tendon it is a very important and also a very a weak link. Keep your calves loose and do plenty of lower leg conditioning. Also make sure your ankle joints are mobile at all times. Get a physio to check their looseness and teach you how to loosen them up.
- Add new elements to training slowly.
- Take great care after a break – there are many problems that may appear because your body has lost condition e.g. bone density decreases from rest may make it easier to get stress fractures.
- Be patient. Impatience is the cause of many injuries.

Training Ideas 800m to Cross Country for the Developing Athlete.

By Steve Bennett

* Initially it is much more important to **improve balance, posture and stability of the trunk** than it is to improve leg or arm strength. To generate high levels of acceleration and speed requires a trunk that can transfer the force. Almost everyone has a standing body alignment that is not ideal and also have an inadequate ability to maintain good body position i.e. Trunk stability.

* Distance athletes should aim to **develop the ability to relax when running at race pace**. The focus should be on running quietly over the ground and with minimal effort from the upper body.

* Fingers should be relaxed and elbows should be held close to the body and swing behind the plane of the body. (This may require improved shoulder flexibility in some athletes)

* The shoulder girdle should be loose and allowed to bounce not be held down in a fixed position.

* The athlete should not try to lean forward (a very slight lean in fine.)

* Arms should be held with relaxed and the main focus of effort should be a downward & backward stroke. They should also not move very far forward from the body (as this causes athletes to overstride late in the race)

The 800m event needs special training at the 800m race speed. The ability to relax and use little energy is important at race pace.

Some sessions to improve performance in the 800m are:

A/ 10 x Flying 100m at 400m race pace rests 3min

B/ 2 sets of 4 runs over 200m at slightly quicker than 800m race pace with rests 90s and 4min between sets.

C/ 3 x 400 at 800m race pace rest 10min

However these sorts of sessions should be performed infrequently with young athletes. It is better to do give them great variety in training – build good postural habits, good running technique and smoothness at race speed. Avoid sacrificing these qualities by doing too much speed work or too much volume. Emphasizing speed or endurance excessively will be bad for the athlete's development.

800m athletes should also complete much of the endurance training suggestions that follow later in this article.

It is important to have good foot function and for this reason it is useful for athletes to spend as much time as possible barefoot. Walking with bare feet on soft sand is very good. (Running on it is not recommended as it can be overly harsh on the calves). Training should be conducted in very light simple shoes. Simple lighter more flexible shoes called Racing flats are much better than heavy supportive running shoes for training in. Some coaches worldwide have reported an increase in the frequency of injuries in athletes with ultra supportive "high tech" shoes this has been suggested to be because these shoes gradually allow feet to become less functional.

In cold weather athletes must warm-up carefully and keep warm. Tights are great for training in as they maintain warmth during the frequent recoveries. Keeping warm immediately after training is one of the secrets of avoiding being sick less often in the winter months.

Training for endurance needs to consist of 3 to 4 steady runs during each main training week. These should be of similar duration and involve starting off slow and gradually running faster (the speed depends on how you feel on the day). Start at 20min and build-up slowly as the athlete matures to 30min and then later 40min. Aim to run on all kinds of surfaces with a high percentage on trails and grass. Make sure there is some running on harder surfaces as well as this will prevent problems caused by racing on hard tracks and roads when it happens. Complete some race pace strides over 60m during or near the end of some steady runs. E.g. An 800m athlete could do 5 x flying start 60m runs at about 800m race pace with a comfortable recovery. The focus on these is on relaxation at race pace.

Each week should include about 3 sessions that are not steady runs. These sessions can include any of the following:

-Races (not too often)

-Long bushwalks

-Sprint Training

-**Tempo Sessions** eg

1/ Race pace practise not high stress eg 6 x 200 at 1500m race pace with comfortable rest in between.

2/ 4 sets of 5 flying 60m runs at 400-800m pace very relaxed. Rests 2min between and 5min between sets (activity with medicine ball)

-Aerobic Power Sessions eg.

1/ 2 sets of 6 runs over 200m at Cross Country Race pace rest 30s between each run and 4min between sets.

2/ 2-3 sets of 3 runs over 300m at Cross Country Pace rests 45s walk/jog 100m and 4min between sets.

3/ 3 x 1000m at about 3km to Cross Country race pace rests 8min

4/ (Advanced) 2 x 1500m at slightly slower than 1500m race pace rests 20min

A Development Plan for a Talented Young (10-14yr old) 400m-800m-1500m Athlete.

There are many talented young athletes competing in Middle Distance events with performances that are very impressive and promising. It is true that many athletes emerge with talent from the masses as 16yr olds but I believe that most female talent is displayed quite early. So it is important that when a young athlete emerges at a very young age that there are plans in place for what to do with them. We need to develop them with the long term view in mind and we also need them to be able to stay in the sport. I have formulated the ideas presented below to suit one of my very young athletes who are showing potential to be a high level 400m, 800m or 1500m athlete. She is 13 now but at 11yrs 2 months she ran 61.2 for 400m and has also great aerobic capacity having run 4:48 for 1500m at age 12.

Yearly Plan

The aim is to spend some time each year working on all areas of development. This way the athlete can develop very well technically and still have a good accumulated background of aerobic training.

All phases focus on enjoyment of the process and great variety

Phase 1

4 Months

Strength Focus – weights built up slowly or body weight exercises.

Some low intensity plyometric training.

Larger volume XC type training sessions up to 5000m of volume.

short hill training

Easy runs of 25-75min

Every 4th week very light

Few races and only in relatively flat cross country races over 3-4km

Technical work at MD rhythm paces

Phase 2

3-4 months

Increased frequency of plyometrics – performed in small volumes

Short Hill bounding & running

More focus on fartlek sessions performed on a grass track

MD race rhythm sessions with short rests not very lactic

Racing 800m/1500m – with best quality performances during this period. Certainly not over-racing.

Phase 3

4-5 months

Much less total volume.

Training planned to develop good technique and ease of high speed.

Small amount of anaerobic 400m training to prepare for a small amount of racing over 400m

Development of nervous system & technical habits required for 200m & 400m

Very low volume training and good rest leading into competitions.

Implementing most of the ideas presented in Training Kids for Speed.

Transition

1 month

Rest from mental habit of training

Future Directions

From April 2003 to October 2003 I worked following many of the ideas of Said Aouita. Some of his main ideas are summarized below:

- The main sessions of which there will usually 3 per week will in the first phase of the year be of higher volume than the sessions that I have been using e.g. 8000m of reps on many occasions eg 4 x 2000m for a mature MD athlete.
- There is a big focus on developing speed from strength not speed from fast cadence running with lactic. Athletes can develop high levels of speed from strength work including gym 3 times a week during phase 1 and a large volume of short hills. Later phases emphasize the use of plyometrics.
- In competition preparation phases athletes perform high intensity training with relatively short rests eg 600m rest 5min 500m rest 5min 400m rest 5min 300m . These are performed very fast. I have usually had athletes do these sessions with longer active rests of 10-20min.
- There are a number of other sessions that are innovative including the use of grass track fartlek and split 600s at above 800m race pace etc.
- Easy days are very easy. Easier than what we have been doing.
- Easy weeks are very light and usually include time trials. Usually this is every 4th week.
- Race rhythm is valued very highly in later phases of the year.
- Total volume for a high level MD athlete is 75-90km/week including warmups/warmdowns. The recovery weeks are much less than this.

My reservations regarding the Aouita Program

- The program is too structured and not individual enough.
- There is an excess of lactic tolerance training rather than relaxed rhythm development. I believe there needs to be 150s and 200s for any 800m athlete done with relaxation.
- The first 3 months of the program is great but the athletes tended to lose speed (especially female athletes) it would be quite easy to maintain more "ease of speed" with just some regular work at 400-800 pace over short distances.
- The latter phases of the year needed more VO2max training repetitions.
- The program needs greater variety of sessions that have the same functional effect. Many athletes found the program monotonous.
- It tends to cause athletes to peak too early due to the early intense use of lactic tolerance type sessions.
- The athletes are expected to train at too high an intensity both physically & mentally for too big a percentage of the year. It burned out a number of athletes and sent them flat at critical times.

Summary of Current & Future Methods used with my Squad

- Build a base in the first 6 months of the year which will involve larger volume sessions but they will have regular use of relaxed tempo sessions at all paces that they compete at.
- Transition from a base phase to more intense work will happen more slowly with intensity increasing and volume decreasing steadily.
- Recovery will be built into the program and highly valued.
- Plyo, Hills, Circuits and Weights will be integrated into the program all year.
- Some key sessions will be repeated regularly but there will be a great variety of sessions.

- Athletes will race more often in the early competition season and see this as an important part of their training.

The program will be more Anaerobic Threshold based & will where appropriate lean toward slightly lower intensity & larger volume, as I believe choosing the opposite path of higher intensity & less volume leads to more risk of athlete overtraining & a shorter time in the sport for the athlete. A lower intensity program does not mean one that does not put great importance on speed & speed development. It is easy to develop speed without activating the glycolytic anaerobic energy system at a high level.

2004/2005 Program

Note the athletes in my squad currently are all more 800/1500 athletes than 400/800.

Base Phase 5 x 4 week cycles

Theme

Focusing on building volume without compromising it with intensity.
 Aiming for a good volume of work at near AT rather than above it.
 Developing Speed safely without risking injury while building volume.
 One gym session to maintain & develop strength.
 Steady work on core training.
 Longs Runs consistent.

Content examples

Long Reps session

2000m jog3min 1500m jog3min 1500m jog3min 1000m
 The 2km & 1.5k done at Threshold Pace. The 1000m at 5km pace.

Speed Development Session

Mixed Warmup - Drills x 6
 5 x 4B+J measured or 3 x 20m bounding on grass at 80% effort. I prefer 4B+J measured done perfectly and take what you get. (Maybe could do in gym session)
 3 x 40m, 2 x 120m at 800m pace
 then one of

- 4 x f150m rest 4min at 600-800pace
- 6 x f100m rest 4min at 600-800pace
- 8 x f80m rest 4min at 600-800m pace
- 2 x f90m, 2 x st120 (800m race start rehearsals), 2 x f150m rests about 4min

then 30-40min run first half easy then second half at steady to AT pace.

Threshold Session

- XC race
- Long Hills 6 x 2:30 hills with 5min jog rest. These can be 3km intensity
- 5-9km AT run
- Lactate Shuttle Session e.g.
 20 x (200m at 3-5km pace then 100m jog in 30s) , on track in flats

Aerobic Runs

- Long Run 90-100min
- Medium Run 60min
- Medium Run 60min
- Recovery Runs 25-30min

Pre-Comp Phase – 6 weeks

Theme

- Transition to being able to perform more faster work race pace.
- This is also our hill phase with 6 weeks of lots of hills. This will add strength to our base. It will also boost VO2max. We will do short hills, circuit hills and some longer hills.
- Long reps will get shorter and become faster eg. More 1000m 800m reps at 3km race pace with often 6 km of reps in session at no higher than 3km pace.

Content examples

Long Reps session – Special Fartlek

- Session 1 - 1500m solid – easy 1000m in 4:40 - 1500m solid- easy 1000m in 4:40
1000m solid – easy 500m in 2:20 - 500m Hard
- Session 2 – 5 x 1000m rest 3min at 3km target pace

Speed Development Session

- Exercise Tempo e.g. 3 x 4 x f150 rest 90s/5min – exercises before each, run near 600m race pace.
- 6 x 300m rest 5-4-3-2-1 at 90% expanding after 3 weeks into 6 x 400m rest 5-4-3-2-1 at 90%

Hill Sessions

- Sets of short hills with some bounding and exercises
- 12 x 200m hills
- 3 x 10 x 100 hills
- Circuit Hills 600m circuit – buildup laps.

Aerobic Runs

- Long Run 75-90min (2 out of three weeks)
- Medium Run 60min
- Medium Run 40min
- Recovery Runs 25-30min

Comp Phase 1 - 3 weeks

Theme

Start racing on the long side e.g. 1500 or 3000m. Practise going out slow and finishing hard strategy. Develop confidence from early races run this way. The aim is to be consistent. With consistency comes enjoyment.

This is a time when longer reps keep getting better and shorter and the intensity is winding up. The relaxed tempo sessions will be maintained. Race maximum of three days in this period, see them as part of training.

Content

Specific Endurance Session I

- 6 x 800m rest 2min @ 3000m pace
- 5 x 800m rest 3min @ faster than 3000m pace

Race Tempo Session

- 6 x 400m rest 4min @ 800-1500 pace
- 6 x 300m rest 4min @ 800m pace or faster

Specific Endurance Session II

- 3 x 3 x f200m rest 60s/3min @ 800m pace

Aerobic Running

- Long Slow Run 70-90min (2 out of three weeks)
- Medium Steady Run 40-60min
- Medium Steady Run 40min (2 out of three weeks)
- Recovery Runs 25min

Comp Phase II – 3 weeks

Theme

Usually this is the best time to push intense sessions and use any races to assist in being in closer to peak form for Comp phase III.

Content examples

Specific Endurance Session I

- 4 x 800m rest 5min
- 1000m rest 12min 400m rest 12min 800m rest 12min 400m

Race Tempo Session

- 6 x 400m rest 2min done solid
- 500m rest 30s 200m rest 5min
400m rest 30s 200m rest 5min
300m rest 30s 200m rest 5min
200m rest 30s 200m
- 6 x 400m rest 5-4-3-2-1

Specific Endurance Session II

- 3 x 3 x 200m rest 60s/3min @ 800m pace
- 8 x 200m (50m moderate + 50m fast (not sprint) + 50m @1500m pace + 50m fast – rests 5min

Aerobic Runs

- Long Slow Run 80-90min (2 out of three weeks)
- Medium Steady Run 40-60min
- Medium Steady Run 40min (2 out of three weeks)
- Recovery Runs 25min

Comp Phase III – 3 weeks

Theme

This is the key time to use the races to sharpen into peak form for the peak competition period & qualify for major meets. There is a need to still perform some intense sessions & some medium long runs away from the quality races. Key track session should be smaller in volume and much faster.

Content examples

Specific Endurance Session I

- 4 x 600m rest 5min
- 3 x 500m rest 8min
- 6 x 400m rest 2min

Race Tempo Session

- 8 x 200m rest 3min @ 98%
- Race Drills 1500m type - 3 x (500m @ 1500m pace – 200m @ 5000m pace – 500m @ 1500m pace) 3c3 rest 12min +
- Race Drills 800m Type - 2 x (400m @ 800m pace -200m @ 5000m pace – 200m @ 800m pace) 3c3 rest 12min+

Specific Endurance Session II

- 3 x 2 x 300m rest 30s/5min
- 3 x (300m solid + 200m easy + 300m solid) rest 5min
- 10 x 400m rest 1min

Aerobic Runs

- Long Slow Run 60-90min (2 out of three weeks)
- Medium Steady Run 40-60min
- Medium Steady Run 40min (2 out of three weeks)
- Recovery Runs 25min

Peak Phase – up to 10 weeks

Theme

Focus on maximum freshness for races and use each race to boost form for the next. This is the best time to allow super compensation to occur but at the same time do just enough to maintain fitness.

Content examples

Specific Endurance Sessions

- 3 x (1000m with 800m @ 5k pace then 200m kick) rest 3c3
- 1000m 3c3 1200
- 3 x 500m (200m @ 1500 pace then 300m fast) 3c3 rest 12min
- 3 x 700m (300m @ 1500 pace then 400m fast) 3c3 rest 12min
- 8 x 200m (50 @ 800m pace then 50m @ 400m pace then 50m @ 1500m pace then 50m fast) rest between 5min
- 3 x 500m rest 8min
- 2 x 400m 3c3 rest 12min then 6 x 150 relaxed tempo
- 600 3c3 400 3c3 200

Race Drills Sessions

1500m Focus

- 2 x (500m @ 1500m pace – 200m @ 5000m pace – 300m @ 1500m pace – 200m @ 5000m pace – 300m @ 1500m pace) 3c3 rest 12min +
- 2 x (800m @ 1500m pace – 400m @ 5000m pace – 300m @ 1500m pace) 3c3 rest 12min +

800m Focus

- 2 x (200m @ 800m pace -200m @ 5000m pace – 400m @ 800m pace) 3c3 rest 12min+
- 2 x (500m @ 800m pace -200m @ 5000m pace – 100m @ 800m pace) 3c3 rest 12min+

Aerobic Runs

- Long Slow Run 60-90min (once every 3 weeks)
- Medium Steady Run 40min (two most weeks but sometimes one)
- Recovery Runs 25min

Conclusion

After reading this e-book you may still have some decisions to make because this book has not told you what the solution is for the athlete. I hope however that thinking about what can be done has helped you to design a good way to approach training for the 800m event. Sometimes the approach that works may be vastly different between athletes. The key is just what to emphasize and when to do it. Good luck.

Yours sincerely,
Steve Bennett
www.oztrack.com

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