

TRAINING THE 800M RUNNER

- I. Organizing The Season
 - II. Workout Phases
 - III. General Ideas Regarding Phases
 - IV. A Typical Week In Each Phase
 - V. Questions/Comments
-

I. Organizing The Seasons

- A. Split each season into 3 months
 - 1. Cross-Country (September, October, November)
 - 2. Indoor Track & Field (January, February, March)
 - 3. Outdoor Track & Field (April, May, June)
- B. Separate each season into 3 phases
 - 1. Preparation Training
 - 2. Event Specific Training
 - 3. Competition Training

Each phase lasts roughly 1 month, each having two cycles of 2 weeks. At the end of each cycle I like to have a day off or cross-training day.

The season will resemble something like the following:

Week 1	Prep	Cycle 1	1	Time Trial	
Week 2	Prep		2		Day off
Week 3	Prep		1		
Week 4	Prep		2		Day off
Week 5	Event Spc.		1		
Week 6	Event Spc.		2	Time Trial	Day off
Week 7	Event Spc.	Cycle 2	1		
Week 8	Event Spc.		2		Day off
Week 9	Comp Train		1		
Week 10	Comp Train		2		Day off
Week 11	Comp Train		1		
Week 12	Comp Train		2	Champ Race	Day off

If the season continues further than the 3-month period, I tend to extend the competition phase.

- C. Each cycle will include training that work:
 - 1. Endurance
 - 2. Speed/Endurance
 - 3. Speed

The workouts in each phase will be *relative* to the time of the season (e.g. speed workouts at the beginning of the season will be relatively slower than speed workouts at the end of the season).

II. Workout Phases

A. Preparation Training

1. Preparation training for the 800m runner is used to:
 - a. Develop general strength.
 - b. Develop the ability to handle anaerobic workouts.
 - c. Develop strength to last the long and demanding season.
2. Workouts
 - a. Workouts will resemble a shortened version of long distance workouts (e.g. a middle-distance runner may do a 4-mile tempo instead of a 5-6 mile tempo, or instead of doing 8-10x long hill workout the middle-distance runner will do 6-8, &c.)
 - b. The middle-distance runner will usually have a quicker pace during these workouts.
3. Mileage
 - a. Keep the overall mileage comparable lower than the long-distance runner during the preparation phase. Though we want to build relatively high mileage, we do not want to take from the inherent speed of the runner.
 - b. At the highest an 800m runner will at 60-70 miles a week (men).
4. Lifting
 - a. Start the athlete with a high rep low weight regiment to build endurance.
 - b. Lifting must be running specific. "Curls for the girls," aren't doing any good!
5. Drills
 - a. Introduce a series of drills that will build core strength and improve form. Due to the great physical demand of the 800m, it is imperative that the athlete has great core strength and form to hold pace during the race, especially the final 200-300m of the
 - i. Hurdle Drills for core, adductor and abductor strength
 - ii. Form Drills for proper form
 - iii. Abs

Running a time trial at the beginning of this phase will provide a good indicator of overall strength and a starting point for developing workouts for the individual

B. Event Specific Training

1. Event specific training for the 800m runner is used to:
 - a. Develop 800m specific strength (anaerobic in nature).

- b. Introduce 800m specific scenarios (e.g. pack running, trading the lead, &c.)
- 2. Workouts
 - a. Workouts will become more middle-distance oriented and be of moderate distances (e.g. repeat 1200m instead of repeat 1600m or repeat 600m instead of repeat 1200m)
- 3. Mileage
 - a. The runner will reach the highest mileage at the peak (middle to end of this phase)
- 4. Lifting
 - a. Lifting will begin to diversify and include more than high rep and low weight sessions. There will be an introduction of higher weight low rep workouts, for example.
- 5. Drills
 - a. Continue the same drills as seen in the Preparation Training

I like to do a time trial or “testing” workout some time during this phase as an indicator of development. This may be done as a time trial similar to that done at the beginning of the season or, for example, 3x400m w/ full recovery

C. Competition Training

- 1. Competition specific training for the 800m runner will begin to be quicker in pace, overall, and become shorter in length.
- 2. Workouts
 - a. Workouts will resemble longer sprinter workouts (e.g. a middle-distance runner will do 6x200m instead of 6x150m, or 6x300m instead of 6x200m)
- 3. Mileage
 - a. The runner will reach the least mileage of the season at the end of this phase.
- 4. Lifting.
 - a. Lifting will return to high rep low weight at the beginning of this phase and then cease during the last two weeks.
- 5. Drills.
 - a. Drills will continue throughout the phase.

III. General Ideas Regarding Phases

A. Workouts

- 1. Focus on workouts rather than mileage!
- 2. Try to promote the idea of running each consecutive rep quicker.

B. Mileage

- 1. Focus must be on the workouts, NOT the recovery days.
- 2. Doing high mileage for the sake of high mileage has overwhelming negative effects including taking from the natural speed of the 800m

athlete and taking from the athlete's ability to complete high quality workouts.

3. Recovery runs must be just that, RECOVERY. Running them at a moderate pace (e.g. 6.30 to 7.00 pace for men) will suffice. A quicker pace only subtracts from the workouts.

C. Lifting

1. Lifting should be more endurance based, focusing on high reps and lower weight. As the season moves on, I like to mix up the lifting regiment with some days focusing on lower reps with higher weight.

- a. Basic Upper Body
 - i. Flat Bench
 - ii. Back Press
 - iii. Shoulder Fly
 - iv. Running Arm
- b. Basic Lower Body
 - i. Single Leg Box Dips
 - ii. Leg Extension
 - iii. Leg Curl
 - iv. Step-up (w/ or w/o weight)
 - v. Calf Raise

D. Drills

1. Hurdle Drills: Builds general core strength (lower abdominal, adductor, abductor, &c.), flexibility and proper form. Spend a lot of time focusing on leg placement, arm motion and standing tall.

- a. Stagger hurdles lunge left
- b. Stagger hurdles lunge right
- c. Walk over forwards
- d. Walk over backwards
- e. Straight leg over forwards
- f. Straight leg over backwards
- g. Step-over left leg forwards
- h. Step-over left leg backwards
- i. Step-over right leg forwards
- j. Step-over right leg backwards
- k. Knee-drive left
- l. Knee-drive right

2. Form Drills: Promotes proper running form, which is key to a successful 800m runner.

- a. A Skip
 - b. B Skip
 - c. Proper "Butt Kicks," like piston
 - d. Quick feet
 - e. Knee grab
 - f. Bounding
-

IV. A Typical Week In Each Phase

A. Preparation Training

1. Sunday
 - i. Long Run
 - ii. Lift
 - iii. Abs
2. Monday
 - i. Morning Shake-Out
 - ii. Endurance Workout
 - 3-6mile tempo
 - 8x 400m hill
3. Tuesday
 - i. Recovery Run
 - ii. Strides
 - iii. Drills (Hurdle & Form)
 - iv. Abs
4. Wednesday
 - i. Morning Shake-Out
 - i. Speed/Endurance Workout
 - Michigan (e.g. 1600m, 1200m, 800m, 400m w/ 800-1200m “off.”)
 - 6x1000m w/2min recovery
5. Thursday
 - i. Recovery Run
 - ii. Strides
 - iii. Drills (Hurdle & Form)
 - iv. Abs
6. Friday
 - ia. Pre-Meet
 - or
 - ib. Recovery Run
 - or
 - ic. Day-Off
7. Saturday
 - ia. Meet
 - or
 - ib. Speed Workout
 - 6x400m w/2-3min recovery
 - 6x300m w/2-3min recovery

B. Event Specific Training

1. Monday
 - i. Morning Shake-Out
 - ii. Endurance Workout
 - 4x long hill (400m), 4x short hill (200m)
 - Fartlick (e.g. 3min “on” 2min “off” for 30-45min.
2. Wednesday

- i. Morning Shake-Out
 - ii. Speed/Endurance Workout
 - 2x4x400m w/1-1½min recovery and lap between set
 - 6x 1000m w/2-3min recovery
 - 3. Saturday
 - ia. Meet
 - or
 - ib. Speed Workout
 - 6x 200m w/ 2min recovery
 - 3x 300m or 400m w/ full recovery
- C. Competition Training
- 1. Monday
 - i. Endurance Workout
 - 4x 800m w/3min recovery, 4x 200m “fr”
 - 2. Wednesday
 - i. Speed/Endurance Workout
 - 2x 3x 300m w/2min recovery
 - 3. Saturday
 - ia. Meet
 - or
 - ib. Speed Workout
 - 6x 200m w/ 3min recovery
 - 4x 200m w/ 3min recovery, 2x 150 “fr”