

The 800

[i.e. 2 and 2/3 times The 300]

I. High School Track Events

A. Endurance

1. 3000
2. 1500
3. 800

B. Records

1. Historical Progression

- | | | | |
|---------------------|-----|--------|------|
| a) Ted Meredith | USA | 1:51.9 | 1912 |
| b) Georgette Lenoir | FRA | 2:30.4 | 1922 |

2. Washington State

- | | | | |
|--------------------|-------------------|---------|------|
| a) Grant Grosvenor | Jackson | 1:50.06 | 2011 |
| b) Becca Noble | Rodgers (Spokane) | 2:08.61 | 2005 |

3. World

- | | | | |
|--------------------------|----------------|---------|------|
| a) David Rudisha | Kenya | 1:41.01 | 2010 |
| b) Jarmila Kratochvilova | Czech Republic | 1:53.28 | 1983 |

II. 800 Requirements

A. Aerobic Efficiency Important

B. Aerobic Power Critical

C. Lactate Tolerance Critical

D. Anaerobic Power Critical

E. Race Distribution

III. Athlete Selection (What to look for)

A. Your Philosophy

B. Body types

C. Other Sports

1. Cross Country
2. Football
3. Soccer
4. Basketball
5. Wrestling

D. Mental

E. Testing

1. Standing Jump and Reach
2. Standing Long Jump
3. Standing Backward 4 kg Throw
4. Flying 30
5. One minute run
6. www.brainmac.co.uk

F. Predicting 800 success with a test

IV. 800 Analysis

A. Start

1. Rule 5-7-3: The starting command for individual races – or opening relay legs 800 meters or more outdoors and 600 meters or more indoors – shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With “On your marks”, the competitors step to the starting line.
2. 0 – 150 meters
 - a) History
 - b) Water Fall
 - c) One Turn stagger

B. Break - Point

1. Tangent or not to Tangent...that is the question
2. At the Break Point

C. First 400

[90% of Best 400 time]

D. Third 200 meters

E. Finish

1. Final 300
2. From the flag pole

V. Safety and Training Concerns

A. Mileage

1. Junior High
2. Senior High

B. Volume vs Intensity

1. Volume

- a) Time duration of training unit
- b) Distance
- c) Number of reps in a fixed amount of time

2. Intensity

- a) Speed of training mode
- b) HR

3. Recovery time

- a) Sub max = longer recovery
- b) Above max = shorter recovery

C. Climate

D. Over training

1. Symptoms

- a) Elevated HR
- b) Weight Loss
- c) Elevated BP
- d) Recovery from training sessions

2. Causes

- a) Practice conditions
- b) Inadequate recovery
- c) Mental and/or physical exhaustion

E. Burnout

1. Symptoms

- a) Loss of desire
- b) Lack of caring
- c) Mental exhaustion
- d) Sleep issues
- e) Anxiety issues

2. Causes

- a) Too much stress/pressure
- b) Boredom
- c) Inadequate rest/sleep
- d) Too much practice

VI. Stride Length vs Stride Frequency

A. Strength Length

B. Stride Frequency

VII. Energy Systems

- A. Aerobic (with oxygen)
- Threshold 130-150 BPM
 - 65% VO₂ max
 - Aerobic Training Zone

18 year old male example

220	HR at birth	220
<u>- 18</u>	Age	<u>- 18</u>
202	Max HR	202
<u>- 50</u>	RHR	<u>- 50</u>
152	BPM	152
<u>x0.70</u>		<u>x0.80</u>
106 (106.4)		122 (121.6)
<u>+ 50</u>	RHR	<u>+50</u>
156	BPM	172

This person's "Aerobic Training Zone is 156 – 172 BPM

- B. Anaerobic
- Anaerobic Alactic
 - Creatine Phosphate
 - ATP
 - 0-6 secs
 - Anaerobic Glycolytic
 - Glycolgen
 - Lactic Acid
 - 7 – 90 secs

C. Event Comparison of Energy Systems

<u>Event</u>	<u>Aerobic</u>	<u>Glycolytic</u>	<u>Alactic</u>
3000	70%	30%	<1%
1500	50%	48%	2%
800	40%	55%	5%

VIII. Training progressions during the season

- A. Aerobic Threshold/Lactate Threshold
- B. Specific Aerobic Fitness
- C. Lactate Threshold/VO₂ Max
- D. General Anaerobic Fitness
- E. Lactate Tolerance
- F. Specific Anaerobic Fitness
- G. Lactate Tolerance at Race Levels
- H. Specific Critical Zone

IX. Specific Training modes to be used in training unit

[Depending upon the length, speed, and recovery these various types of training units are used to develop anaerobic (without oxygen) and aerobic (with oxygen) endurance.]

- A. Sprint Training
 - 1. 60 – 100 m
 - 2. 95 – 100%
- B. Continuous Running (fast and slow)
 - 1. 2 KM or greater
 - 2. 50 – 70%
- C. Intervals (fast and slow)
 - 1. 100 – 600 m
 - 2. 80 – 95%
- D. Repetition Running
 - 1. 600 – 1000m
 - 2. 70 – 80%
- E. Mode Comparisons

<u>Mode</u>	<u>Speed</u>	<u>Anaerobic</u>	<u>Aerobic</u>
Sprint Training	90%	6%	4%
CR Slow	2%	5%	93%
CR Fast	2%	8%	90%
Intervals slow	10%	30%	60%
Intervals	30%	50%	20%
Repetition	10%	50%	40%

X. Lesson Plan (Practice) Design

A. Warm Up

1. Increase muscle temperature
2. Increase body core temperature
3. Increase Range of Motion (ROM)

B. Training Unit

1. Part of Season

- a. Pre
- b. Early
- c. Mid
- d. Late

2. Design

- a. Calendar
- b. Work backwards
- c. Create
 - i) Select date
 - ii) Outline
 - iii) Final Product

C. Cool Down

1. Redistribute blood from large muscles
2. Recovery
3. Social/Mental
4. Information

XI. Sample 800 meter Lesson Plans (practices)

A. Early Season

B. Mid Season

C. Late Season