

800m - *Training and Racing*

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Track & Field and Cross Country

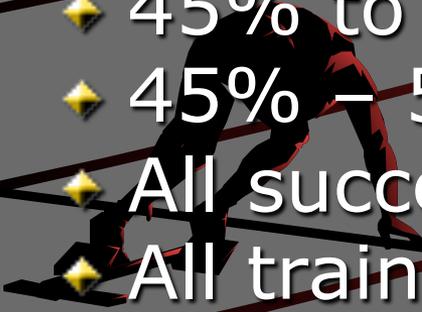
Eagle's Landing High School

McDonough, Ga



800m Philosophy

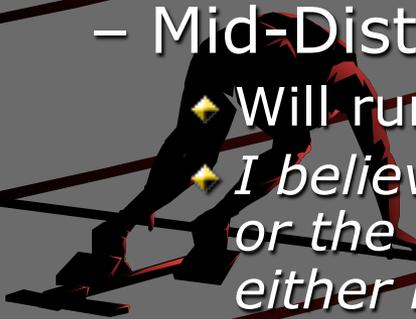
- ◆ 800 athletes are some of the most versatile on the track team
 - Race anywhere from 400 – 3200, 4 x 400, SMR and even the 4 x 100
- ◆ The 800m is essentially a long sprint
- ◆ 45% to 55% - Anaerobic ?
- ◆ 45% – 55% - Aerobic ?
- ◆ All successful ELHS 800m runners ran xc
- ◆ All train year round
- ◆ Although a long sprint aerobic development continues year round



800m Philosophy cont.

◆ Types of 800m runners:

- Distance oriented: 3200m/1600m/800m Group
 - ◆ Runs the mile usually, the 3200m and runs the 4x800, or 800 out of necessity, or just best at it on the team
- Mid-Distance:800m Group
 - ◆ Will run the 800, some 1600m, and some 400m
 - ◆ *I believe that runners in this group have to pick the 800 or the 1600 to train for, blending doesn't work well for either race.*
- Sprint oriented: 400m/800m training Group
 - ◆ Will run the 400, 800m, and some 4x400m/4x800m



800m Philosophy cont.

- Create separate training groups for 800m runners
- Separate from the distance runners and the sprinters
- Some runners float in and out of different groups
- Blending 800 and 1600m training is difficult
- There are multiple ways to train for the 800 but what I am showing you has worked for us



800m Philosophy cont.

- ◆ 800m runners must think speed every day
- ◆ Although there are multiple ways to race it, the 800m race is a long sprint and 800m runners must either be naturally fast or develop good 400m speed.



800m Training

❖ Four Periods of training

➤ #1 Off-Season = summer track or base XC

➤ #2 Cross Country Season

➤ #3 November, December and January
(from XC to Track)

➤ #4 Track season

➤ Early season

➤ mid-season

➤ Late season/peaking

➤ It is important to train year round

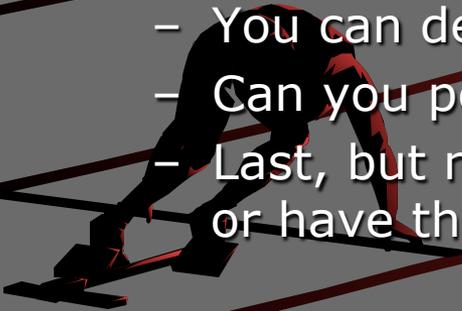


800m Training

➤ Summer track or xc training?

◆ Which one is right for you?

- Always continue working on your aerobic base
- To race you need to do workouts. Do you want to do that after a hard track season?
- Summer is a good time for building strength that helps speed
- Do you want a good XC season?
- You can develop speed without running summer track.
- Can you peak for XC, spring track and summer track?
- Last, but not least, do you want a rigid workout/meet schedule or have the flexibility to enjoy your summer.



Summer 800m training

- ◆ It isn't much different from XC training but we think speed everyday.
- ◆ We add some strength training
 - Lunges, bench step ups, dead lifts, squats and bench squats as well as core work.
 - Strides after each run. Falling starts are great for getting up on your mid – foot.



◆ Falling starts



- We do falling starts year round - after runs.
- Good form is essential to running fast.
- We normally do 6 x 50-100m

◆ Bench Step-ups



Bench Squats



Lunges

- ✦ Maybe the single best strength exercise for speed development
 - We start with 50m and progress to 200m and sometimes as much as 300m.
 - You can do them with dumbbells as well



Weights

- ◆ Squats

- ◆ Deadlifts

- ◆ Both of these can help speed development but you **MUST** discuss these with your coach and have your coach supervise you.

800m Summer Training

- ◆ Normal week (this is very similar to our xc training)
 - Weekend long run
 - Tuesday/Thursday: normal run followed by strides/falling starts and strength training
 - ◆ 6 X 80m falling starts
 - ◆ 3 x 12 bench step ups
 - ◆ 3 x 12 bench squats
 - ◆ 100m lunges
 - ◆ Stretch well.
 - ◆ The rest of the week is normal summer running



Cross Country Season

- ✦ Very traditional for the XC runner
- ✦ Tempo running is important for the 800m runner (not as precise as you might do for 1500m+ runners)
- ✦ Continued aerobic development



800m –Post XC /Winter Program

- **Take a short break after xc**
- **Very similar to the summer program**
- **Maintain or increase mileage while improving strength and foot speed**
- **Aerobic development and strength are the foundation needed to run a good 800 in the spring**
- **If you are strong you can get fast**



Racing the 800

- ◆ In order to race the 800 well your body has to adapt to what it will feel like in the race.
- ◆ You have to spend time at that pace in practice. You need to understand the race to understand your workouts
- ◆ Early season is “current pace”
- ◆ Transition to “goal pace” mid and late season

800m race plan

- ◆ Best 400 plus 5 seconds = first lap
- ◆ First lap plus 5 seconds = second lap
- ◆ Example – 50/400m boy would be:
 $55 + 60 = 1:55$
- ◆ He has to spend time running at 55 per 400 pace in practice.
- ◆ Early season a 50 isn't possible so workouts are based off current 400 pace
- ◆ This is called a positive split race



Racing the 800 continued

◆ Example of girl trying to run 2:10.
The goal is a 63/67

– First 100m – 15 seconds

– The second 100/first 200 – 16/31

– The second 200 – 32 seconds

– The third 200 – 33 seconds

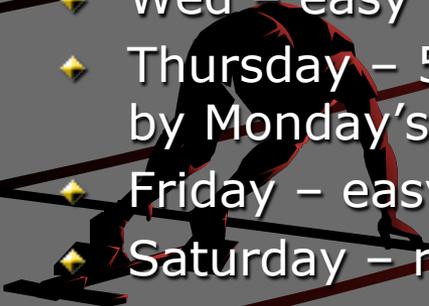
◆ I tell my 800m runners to “pull” the third 200 of the race. We call it “running harder to run the same”

The 4th 200 – often depends on the competition



Early Season 800m training

- ◆ Sunday – long run (45 to 75 minutes)
- ◆ Monday – 8 – 15 minute tempo run followed by 4 x 200m at current 400m pace (30 per for a 60/400) followed by lunges/bench step ups/bench squats, stretch
- ◆ Tuesday – easy 20-40 minute run followed by falling starts and bounding for height/distance, stretch
- ◆ Wed – easy day, 20 minute jog, stretch (active rest day)
- ◆ Thursday – 500, 400, 300 and 200 based on current pace followed by Monday's strength routine, stretch
- ◆ Friday – easy 20-30 minute run followed by falling starts
- ◆ Saturday – race or off
- ◆ Once you start racing the weeknight meet becomes the Monday or Thursday and work the other days around your race days. Go easy the day after races



What events to race in smaller meets?

- ◆ 400m – great training for the 800 runner. Creates aggressiveness and helps the body adapt to the stresses of the 800.
- ◆ 4 x 400m relay – same as the 400m
- ◆ 400/800/4x400 is a tough night but is a good workout.



Racing the 800

- ◆ You should always have a race plan
- ◆ If you aren't clearly the favorite, run your plan until 200m to go and then catch whomever you can (or don't let them catch you)
- ◆ It is important to plan the 100m, 200m, 400m and 600m splits in the 800.



Mid to late season 800m training

◆ Transition to goal pace

- Predict what your realistic 800m best race can be. Base workouts on that pace
- The volume is less but the speeds are faster
- Maintain the weekend long run but shorten it.
- If you are running the 400/800 a lot in the same races it is time to drop the 400 and run quality 800s. These 800s are scripted with a good race plan.



Mid to late season 800m training

- ◆ Sunday – long run but shorten the duration
- ◆ Monday – 4 x 300m at goal pace. For a 55 first lap 38 seconds per 300. Allow 4-6 minutes rest between. Finish with lunges and stretch
- ◆ Tuesday – easy 20-30 minutes followed by bounding for h/d
- ◆ Wed – 400, 300, 200, 4 x 100m falling starts (focus on very good form) Finish with lunges and stretch
- ◆ Thursday – 20-30 minute easy run followed by bounding for h/d and stretch.
- ◆ Friday – easy run, race prep, pacing
 - I like to “practice the first 200m of the race
 - 4 x 400 handoffs



Peaking

- ◆ We do A LOT of 200's late in the season
- ◆ 10 to 16 200m repeats at goal pace. Jog 200m as the rest.
- ◆ We also do 4-6 200m repeats at the end of training runs. They come in from the training runs and straight onto the track without stopping. The rest is 200m jog.

