



## Coaching the 800 Meters

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Associate Head Track and Cross Country  
Coach  
LSU

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## Personal View on the Event

### Introduction

- How I approach the event
- Athletes' goal
- What do I have to work with
- Accessing all the Talent level
- System Next

### Goal for that Year

- NCAA Champion or Championships
- Realistic or What
- SEC Champion or Championships

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## Base/Foundation

- August to December
- XC Season
- Work load
- Approach Speed/Distance
- Competing / Not Competing XC
- Reason
- Average Miles per Week
- Weights.
- Hills
- Intervals on Grass

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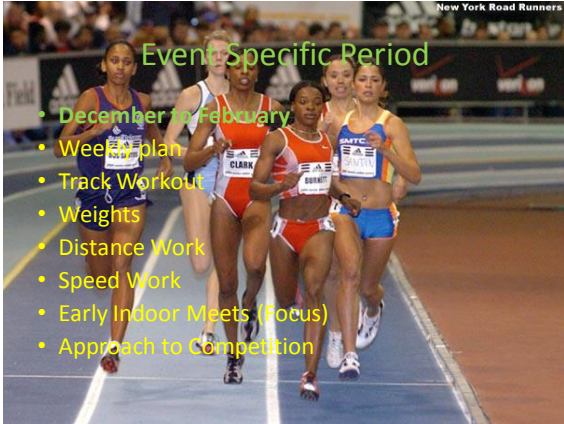
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### Even Specific Period

- December to February
- Weekly Plan
- Track Workout
- Weights
- Distance Work
- Speed Work
- Early Indoor Meets (Focus)
- Approach to Competition

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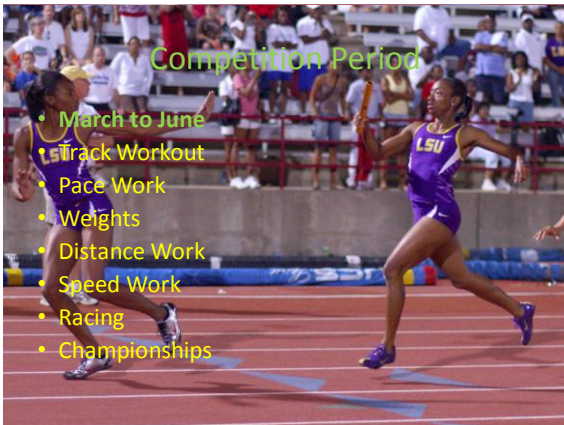
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### Competition Period

- March to June
- Track Workout
- Pace Work
- Weights
- Distance Work
- Speed Work
- Racing
- Championships

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### Questions

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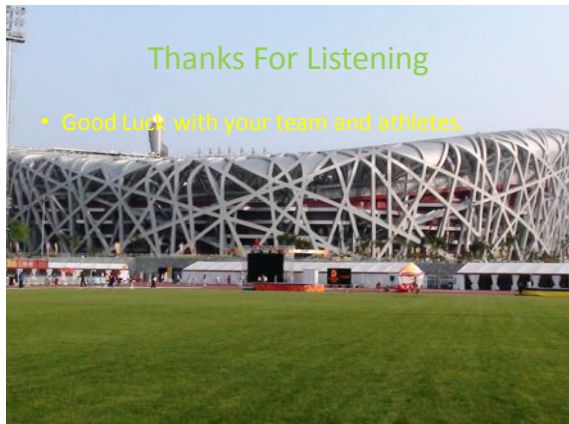
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