Coaching the 800 Meters

Mark Elliott
Associate Head Track and Cross Country Coach
LSU

Personal View on the Event

Introduction
- How I approach the event
- Athletes, etc.
- What do I have to work with
- Accessing all the talent and System Next

Goal for that Year
- NCAA Champion or Championships
- Realistic
- SEC Champion or Championships

Base/Foundation
- August to December
- XC Season
- Work hard
- Approach Speed/Distance
- Competing/ Not Competing
- Recovery
- Average Miles per Week
- Weights
- Hills
- Intervals on Grass
Event Specific Period

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

Competition Period

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

Questions

- ??????????
Thanks For Listening

- Good Luck with your team and athletes.