

University of Kansas 800 meter training



The Olympic Finals

Men's

<http://youtu.be/YKEOjWEzVGs>

Women's

<http://youtu.be/vHU9OFSwmEs>



Training the 800 is an art of balancing endurance and speed.

I believe in training the basic needs of the event and then training the athletes individual needs.

Technique:

Technique is very important to middle distance runners. It allows athletes to use their energy more efficiently throughout the race. We do form-running drills, hurdle walk-overs, plyometric drills and weights to develop proper strength and flexibility.

Form Running Drills:

High-Knees, Butt-kicks, leg-swings, leg-cycles, A-Skips and Running-A's are some types of drills that we use.

Hurdle Walk Overs:

Hurdle walk-overs are used to work flexibility, strengthen the hip flexors, and gluts.

Weights:

We lift 2-3 times per week.

FALL TRAINING (August – October)

Focus: To build endurance and correct running form

We run for time instead of distance. It's easier for me to add percentages each week.

We usually start at 20-25 mins and add 10% each week.

Monday: Timed run and hurdle walk-overs.

Tuesday: Timed run and hurdle walk-overs, weights and form running drills.

Wednesday: Timed run and hurdle walk-overs.

Thursday: Timed run and hurdle walk-overs, weights, and form running drills.

Friday: Timed run and hurdle walk-overs.

Saturday: Off

Sunday: Timed run

After about 6 weeks of distance running we add diagonals across football field and morning runs.

LATE FALL (OCTOBER – NOVEMBER)

Focus: Start long interval training

Sunday: Long run and weights

Monday: AM Distance run, PM A.T. run, hurdle walk- overs, form running drills and strides

Tuesday: AM Distance run, PM Timed run, and weights

Wednesday: Timed run, hurdle walk- overs, form running drills, and strides

Thursday: Timed run and weights

Friday: 3 x mile repeats with 3 min recovery

Saturday: Off

EARLY INDOOR SEASON (DECEMBER- MID JANUARY)

Focus: Increase pace and start racing

Sunday: Timed run and weights.

Monday: AM timed run and diagonals, PM 8 x 800 rec 90 or 12 x 400 rec 75, hurdle walk-overs.

Tuesday: AM timed run and diagonals, PM Timed run, weights and form running drills.

Wednesday: Timed run

Thursday: Timed run weights, and form running drills.

Friday: 3 x mile rec 3:00

Saturday: Off

LATE INDOOR SEASON EARLY OUTDOOR SEASON (JANUARY – MARCH)

Sunday: Timed run and weights

Monday: AM timed run. PM 2 x 600, 4 x 300, 1 x 600 rec. 3:00, hurdle walk-overs, form running drills.

Tuesday: AM timed run. PM Timed run, weights, and form running drills.

Wednesday: 6 x 200 at race pace rec 2:00.

Thursday: Timed run, drills.

Friday: Race or off.

Saturday: Race, time trial, or off.

MID OUTDOOR SEASON (APRIL – MAY)

Focus: Correct athletes race strategies and make sure they are mentally and physically ready.

Sunday: Easy timed run weights.

Monday: AM Timed run. PM Race simulated workout 3x 320-320-160 or 3 x 3x 250 jog 50 race pace.

Tuesday: AM Timed run. PM Timed run and weights.

Wednesday: 2- 3 x 3 x 150 jog 50 or 8 x 100.

Thursday: Warm up or timed run.

Friday: Race or off.

Saturday: Race or time trial.

LATE OUTDOOR SEASON (June – July)

Focus: Race fast

Sunday: Easy timed run, body weights (push-ups, sit-ups).

Monday: 4 x 200 cops and robbers style or 2-3 x 400.

Tuesday: ½ timed run, body weights (push-ups, sit-ups).

Wednesday: Off

Thursday: Warm up, 1-2 x 400 (sprint 50 jog 50).

Friday: Race or off.

Saturday: Race or time trial.

Recap

The 800 is a very exciting race. Different athletes have different needs. Coaches should be able to help their athlete be under control and successful throughout the race. With 400 meters to go, they are 400 runners, with 200 meters to go, they are 200 runners, and with 100 meters to go, they are 100 meter runners. Training should reflect all.

