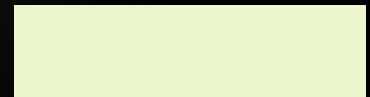


800m

STRATEGY / TRAINING / Physiology



For The Athlete

- Choose the right parents!
- “Have the fire” (a very, very competitive personality)
- The ability to generate power.
- Have a high tolerance for pain.
- Avoid injury and training interruptions.
- Trust in coach.

For the Coach

- Know your athlete.
- Be a good listener. (remember you have two ears and one mouth)
- Understand correct training principles.
- Know enough to not screw up the athlete.
- Help the athlete become a student of the event.

TACTICS & STRATEGY

- Tactical mistakes can be irreversible!
- The 800 is unforgiving. (especially the last 200)
- Avoid interruptions in pace. (pushed, tripped, cut off)
- Be mindful, the last half of the race is on the curve.
- Run as much as possible in lane 1.
- Come through the 400 in the “sweet spot.”

TACTICS & STRATAGY

- Pass on the straits when possible.
- Know your competition.
- Have a race plan.
- Have a “plan B”.
- Don’t over think race conditions. (wind, rain, heat, cold etc.)

Video Library

- 2012 NCAA Indoor Nationals Women's 800m Finals
- 2012 NCAA Outdoor Nationals Women's 800m Finals
- 2012 Olympics Men's 800m Finals
- 2012 Olympics Women's 800m Finals
- 2010 NCAA Indoor Nationals Women's 800m Finals
- 2011 NCAA Outdoor Nationals Men's 800m Finals

STRATEGY

TRAINING

TECHNIQUE



**NATALJA
PILIUSINA** OK ST

2012 Collegiate Best (2:03.46)



STRATEGY

TRAINING

PHYSIOLOGY



2011 NCAA Outdoor Championship



2012 NCAA Outdoor Championships



SATURDAY NOON ET
COLLEGIATE TRACK & FIELD



1984 Olympic Men's 800m final



2012 Olympic Men's 800m final

2012 NCAA 800 Meter Indoor Finals ~ Women's						
800 Meter Split Time Differentials						
PLACE	NAME	200	400	600	800	Differential
1	Nachelle Mackie	29.2	31.0 (60.23)	31.5	31.6 (63.13) 2:03.30	+ 2.90
2	Natalja Piliusina	30.7	31.8 (62.69)	31.6	30.1 (61.79) 2:04.48	- .90

2012 NCAA 800 Meter Outdoor Finals ~ Women's						
800 Meter Split Time Differentials						
PLACE	NAME	200	400	600	800	Differential
1	Nachelle Mackie	28.1	30.2 (58.38)	31.5	31.5 (62.68) 2:01.06	+ 4.30
2	Charlene Lipsey	28.8	30.7 (59.51)	31.1	30.7 (61.89) 2:01.40	+ 2.38

2012 NCAA 800 Meter Outdoor Finals ~ Men's						
800 Meter Split Time Differentials						
PLACE	NAME	200	400	600	800	Differential
1	Robby Andrews	25.4	25.6 (51.11)	27.3	26.3 (53.60) 1:44.71	+ 2.49
2	Charles Jock	24.4	25.4 (49.84)	27.7	27.1 (54.91) 1:44.75	+ 5.07

800 Meter Split Time Differentials



2012 Olympics Men's 800m Finals

2012 Olympic 800 Meter Finals ~ Men's

800 Meter Split Time Differentials

PLACE	NAME	200	400	600	800	Differential
1	David Rusdisha	23.5	25.8 (49.28)	25.0	26.6 (51.63) 1:40.91	2.35
2	Nijel Amos	23.8	25.9 (49.7)	25.3	26.7 (52.0) 1:41.73	2.30
4	Duane Solomon	23.9	26.0 (49.9)	26.0	26.9 (52.9) 1:42.82	3.00
5	Nick Symmonds	24.9	25.6 (50.5)	26.2	26.2 (52.5) 1:42.95	2.00

(temperature 79F/26C; 37% humidity)

2012 Olympic 800 Meter Finals ~ Women's

800 Meter Split Time Differentials

PLACE	NAME	200	400	600	800	Differential
1	Mariya Savinova	27.9	29.4 (57.3)	29.3	29.6 (58.9) 1:56.19	1.60
2	Caster Semenya	27.9	29.8 (57.7)	29.5	30.0 (59.5) 1:57.23	1.80
4	Pamela Jelimo	27.3	29.4 (56.7)	29.2	31.7 (60.9) 1:57.59	4.20
5	Alysia Montano	26.9	29.4 (56.31)	30.4	31.2 (61.6) 1:57.93	5.29

(temperature 70F/22C; 47% humidity)

800 Meter Split Time Differentials



2012 Olympics Women's 800m Finals

WR/WL 800 meter split time differentials

Athlete	Time	1st 400	2nd 400	Diff +/-
Rudisha '10	1:42.06	48.9	53.2	4.3
Rudisha '09	1:42.01	49.8	52.3	2.5
Cruz	1:41.77	?	?	?
Coe '81	1:41.73	49.7	52.0	2.3
Kipketer '97	1:41.73	49.6	52.1	2.5
Rudisha '10	1:41.51	49.65	51.86	2.21
Rudisha '11	1:41.33			0
Kipketer '97	1:41.24	48.3	52.9	4.6
Kipketer '97	1:41.11	49.3	51.8	2.5
Rudisha '10	1:41.09	49.1	52.0	2.9
Rudisha '10	1:41.01	48.9	52.1	3.2
Courtesy of SpeedEndurance.com				

TRAINING

Aerobic / Anaerobic Contributions

<u>Aerobic</u>	<u>Glycolytic</u>	<u>Alactic</u>
40%	55%	5%

- Your athlete needs to train REALLY hard, at times and its painful!
- They must recover from the training.
- Always work on the athlete's strengths.
- Spend little time on sprint mechanics.
- A small percentage of the race requires sprint mechanics.

TRAINING

PREDICTING 800M POTENTIAL

- 2 X 400 PR + 10 Seconds (400/800 types)
- The faster your PR, the easier the first half feels.