High School 400 and 800: Training Ideas & Coaching the Relays

By Derek Leininger
Boys 400/800 Coach
Snider HS (Fort Wayne, IN)

400 Group (3 Years)
- 4x4 has qualified for State 2 of the 3 years
- Two individual 400 State qualifiers
- 2008 – 3:26.5
- 2009 – 3:18.2
  - 2nd place at State Meet
- 2010 – 3:16.3
  - State Champions
  - 11th at New Balance Nationals

Boys 800 Group (4 Years)
- 4x8 has qualified for State 3 of the 4 years
- Two individual 800 State qualifiers, both placed top 10
- 2010 4x800 (Year #4)
  - 8:02 indoors, HSR Champs
  - 7:46.8, 2nd at State Meet
  - 7:41.4, 9th at N.B. Nationals

Girls 800 Group (2 Years)
- 2009 - 9:55, 5th at Sectional
- 2010 - 9:38, 15th at State

Our 400/800 Stats at Snider
Today’s Presentation

- I’m not to tell you I have all the answers. This is only my 8th year of coaching. I’m learning more every year.
- I’m not going to mislead you in any way – I will tell you exactly what we do, how we do it, and why we do it. Nothing I say today is really a secret. You can find this information in training books and web sites – hopefully what I can do is make it more practical so that it’s easier for you to implement (if you choose).
- I’ve learned a lot at coaches clinics over the past several years that has helped me become a better coach. Hopefully now I can give back to this process and pass on some useful information that you can use.

What I plan to cover today:

1. 400 Meter Training Theory (briefly)
2. Specific things we do with 400 runners @ Snider
3. Some ideas regarding the 4x400 Relay
4. 800 Meter Training Theory (briefly)
5. Specific things we do with 800 runners @ Snider
6. Some ideas regarding the 4x800 Relay

Please ask questions as we go along. This will be a lot easier than to have a formal Q & A at the end.
Our Ingredients for Success

- We have had a lot of mid-distance talent in the past few years. You simply cannot compete on the state level unless you have talent.

- A GREAT coaching staff – Brad Altevogt and I have worked shoulder-to-shoulder coaching at Snider for the past 5 years. Brad is huge in the success of our athletes. Alex Clore is also a huge asset to our mid-distance crew (Alex is a former runner of mine who works specifically with our 400 boys).

- We feel like we’ve come up with a training plan that allows our athletes to improve year to year. (Long term)

- We have been fortunate to have kids who have bought in to our plan and have worked their tails off to get faster.

Energy Demands for Mid-Distance Races

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<tr>
<th></th>
<th>Anaerobic System</th>
<th>Aerobic System</th>
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<tbody>
<tr>
<td>400 Meters</td>
<td>56 %</td>
<td>44 %</td>
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<tr>
<td>800 Meters</td>
<td>40 %</td>
<td>60 %</td>
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* Back in the ’70s they thought these numbers were 80/20 anaerobic for the 400 and 65/35 anaerobic for the 800. Recent research has obviously proved otherwise.
Here is how I classify them.

**Aerobic Workouts:**
- Easy Runs
- Long Runs
- Tempo Runs
- Fartleks

I don’t consider strides to be either really. With strides we are working biomechanics, not conditioning. We do strides with full recovery.

**Anaerobic Workouts:**
- VO2 Intervals
  - 3-5 minute repeats @ 5k pace
- Anaerobic Power
  - 200-800 meter repeats @ 800-3200 race pace
- Lactic Acid Tolerance
  - 200-400 meter repeats @ 400-800 race pace
  - Race-specific speed

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### Who is probably the better 400 Runner?

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<thead>
<tr>
<th></th>
<th>Tom</th>
<th>John</th>
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<tbody>
<tr>
<td>100</td>
<td>11.2</td>
<td>11.2</td>
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<td>200</td>
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<td>400</td>
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<td>?</td>
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<tr>
<td>800</td>
<td>1:57</td>
<td>2:03</td>
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### Who is probably the better 800 Runner?

<table>
<thead>
<tr>
<th></th>
<th>Sarah</th>
<th>Betty</th>
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<tbody>
<tr>
<td>200</td>
<td>28.0</td>
<td>28.0</td>
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<tr>
<td>400</td>
<td>59.0</td>
<td>59.0</td>
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<td>800</td>
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<td>?</td>
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<tr>
<td>1600</td>
<td>5:10</td>
<td>5:30</td>
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**Key Principle that we work with:** If pure leg speed is equal, then the athlete with the stronger endurance system will win a mid-distance race (whether it be the 400 or the 800).
400 Meter Training Theory

- Our training program at Snider comes heavily from the Clyde Hart program at Baylor Univ.
  - Hart coached Michael Johnson, Jeremy Wariner, 10 sub-45 second guys, and 15 NCAA 4x4 relay titles.
- Our philosophy: Train the athlete to deal with what happens in a race AFTER 40 seconds.
  - Significant lactic acid buildup occurs around 35-40 seconds at maximal effort. You cannot avoid it - but you can prepare for it.
  - Ever watch a high school 400 or 4x4 relay where a kid goes out really fast and then dies hard in the final 80 meters? Which did he lack: speed or endurance?
    - Probable answer: He lacked adequate endurance.

- If we are going to lean more one way in our training between developing speed or endurance, we will lean toward increasing endurance (Long term, this is huge).

- What kind of “endurance” are we talking about?
  - 400 “endurance” is not the same as 3200 “endurance”
  - 3200 “endurance” in our program includes: 10 mile long runs, 4-6 mile tempo runs, 50+ miles / week
  - 400 “endurance” in our program includes: 3 mile fartlek runs, 30-40 minute long runs, 2 mile tempo runs, overdistance intervals (600s, 800s), “volume 200s”, 20 miles / week
  - Our varsity 400 guys are almost all in shape to run close to 2:00. This strength pays off big in the 400 too.
Two types of 400 meter runner

- **200/400 (Sprinter Type)**
  - Strength: Speed (Fast 100 & 200 times)
  - Weakness: Endurance
  - Our approach: focus primarily on increasing endurance, while accenting their speed.
  - They are already fast enough to run a great 400, they just lack the endurance to do so.

- **400/800 (Distance Type)**
  - Strength: Endurance (Fast 800 & 1600 times)
  - Weakness: Raw speed
  - Our approach: Keep training their aerobic strength, while adding some 400-specific speed late in the season (April/May).
  - We still keep these guys mostly within our 800 training program.

Specific things we do at Snider (400)

- We have a specific 400 meter training group with a specific coach (Alex Clore)
  - We have about 15 boys that are specifically in the 400 training group – this number does not include the 800 boys that will also be in the mix in our 4x400 relay.

- We start our 400 boys training in November and we put in a full winter of aerobic base work. We like to think that we are one of the most FIT groups of 400 runners in Indiana.

- And if you are really fit, THEN you are ready to really maximize your natural speed.
November / December

- Running 4-5 days a week
- 1 day is a fartlek or tempo run
  - Fartlek: 20-25 minutes continuous, changing paces
    - Ex: 25 minutes: 5 sets of 2:00 hard / 3:00 easy
    - Ex: 24 minutes: 8 sets of 1:00 hard / 2:00 easy
  - Tempo: 1-2 miles pretty hard (even splits)
- 1 day is overdistance intervals
  - 4x600 & 3x800 are staple workouts for us in the winter months (6-10 minutes rest in between intervals)
- 2-3 days of easy aerobic running (2-3 miles)
- Strides once a week at 800 race pace (4-6 x 100)

Sample Nov/Dec Week

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</thead>
<tbody>
<tr>
<td>Fartlek</td>
<td>Easy</td>
<td>Intervals</td>
<td>Easy</td>
<td>Easy Run (Long)</td>
<td>Off</td>
</tr>
<tr>
<td>or Tempo</td>
<td>Run</td>
<td>600s or 800s</td>
<td>Run</td>
<td>+ Strides</td>
<td>or Easy</td>
</tr>
</tbody>
</table>
January / February

- Running 5-6 days a week
- 2-3 easy days (2-4 miles at easy pace)
- 1 day of either a “long run” or a tempo
  - Long Run is 30-40 minutes at a conversational pace
  - Tempo just like in Nov/Dec, just faster
- 1 day of overdistance intervals or fartlek
  - 600s, 800s - same as Nov/Dec, getting faster
  - Fartlek just like in Nov/Dec, just faster
- 1 day of 200s (Clyde Hart style)
  - We start with 10 x 200 in January and increase volume up to 16 x 200 by end of February.
  - Key is not how fast they’re doing them, but rather volume.
  - NOT a “speed” workout – this is a conditioning workout.
- If we race we simply remove one of these workouts.
- Strides 1 day per week at 800 race pace (6 x 100 meters)
- Short strides 1 day every other week (6 x 50 meters FAST)

Sample Jan/Feb Week

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</thead>
<tbody>
<tr>
<td>Long Run (30-40 min) or Tempo (2 miles)</td>
<td>Easy Run + Strides</td>
<td>Intervals (600s or 800s) or Fartlek</td>
<td>Easy Run</td>
<td>Volume 200s or Easy (if we’re racing)</td>
<td>We race every 2 - 3 weeks</td>
</tr>
</tbody>
</table>
March / April

- Running 6 days a week
- 3 easy days (2-4 miles at easy pace)
- 1 day of either: longer intervals or strength day (tempo/fartlek/long run)
- 1 day of either 200s (Hart style) OR “speed work”
  - When we say “speed” we are talking about race pace zone.
  - We really like 350s for our “speed” workouts.
  - Rationale: 350s in practice are similar in time to a 400 race
    - A 50-second 400 runner can run 3 x 350 around 50 seconds each
  - We are teaching our bodies to work BEYOND 40 seconds
- 1 day of racing
- Strides 1 day per week at 800 race pace (6 x 100 meters)
- Short strides 1 day per week (6 x 50 meters FAST)

Sample Mar/April Week

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</thead>
<tbody>
<tr>
<td>Easy Run + Strides</td>
<td>Race (We do a lot of Tues dual meets)</td>
<td>Easy Run</td>
<td>Strength Day (Tempo, fartlek, intervals, long run)</td>
<td>Easy Run + Short Strides</td>
<td>Speed Day (Volume 200s, speed, or race)</td>
</tr>
</tbody>
</table>
May/June

- Running 6 days a week
- 3 easy days (2-4 miles at easy pace)
- 1 day of speed - 3 x 350, 2 x 450, etc. (6-10 mins rest)
- 1 day of 200s or ladder (changing gears)
  - 200s - Instead of 16x200 averaging 32 seconds (from Feb/Mar), now we’re down to 8x200 in 28 or 6x200 in 27 - less, but faster
- 1 day of racing (and REALLY BIG races at this point)
- Strides 1 day per week at 800 race pace (6 x 100 meters)
- Short strides 1 day per week (6 x 50 meters FAST)
- Strength = speed. Even in May we don’t really do many workouts faster than 400 race pace. The high school 400 runner’s biggest weakness is their strength, most have plenty of raw speed. Thus, it makes sense for us to focus on endurance at every stage of our season.

Our Actual May/June 400 Training in 2010

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<td>ladder (4-3-2-2-1-1)</td>
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<td>Easy Run + exchanges</td>
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<td>Easy Run + strides</td>
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<td>State Meet</td>
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A Good Quote for 400 Runners

“The main reason we are seeing the sprinter type succeed in the 400 meters today is largely due to the fact that we are able to develop stamina and endurance more effectively than we can increase the sprinting abilities of the middle-distance runner.”  - Clyde Hart

My translation: Sprinters who are trained with endurance have more upside in the 400 than middle distance runners. You can work on speed, yes – but you can’t create it “ex nihilo”.

Volume for 400 Runners

- We don’t really track mileage for 400 runners the way we do with our distance runners, but here are my estimates on their weekly volumes:
  - Nov/Dec – 12-15 miles (4-5 days/week)
  - Jan/Feb – 15-18 miles (5-6 days/week)
  - Mar/Apr/May – 16-22 miles (6 days/week)
How to Race the 400

- 400 meters is not an all-out sprint, even for Olympians.
  - Michael Johnson ran 19.3 in the 200, obviously he can’t run 38.6 in the 400. Your effort has to be gauged correctly.
  - It is maximal effort, not maximal speed. This is a thin line that young 400 runners must learn (both from their coach teaching it to them and from their own race experiences).

- You need to have a plan of attack.
  - First 300 meters we use your own queues & splits.
  - On the homestretch is when we teach our athletes to be aware of the competitors around us.
  - The open 400 is a laned event; all you can control is what happens in your lane. Don’t run someone else’s race plan – run your own race plan.

How to Race the 400 (cont.)

We break the 400 down in to 3 parts:

- Part 1 - The first 200 meters.
  - Get out hard the first 50-60 meters, then find your rhythm. Key on your goal splits, ignore what is going on in the other lanes. Run your race the first 200.

- Part 2 - 200-300 meters
  - Maintain form, keep rolling “through the curve”
  - Again, we’re not worried about the other lanes just yet.

- Part 3 - 300-400 meters
  - Now we start to be aware of competition
  - At the same time, we’re trying to keep form – don’t tie up.
  - There is no big “kick” in a really fast 400. 400 records aren’t set on negative splits. You’re just trying to maintain form and not slow down.
I am obviously biased, but ...

- We think our kids are really strong in May/June and don’t get injured as easily because of the strength and volume that we do all season.
- We think our kids are physically prepared to deal with the lactic acid buildup that takes over around the 40 second mark (our 4x4 relay team has made its living the past 2 years off each leg closing well in the homestretch).
- We think we have been able develop our 400 guys from year to year with this long-term focus on improving their aerobic systems (which is clearly their biggest weakness).

4x400 Meter Relay – The Order

- Here is what we typically do:
  - 1st Leg – A quality open 400 runner, 2nd or 3rd fastest
    - We have never put an 800 runner on the lead leg because he is used to racing without lanes. We want someone here who has experience with an open 400.
  - 2nd Leg – A guy who competes well, 2nd or 3rd fastest
    - We want to be up front in the mix the whole race
  - 3rd Leg – This is usually where we would put an 800 guy coming down. The 2nd leg has put him in a position where he just has to compete on his leg.
  - 4th Leg – Typically we’ll put our fastest here (most do)
    - You want a guy that is a CLOSER. You’re putting the pressure on his back. Make sure he’s someone who can handle that type of pressure and deliver a big leg.
4x400 Meter Relay – Thoughts

- We REALLY emphasize the homestretch to our kids. Each leg sets up the next leg, positively or negatively.
  - Ever see the “catch up and die” scenario in a 4x4?
  - It is YOUR job to finish your leg strong.

- As a coach, we always have a “Plan B” set up if things go badly. There have been times when we have switched our order during the race.
  - We rarely use Plan B, but we always include it in our handouts and discuss it in our pre-race meetings.
  - HSR Finals last year is a perfect example.

800 Meter Training Theory

- In 400 training our main goal is to train the body to deal with the lactic acid accumulation that hits around 40 seconds in to the race.

- 800 training: Our goal is to train the body to run at 15+ mph without accumulating large amounts of lactic acid.

- With 800 training we work a lot on the aerobic aspects of training and on anaerobic threshold training before we ever do anything that you would consider “speed”.

- Our 800 group does a lot of training that cross
Think about our state meet open 800. How many of the top 9 guys each year ran cross country?

- Answer: Most of them – sometimes all 9 of them.

2 thoughts on why this is the case:

- 1) A mental reluctance of the 400 meter sprinter types moving up. You ever notice how hard it is to convince a 52 second 400 guy to move up to the 800? (Even though he probably isn’t fast enough to ever compete at the state meet in the open 400.)

- 2) Cross country guys develop their aerobic system and anaerobic threshold year-round. This is an insurmountable advantage over the “sprinter” type who isn’t adequately trained with 800 endurance.

Two types of 800 meter runner

- 400/800 (Mid Distance)
  - Strength: Speed (Faster 400 times than most other 800 runners)
  - Weakness: Endurance
  - Our approach: Focus primarily on increasing endurance, while accenting their speed.
  - They are already fast enough run a great 800, they just lack the endurance to do so.

- 800/1600 (Distance)
  - Strength: Endurance (Fast 800 & 1600 times)
  - Weakness: Raw speed
  - Our approach: Keep training their aerobic strength, while adding some 800-specific speed late in the season (April /May).
  - We have a specific 800/1600 training group, they’re here all season.
November / December

- After cross country, we take a 2 week break and then we start rebuilding mileage and getting back to this aerobic conditioning & anaerobic threshold phase of training.
- Running 5-6 days a week
- 1 day is a long run (easy pace, picking up harder at the end)
  - Boys start around 5-7 miles and by January are up to about 8-10 miles
  - Girls start around 4-6 miles and by January are up to about 6-8 miles
- 1 day is a fartlek run (30-40 minutes)
  - 6 sets of 3:00 hard / 2:00 easy
  - 15 sets of 60 seconds hard / 60 seconds easy
  - Fartlek ladder (1-2-3-4-3-2-1)
- 1 day is a tempo run or a split tempo run
  - Timed split tempo - 2 x 10:00 hard with 5:00 jog in the middle
  - Structured tempos (3-4 miles at given pace)
  - Structured split tempos (2 miles, rest 5 min, 1 mile)
- 2-3 days of easy aerobic running (4-5 miles)

### Sample Nov/Dec Week

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</thead>
<tbody>
<tr>
<td>Tempo (3-4 miles) or Split Tempo</td>
<td>Easy Run</td>
<td>Fartlek (3/2 or 60/60 or Ladder)</td>
<td>Easy Run</td>
<td>Long Run</td>
<td>Easy Run or Off</td>
</tr>
</tbody>
</table>
January / February

- Running 6 days a week
- 1 day is usually a long run (girls 7-8, boys 8-10 miles)
- 1 day is usually an anaerobic threshold workout
  - 3-4 mile tempo or 30-40 minute fartlek (we use several different fartleks)
  - In February our varsity 800 guys will typically do 4 mile tempos in the 5:30-5:45 range
- 1 day is usually an interval day
  - VO2 intervals (1000s slightly faster than 5k RP, Mile repeats at 5k RP)
  - In February we’ll start to do some faster intervals (600s slightly slower than mile RP, 400s at mile RP, 300s faster than mile RP, 200s at 800 RP)
- 3 days are normal recovery runs (4-6 miles)
- 1 day a week we run strides at 800 race pace (6x100 or 4x150)
- We usually race once in Jan & twice in Feb in open indoor meets
- A problem with Jan & Feb in Indiana is the weather – we try to take advantage of good weather when we get them.

Sample Jan/Feb Week

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<tbody>
<tr>
<td>Long Run</td>
<td>Easy Run +</td>
<td>Tempo or</td>
<td>Easy Run</td>
<td>Intervals (Distance</td>
<td>Easy Run (or race)</td>
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<td></td>
<td>Strides</td>
<td>Fartlek</td>
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<td>ranges from 200m to</td>
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<td>1600m</td>
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</tbody>
</table>
March

- Running 6 days a week
- 3 days are normal recovery runs (4-6 miles)
- 1 day is usually a long run or a threshold workout (similar to Jan/Feb, just getting faster)
- 1 day is usually an interval day
  - The two weeks leading up to HSR Finals we will usually “cheat” a little bit in our training and do some intervals pretty fast. We want to have our kids ready for good performances at HSR Finals.
- 1 day is a race
  - We race every week in March (HSR series 3 Saturdays and then our first outdoor meet is the last week of March)

Sample March Week

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</tr>
</thead>
<tbody>
<tr>
<td>Long Run or Tempo/ Fartlek</td>
<td>Easy Run + Strides</td>
<td>Intervals 200s or 300s</td>
<td>Easy Run</td>
<td>Easy Run</td>
<td>Race (HSR series – March 5,12,19)</td>
</tr>
</tbody>
</table>
April

- Running 6 days a week
- 3 days are normal recovery runs (4-6 miles)
- 1 day is usually a long run, a threshold workout, or longer intervals (800s, 1000s, or miles)
- 1 day usually includes shorter intervals (12-16x200, 8-10x300, 8-10x400, 6x600)
- 1-2 races per week (Tuesdays & Saturdays)
- 1 day includes strides at 800 race pace (6x100 or 4x150)
- April is tricky for us because we have so many races, the first week is Spring Break for us, and the “money” races all come in May/June
- Really in April we’re trying to keep our kids healthy, get in some good races, and keep their training progressing toward May
- We are conscious to not over-race our kids in April

Sample April Week

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy Run + Strides</td>
<td>Race or Strength (Long Run, Threshold, VO2 Intervals)</td>
<td>Easy Run</td>
<td>Shorter Intervals</td>
<td>Easy Run</td>
<td>Race</td>
</tr>
</tbody>
</table>
May/June

- Running 6 days a week
- 3 days are normal recovery runs (4-5 miles)
  - On days before our big races, we’ll back down to 3 miles easy run + strides
- 1 day is a race
  - These are the “money” races – Conference, Sectional, Regional, State (we run hard in all 4 meets)
- 1 day is pace intervals (emphasis is on volume – 16x200, 10x300, 8x400, etc.)
- 1 day is fast intervals (600-down ladder, Coe accelerations workouts, Split 800s, fast 300s)
  - We only do one really fast workout each week because these really fast intervals require a longer time for the muscles to repair themselves. You can’t go all out all the time.
- 1 day includes strides + baton exchanges

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Our Actual May/June 800 Training in 2010

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>10x300 in 43-45, 2:15 rest</td>
<td>Easy Run</td>
<td>Fartlek (meet got canceled)</td>
<td>Easy Run</td>
<td>6x400 in 58-60, 6:00 rest</td>
<td>Easy Run</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>16x200 in 28-29</td>
<td>Easy Run</td>
<td>Easy 3 + strides + exchanges</td>
<td>Sectional</td>
<td>Easy</td>
<td>600-down ladder (6-5-4-3-3-2-2)</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>200-300 Accelerations workout</td>
<td>Easy Run</td>
<td>Easy 3 + strides + exchanges</td>
<td>Regional</td>
<td>Easy</td>
<td>Split 800s (1:20 &amp; 44)</td>
</tr>
<tr>
<td>31</td>
<td>June 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6x300 in 40-42 (5:00 rest)</td>
<td>Easy Run</td>
<td>12x200 (in 30, 29, 28)</td>
<td>Easy Run</td>
<td>Easy 3 + strides + exchanges</td>
<td>State Meet</td>
</tr>
</tbody>
</table>
**A Good Quote for 800 Runners**

*In reference to an athlete’s endurance/speed combination:*

“One of the most noticeable features in the majority of athletes is their reluctance to train their weaker area. Many 800m runners with great 400m times refuse to face the fact that their event has been dominated by the stronger 800/1500m type since 1960.”

*Run with the Best, Tony Benson & Irv Ray (p. 46)*

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**Volume for 800 Runners**

- We do training logs for distance runners 800 and above. Here are our goals for mileage for our varsity mid-distance kids.
- **Nov/Dec** – 25-30 miles (5-6 days/week)
- **Jan/Feb** – 30-40 miles (6 days / week)
- **Mar/Apr** – 35-45 miles (6 days / week)
- **May/June** – 30-35 miles (6 days / week)

  We don’t really believe in “tapering” for cross country (since it is an oxygen-dependent race) – but we do taper our mileage down at the end of track. We feel that 800 runners need to be fresh in order to race fast in May/June.
4x800 Between State & Nationals

- **Saturday, June 5** - State Meet
- **Tuesday, June 8** - 30 minute fartlek
  - This was more mental than physical. We needed a moderate workout as a transition to get refocused on nationals.
- **Thursday, June 10** - 4x1000, 3:00 rest, averaged 2:53-2:55
- **Saturday, June 12** - 8x300, 2:15 rest, averaged 42.9
- **Tuesday, June 15** - 200-300 Accelerations workout
- **Friday, June 18** - 4x800 Relay @ Nationals
  - Splits: Wappes 1:54.5, Ordaz, 1:57.6, Christoff 1:55.8, Dutton 1:53.4
- **Saturday, June 19** - Distance Medley Relay
  - Splits: Wappes 3:10, Frederick 49.0, Williams 1:56.6, Dutton 4:27
  - 4x8 9 pm Fri, DMR 10 am Sat - Wappes & Dutton were pretty tired

4x800 Meter Relay – The Order

- **1st Leg** - They have to be a closer (last 200 meters). We are more concerned about their finishing speed than their overall speed, because often times the opening leg of a big time 4x8 will go out slow.
- **4th Leg** - Our fastest kid, whomever gives us our best shot to win.
- We want to be in the mix the whole way. The 2nd & 3rd legs will run better if they’re up front battling with the leaders.
- If we’re pulling a 400-type of guy up, the 2nd leg is a good spot because he’ll get the baton right in the mix with the leaders (before things spread out a little more). All he has to do is just go race with the other #2s.
4x800 Meter Relay – Thoughts

- 4x8 is at the beginning of the meet and in order to have a great 4x8 team you’ve got to have some great runners. BUT you have to be “all in” with the idea of stacking the 4x8.
- In the 4x4, athletes can run their open races and then come back in the 4x4 at the end. With the 4x8, an all out effort will likely cost you some time in your open race. So everyone has to be committed to loading up a big-time 4x8.
- Always avoid “catch up and die” scenarios.
- Have a “Plan B” in place for the big races.

Our Focus on the Indoor Season

- We race 3 times in Jan & Feb in open/club meets.
- I don’t think we could convince our kids to work hard from Nov-March without these meets. Racing is the fun part of working hard and getting in shape.
- When Feb 14 hits, our kids have already put in 13 weeks of strength-based training. If an athlete at Snider starts track on Feb 14, he will not be able to beat an athlete with similar talent who put in a full winter.
- What we do is not a secret. We simply focus on developing their race-specific endurance, knowing that this is the real key for long-term development.
Training Resources We Use

Running Books:
- Winning Running, Peter Coe
- Daniel’s Running Formula, Jack Daniels
- Run With The Best, Benson & Ray
- Peak When It Counts, William Freeman
- Road to the Top, Joe Vigil
  - There are others, but these are the ones we pull from most.

Specific 400m Training Articles (Internet):
- Anything by Clyde Hart
- Brooks Johnson has some good stuff
  - There really isn’t enough good literature on 400 training.

If you have questions that you didn’t ask today or if you are looking through these notes over the next week or two and have specific questions, feel free to send me an email. I will be glad to answer any questions that you have.

My email: Derek.Leininger@fwcs.k12.in.us