Specificity Training For 800 Meter Athletes

Presented by:
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800 Meter Training

• Event Philosophy
• UWL Progression Since 1987
• Overview of Training
• Fall Season
• Indoor Season
• Outdoor Season
• Championship Season

800 Meter Training

• Establish a base to run 400 - 1500 meters
• Be prepared to perform at potential at WIAC & NCAA Championships
• Utilize each meet to gain knowledge and monitor event improvement
• Be in a position to attain performance goals during the final third of the key race

800 Meter Training

Philosophy

• 5'8” – 6’4” in height
• Some what aggressive by nature
• Good 400 speed (sub :50)
• General overall strength
• Mental Toughness
• Capacity to run 30–40 miles per week

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Identification Of Talent

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Examples of Success

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UW-La Crosse Top Ten Progression

- The #10 time had total time reduction of :01.22 seconds
- The #5 time had a total time reduction of :01.34 seconds
- The #1 time had a total time reduction of :00.53 second
- During the previous four years (1996 – 2000) the average time reduction was:
  #10 Time :00.00
  #5 Time :00.00
  #1 Time :00.00

2002 2003 2004 2005

Grupa
Siehr
Haumschild
Otto
Boldt

0:02:01 0:01:59 0:01:58 0:01:56 0:01:54 0:01:52 0:01:51 0:01:49

800 Progressions at UW-La Crosse 2002-2005
800 Meter Training

Specificity Concept

TWO ON – ONE OFF PRINCIPLE
The runner trains two consecutive days with specific training – followed with the third day off from running or a light pre-meet day.
The 36 hours of recovery allows for some physiological mechanisms to repair/recover.
The most important adaptations take place at the muscular and cellular levels – putting structural proteins back into proper order.
In our society, it is impractical to allow 36 hours between workouts – therefore the next best model is to work out at the same time, two days in a row and then take the third day off to allow a 48 hours recovery.

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Training Concepts

AEROBIC PACE
75% of fastest pace or percent of maximum heart rate
Example: 2:00 = (120 second/.75 =160 seconds or 2:40 pace)

ANEROBIC THRESHOLD
80%-90% of fastest pace or percent of maximum heart rate.
Example: 6:00 miler (360 seconds/.90 = 400 seconds or 6:40 pace)

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Definition of Sets – The Warm-up
The length of the warm-up varies from one to three miles
Followed by 600 to 1200 meters at anaerobic threshold pace
Example: An athlete with a 2:00 pr for 800 (2:00 = 120 seconds/.75 = 160 seconds) = 2:40 pace.
This is followed by a few form drills and a final stretch

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Definition of Sets – The Long Set
The long set consists of two or more repetitions – The rest interval is usually generous (2:00 to 5:00) depending on distance and effort. The effort may be as low as 70% early season and increase to 90% late season.
EXAMPLE:
2 x 900 @ pr pace +:20 – 5:00 rest / 5:00 set rest

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Definition of Sets – The Sprint Set
The sprint set consists of a timed segment of 3:00 to 5:00 minutes – The repetitions and recovery are both very short.
The distance is between 20 and 50 meters
The rest varies from :20 and :40
This actually acts as an aerobic component and sets the runner up for the next set.
EXAMPLE:
6 x 50 meters strides - :30 rest / 5:00 set rest

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Definition of Sets – The Kick Set
The kick set follows another 5:00 set rest – this set simulates the kick at the end of the race – runners usually train at 95% - 98% never 100% (injury risk is to high).
Distances run are: 100 – 200 meters
Repetitions are between: 1 and 4
Recovery: walking the same distance as just run.
EXAMPLE:
2 x 200 @ pr pace +:02 – walk 200 / 5:00 set rest
### 800 Meter Training

**Definition of Sets – The Second Sprint Set**

The second sprint set follows a 5:00 set rest after the kick set. We generally repeat the same protocol for the day in reverse order.

Sometimes we will make adjustments to accommodate fatigue.

A 5:00 set rest will follow this set.

**Definition of Sets – The Second Long Set**

The second long set follows a 5:00 set rest after the sprint set. Often we will shorten this set by one or two reps from the initial long set.

The intensity and distance remains constant with that of the first long set.

A 5:00 set rest will follow this set.

**Definition of Sets – The Cool Down**

The cool down doesn’t need to be longer than 5:00 to 10:00 easy running.

The tempo should be about 50% effort and allow it to settle at a 20% to 30% tempo.

### 800 Meter Training

**Sample of an Interval Session**

- 2 mile aerobic warm-up (outside)
- 1 x 600 @ AT pace (best 800 time converted to seconds, divide by .75)
- 2 x 900 @ pr pace +:20 – 5:00 rest / 5:00 set rest
- 6 x 50 meters strides - :30 rest / 5:00 set rest
- 2 x 200 @ pr pace +:02 – walk 200 / 5:00 set rest
- 6 x 50 meter strides - :30 standing rest / 5:00 set rest
- 1 x 900 @ pr pace +:15 – 4:00 recovery jog
- 10:00 cool down run & 200 abdominals

### 800 Meter Training

**Fall Practice Plan**

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<td>8</td>
<td>5K pace +2:30 per mile slower</td>
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<td>3 miles - 7 x 400m (2:10 / 2:15)</td>
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<td>5K pace +1:30 per mile slower</td>
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<td>11</td>
<td>2 miles - 6 x 500 @ 800 PR Pace - :20 / 1:00 set rest - 1 mile Cool Down</td>
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<td>12</td>
<td>1 mile - 5 x 290 Street Hill (repeat up / shuffle down) - 1 mile Cool Down</td>
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**Week’s Mileage:**

- 28
- 37
- 46
- 54

### 800 Meter Training (Outdoor)

**Early Season - Monday**

- 5 miles at 5K pace +1:30 per mile slower
- Seagrave Drills
- 250 abdominals
### 800 Meter Training (Outdoor) Early Season - Tuesday

- 3 miles aerobic pace
- 1 x 600 @ AT pace
- 4 x 500 @ pr pace +:10 to +:12 – 5:00 recovery jog / 5:00 set rest
- 6 x 50 strong strides - :30 recovery / 5:00 set rest
- 2 x 200 @ pr pace - 01 – 200 walking rest / 5:00 set rest
- 6 x 50 strong strides - :30 recovery / 5:00 set rest
- 2 x 500 @ pr pace +:11 – 5:00 recovery jog
- 10:00 cool down and 225 abdominals

### 800 Meter Training (Outdoor) Early Season - Wednesday

**DAY OFF**

- Stretch and 250 abdominals

### 800 Meter Training (Outdoor) Early Season - Thursday

- 3 mile warm-up
  - 1 x Finnish Circuit
    - (900 meters – same as indoor season)
  - 2 x Borzov Circuit
    - (600 meters and downhill finish)
  - 1 mile cool down
  - Seagrave Drills & 300 abdominals

### 800 Meter Training (Outdoor) Early Season - Friday

- 30:00 – 40:00 aerobic running
- 4:50pm – Team Meeting
- NO MEET THIS WEEKEND!

### 800 Meter Training (Outdoor) Mid-Season - Monday

- 2 mile warm-up
- 1 x 800 @ AT pace
- 4 x 500 @ pr pace +:11 – 5:00 jog rest
- 3 x 150 light accels
- 10:00 cool down
- 275 abdominals

### 800 Meter Training (Outdoor) Mid-Season - Tuesday

- 2 mile warm-up
- 1 x 600 at AT pace
- 3 x 400 @ pr pace +:02 – 5:00 jog / 5:00 set rest
- 3 x 200 @ pr pace - :01, -:02, -:03 – 200 walk / 5:00 set rest
- 3 x 150 @ :21 – 250 walk recovery / 5:00 set rest
- 3 x 200 @ pr pace – 200 walk rest / 5:00 set rest
- 2 x 400 @ pr pace +:02 (accel last 150) – 5:00 jog
- 10:00 cool down run & 225 abs
800 Meter Training (Outdoor)
Early Season - Wednesday

DAY OFF
Stretch and
250 abdominals

800 Meter Training (Outdoor)
Mid-Season - Thursday

2 mile warm-up
1 x 600 at AT pace
2 x 200 @ pr pace -:01, -:02 – 200 walk rest
5:00 set rest
3 x 150 @ :21 – 250 walk recovery
5:00 set rest
2 x 200 @ pr pace – 200 walk recovery
5:00 set rest
10:00 cool down run and 225 abs

800 Meter Training (Outdoor)
Mid-Season - Friday

4 miles at aerobic pace
4:50 team meeting
Phil Esten Classic - Saturday

800 Meter Training (Outdoor)
Late Season - Monday

2 miles on the roads
1 x 800 @ AT pace
2 x 400 @ pr pace +:01 – 5:00 recovery jog
5:00 set rest
2 x 300 @ pr pace -:01 – 5:00 recovery jog
5:00 set rest
2 x 300 @ pr pace -:01 – 5:00 recovery jog
5:00 set rest
2 x 400 @ pr pace +:01– 5:00 jog recovery
10:00 easy run

800 Meter Training (Outdoor)
Late Season - Tuesday

DAY OFF

800 Meter Training (Outdoor)
Late Season - Wednesday

4 miles steady state
**800 Meter Training (Outdoor)**
**Late Season - Thursday**

- 2 miles warm-up
- 1 x 800 @ AT Pace
- 3 x 300 @ goal pace – 5:00 recovery
- 5:00 set rest
- 4 x 100 @ pr pace -:01 – 300 walk
- 5:00 set rest
- 2 x 300 @ goal pace -:01 – 5:00 recovery
- 10:00 grass run

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**800 Meter Training (Outdoor)**
**Late Season - Friday**

- 3 miles aerobic pace
- 4:50pm – team meeting in room #26
- Saturday - NCAA Qualifier Meet

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**800 Meter Training**
**Late Season – Predictor**

*This workout is done 9 days before WIAC Championship*

- 3 mile warm-up
- 1 x 800 @ AT pace

**800 meter simulator (in SPIKES)**

*See how far below your 800 PR you can get!!!!*

- 1 x 400 – 2:00 rest
- 1 x 200 – 1:00 rest
- 2 x 100 - :30 rest
- 2 mile easy run

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**800 Meter Training**
**CONTACT INFORMATION**

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