

800 meter SUCCESS



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TABLE OF CONTENTS:

1. Development

A. Philosophy and Coaching Style

B. The Statistics and Numbers

C. The Learning Curve and turning points

D. Timing and Execution of High Intensity Training

2. Race Preparation

A. Set your goals well in advance

B. Practice every possibility

C. When you make the Finals anything is possible

A. Philosophy and Coaching Style

5 PACE Theory: Within a training block; train at 5 different racing paces
(200/400/800/mile/3-5k) (400/800/mile/3-5k/10k)

Anaerobic

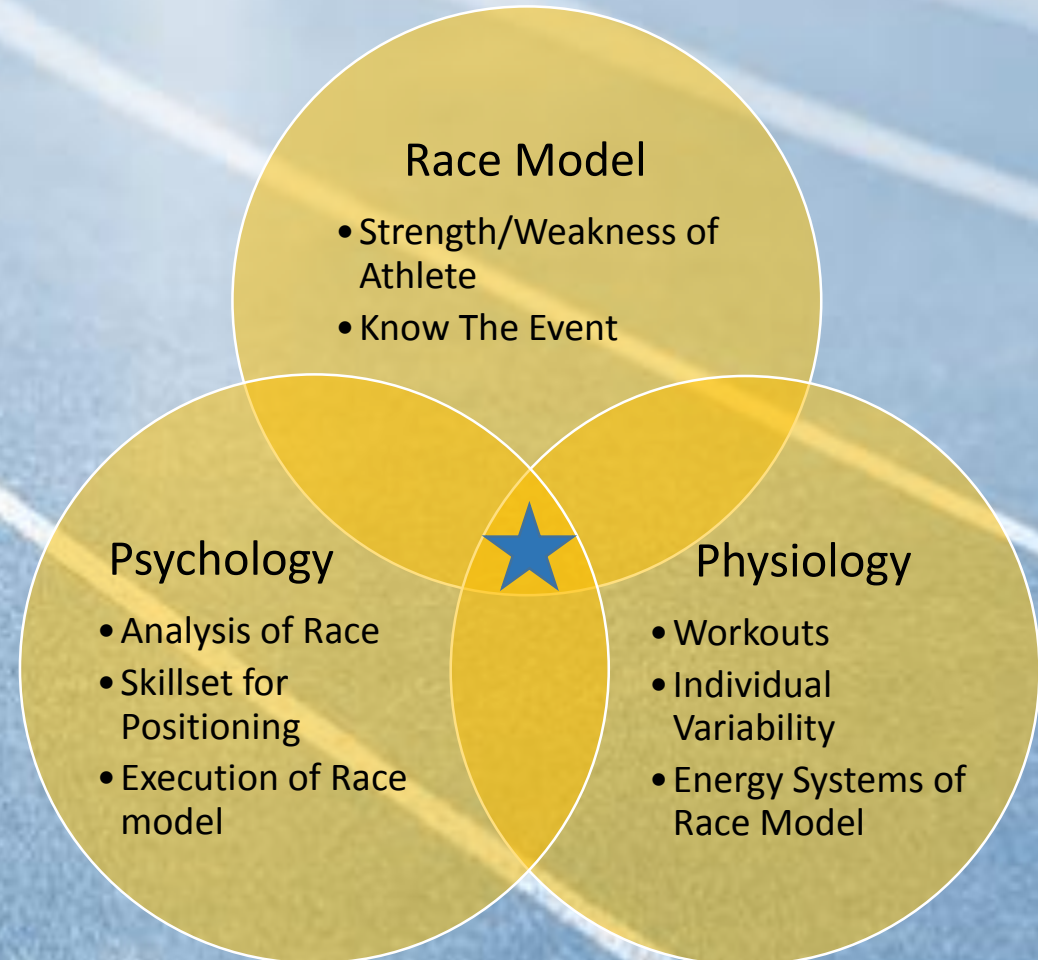
3 Phases of WORK (Volume)	1st phase: 67%	Aerobic	33%	Lactic/CP
	2nd phase: 50%	Aerobic	50%	Lactic/CP
	3rd phase: 33%	Aerobic	67%	Lactic/CP

Example:	XC	= 5-6 x 1 mile	pace: 5:00
(miler)	Indoor	= 3-4 x 1 mile	4:40
(hard days)	Outdoor	= 2-3 x 1 mile	4:20

Where do I start as a Coach? How do I relate to an Athlete? What's best for Him/Her?



Young Lady – Old Lady -- Bunch of Lines



800m Race MODEL = Controlled Fade 2 – 4 seconds (400m splits)

	<u>200</u>	<u>400</u>	<u>600</u>	<u>800</u>	
1:44 =	25	(26 <i>51</i>)	(26) = 52 <i>1:17</i>	27 <i>53</i>	
1:48 =	26	(27 <i>53</i>)	(27) = 54 <i>1:20</i>	28 <i>55</i>	
1:52 =	27	(28 <i>55</i>)	(28) = 56 <i>1:23</i>	29 <i>57</i>	

2:00 =	29	(30 <i>59</i>)	(30) = 60 <i>1:29</i>	31 <i>61</i>	2 SEC
2:09 =	31	(32 <i>63</i>)	(33) = 65 <i>1:36</i>	33 <i>66</i>	3 SEC
2:12 =	33	(34 <i>67</i>)	(35) = 67 <i>1:42</i>	36 <i>71</i>	4 SEC

B. The Statistics and Numbers

<u>Year</u>	<u>800</u>	<u>1500</u>	<u>3k</u>	<u>5k</u>	<u>8k</u>	<u>10k</u>	<u>Total</u>
• 2014	4	15	3	2	5	1	45k
• 2015	26	6	1	1	4	1	38k
• 2016	17	14	2		3	1	40k
					<u>Mileage/Week</u>	<u>Cut Downs</u>	
2014	1:50	3:44.5	8:21	14:29	45-58 miles	3-4 miles	
2015	1:45.6	3:40.7	8:48	14:15	50-63	4-5	
2016	1:42.9	3:36.2	8:19		55-68	4-6	
2014	Best competitive times			= Mid to Late April (Too Early !!!)			
2015				= Late June (USA Finals)			
2016				= Early August (Olympics)			

C. The Learning Curve and turning points

**2014 Learn how to train: eat right/ sleep right / routines/ staying healthy
balance school/ social life/ travel & training
proper running mechanics/ stretching/ rolling/
*** communicating with your Coach what's hard & easy
*** learn how to Race the mile/ 1500m & trust your training**

TURNING POINT: made Finals: USA Jr's 1500m / placed 11th = do 100%

**2015 Learn how to RACE the 800m: execute the Race Model
race positioning/ adjusting to race
TURNING POINT: 4th USA Sr. 800m/ PanAm/ Nacac/ World Champs
(control: Travel/ Call Room/ Delays/ Teammates)**

**2016 Learn how to RACE the Runners: Study your opponents Videos/ Tactics
Control your racing space**

D. Timing and Execution of High Intensity Training

2014	Started mid March	result: too early
2015	mid May	just right
2016	mid June	just right

High Intensity Training:

broken system: 1000 = 500 — jog — 300 — jog — 200

Use the broken system to establish high intensity work:

Example:	<u>3 x 1000:</u>	<i>500</i>	<i>jog</i>	<i>300</i>	<i>jog</i>	<i>200</i>	
pace/ 100m =		15		14		13	
400m =		60		56		52	
actual time =		75		42		26	= approx. = 2:23
jogging		<u>100-200m</u>		<u>100-200m</u>			

BONUS MATERIAL

Practical Applications of My Training Theory

	<u>Goal Pace</u>	<u>Workouts</u>	<u>Cut Downs</u>
2014	1:48 = 54/28	6 x 800 at 2:10 2 x 4 x 400 at 60 Broken 1000's	2:20-15-10-05-2:00 64-62-60-60 / 62-60-60-58 80.....45.....28 (76-----43-----27+)
2015	1:46 = 53/27.5	6 x 800 at 2:08 2 x 4 x 400 at 59 Broken 1000's	2:16-11-06-01-1:56 63-61-59-59 / 61-59-59-57 75.....42.....26 (75-73-72...43-41...27-)
2016	1:44 = 52/ 27	6 x 800 at 2:06 2 x 4 x 400 at 58 Broken 1000's	2:16-12-08-2:00-1:56 62-60-60-58 / 60-58-58-56 73.....42.....26 (73-71...42-40...26-27)

2. Race Preparation

A. Set the GOALS well in advance:

2013: in 2014 make USA Jr. Nat's Finals be in the top 2

2014: make in & outdoor 2015 NCAA finals, USA National semi final

2015: after USA 4th = win NCAA indoor 800 & outdoor 1500, be an Olympian
and make the Olympic Finals.

B. Practice every possibility: Thorough warm up always.... 2014 = 3-4 x 40-50m

1. Acceleration pattern from the start. 2015 = 3-4 x 55-60m

2. Make 300 to 600 strength of race 2016 = 3-4 x 75-80m

3. Final 200 speed critical

C. If you make the finals anything is possible **!!! I CAN RUN WITH THESE GUYS !!!**

Example Videos

(Slowest) (2nd Fastest)

[2015 USA Final](#)

24.7

26.1

27.5

27.3

1:45.59

[2016 Trials Final](#)

25.0

26.5

26.6

26.7

1:44.76

[2016 NCAA 1500m Final](#)

[2016 Olympic 1500m Final](#)

NCAA Men 1500m Final 2016

	300	400	400	400	1500
Murphy	42.0 (56.0)	60.6	57.9	55.8	3:36.38
Yorks	42.13 (56.1)	59.79	57.85	58.30	3:38.06
Wynne	41.84 (55.8)	60.33	57.83	58.36	3:38.35
Kidder	42.31 (56.3)	60.46	58.58	59.33	3:40.67

SemiFinal 1 2015 World Championships

V. Extra Coaching Resources:

Kung Fu Panda 1 & 2 DVD

The Talent Code Daniel Coyle

The Power of Habit Charles Duhigg

Good to Great Jim Collins

How They Train: Vol. 1 Fred Wilt

Middle Distances

A Logical Basis for the Training of Runners

**Winning Running: Successful 800m & 1500m
Racing and Training**

Peter Coe

SPECIFIC TRAINING

Alberto Juantorena

FOR THE 400-800M RUNNER

<https://beaconhillstriders.co.uk/wp-content/uploads/2015/05/Alberto-Juantorena-Training-for-400m-800m.pdf>