

800m Training

Dan Ireland

Columbia University

Director of Cross Country and Track and Field

dli2108@columbia.edu

Background

- ▶ Woodbridge HS, Woodbridge, VA - 1987
 - ▶ Foot Locker Finalist in 1985
 - ▶ HS PB's - 4:20, 9:22
- ▶ Georgetown University - 1987 - 1992
 - ▶ College PB's - 8:28, 14:36, 30:23
 - ▶ Big East 10k Champion 1991
- ▶ High School coach for 1 year
 - ▶ Landon High School
- ▶ College coach for 26 years
 - ▶ Georgetown University - 1993 - 1999
 - ▶ Yale University - 2000 - 2011
 - ▶ La Salle University - 2011 - 2014
 - ▶ Columbia University - 2014 - present

Topics

- ▶ Role of Coach
- ▶ 800m Runner?
- ▶ Training Basics
- ▶ Goal Setting
- ▶ Weight Room and/or Circuits
- ▶ Mileage
- ▶ Workouts
- ▶ Tempo Runs
- ▶ Recovery
- ▶ Racing

Role of Coach

- ▶ Get to know your athletes
 - ▶ Develop a dialogue with each athlete
 - ▶ Get to know why they are on your team, what is their motivation
- ▶ Molding young minds for athletic competition and life
 - ▶ How you teach them to handle becoming a runner is vital
- ▶ Tradition
 - ▶ Do you have one or not. Not just about winning but a culture
- ▶ Coaches' interest/enthusiasm carries over to the athletes
 - ▶ Your level of commitment and interest is seen/felt by your athletes

800m Runner?

- ▶ How to determine?
 - ▶ Cross Country season
- ▶ Running background
 - ▶ Mentality
 - ▶ Injury history
- ▶ Race mentality
 - ▶ Ability to concentrate
- ▶ Program needs
 - ▶ Event depth
 - ▶ Meet entry standards
- ▶ Experience
 - ▶ Age
 - ▶ Years running

Training Basics

- ▶ Philosophy
 - ▶ Holistic approach to training
 - ▶ To be a good distance runner you have to run
- ▶ Training Plans/Cycles
 - ▶ Long Term vs Short term
 - ▶ Consistency
 - ▶ Plans for individuals and for the team
 - ▶ Delivery to the individuals and/or team
- ▶ Meetings
 - ▶ Individual and team before and during the season
 - ▶ Determine training partners/groups
- ▶ Running Logs
 - ▶ Online - Running2win
 - ▶ Input mileage, injuries, surface, pace, how they felt
 - ▶ Track consistency of the training
 - ▶ Teammates can follow each other

Goal Setting

- ▶ Individual Meetings
 - ▶ Before, during and after the seasons
- ▶ Mental Approach
 - ▶ Nerves
 - ▶ Anxiety
- ▶ What is success?
 - ▶ For each season, each race
 - ▶ Different for each athlete
 - ▶ Different for each situation
 - ▶ Determine before the race or workout
- ▶ Communicate the WHY behind the workout
 - ▶ Don't be afraid for explain the reasoning behind why you are doing something
 - ▶ Very Important for 800m runners
 - ▶ Learn correct way to race

Weight Room and/or Circuits

- ▶ Weight Room
 - ▶ Preferred for 800m specialists
 - ▶ Do you have access to one on a regular basis?
 - ▶ Lift to gain strength
 - ▶ Consistency during season
- ▶ Circuits
 - ▶ Instead of weight room
 - ▶ Easier to manage and implement
 - ▶ Can do them almost anywhere
 - ▶ Easier to teach
 - ▶ Work different planes

Mileage

- ▶ How much
 - ▶ Consistency
- ▶ Training Surface
- ▶ Biomechanics of the runner
- ▶ Quality vs Quantity
- ▶ Time vs Distance
- ▶ Increase from year to year
- ▶ Summer, fall mileage vs season mileage
- ▶ Days off
 - ▶ Cross Training
- ▶ Training Shoes
 - ▶ Trainers / flats / spikes
- ▶ Breaks between seasons

Workouts

- ▶ Quality vs Quantity
 - ▶ Quality / Volume
 - ▶ Over the entire week
 - ▶ Watch workouts closely
- ▶ Typical Week
 - ▶ Monday
 - ▶ Tuesday
 - ▶ Thursday
 - ▶ Race Day
- ▶ Long Run
 - ▶ 1 x per week
 - ▶ 30 - 50 minutes
 - ▶ Pace
 - ▶ Terrain
- ▶ Tempo Runs
 - ▶ Time of year
 - ▶ Summer / Fall
 - ▶ Competition season
 - ▶ Location
 - ▶ Effort / Pace
 - ▶ 2 - 3 miles
 - ▶ 4-5 x 1k with 1 minute rest
 - ▶ Lane 8 Tempos
 - ▶ 8 - 12 laps
 - ▶ 20 seconds rest
- ▶ Fartleks
 - ▶ Instead of track work
 - ▶ Summer / Fall
 - ▶ 12 - 18 minutes of hard running
 - ▶ Varying rest depending on type

Workouts

▶ Hill Sessions

- ▶ 1x per week in the fall
- ▶ Short & long hills
- ▶ Steeper vs flatter
- ▶ Recovery jog
- ▶ Form and effort

▶ Speed Workout

- ▶ Efficiency / Form / Rhythm
 - ▶ Not all about “speed”
 - ▶ Mimic race mentality
- ▶ Speed
 - ▶ 150's / 200's
 - ▶ End of the workout
 - ▶ After workouts

▶ Volume

- ▶ 1600m - 3200m

▶ When to do it

- ▶ Too many “hard” efforts take a toll

▶ Recovery jog

- ▶ Walk vs jog

▶ Examples

- ▶ 4-6 x 200m w/ 200m jog
- ▶ 3 x 400m with 3:00 jog
- ▶ 500m, 300m, 2 x 200m with 5:00, 4:00, 3:00 jog
- ▶ 600m, 400m, 2 x 200m with 6:00, 4:00, 3:00 jog
- ▶ 200m, 300m, 200m, 300m, 200m with 3:00 jog

Workouts

▶ Strength Workouts

- ▶ Volume
 - ▶ 3000m - 5000m
- ▶ Type
 - ▶ Fall
 - ▶ Competition Season
- ▶ Variation
- ▶ Recovery jog
 - ▶ 1-3 minutes
 - ▶ 100m - 400m

▶ Examples

- ▶ 2-3 x 1600m with 2:30 jog
- ▶ 3-5 x 1k with 2:00
- ▶ 4-6 x 800m with 1:30 - 2:00
- ▶ 4 - 6 x 600m with 1:30 jog
- ▶ 6 - 12 x 400m with 1:00 & 3:00
 - ▶ Sets of 3-4
 - ▶ Faster each set
- ▶ 2-4 x 800m + 2-4 x 400m with 2:00 & 1:30
- ▶ 2 x (2 x 800m + 2 x 400m with 2:00 & 1:30)
- ▶ 6 - 8 x 400m with 1:00 & 5:00 + 300m FAST

Recovery

- ▶ Warmup and Cool down
 - ▶ Pace
 - ▶ Length
 - ▶ Activities
- ▶ Sleep
 - ▶ Consistent
- ▶ Stretching
 - ▶ Type
- ▶ OFF Days
 - ▶ Cross training
- ▶ Hydration
 - ▶ Water vs recovery drinks
- ▶ Food
 - ▶ Proper nutrition

Racing

- ▶ Leading vs Following
 - ▶ Race situation
 - ▶ Sit & Kick or hard from the gun
 - ▶ Individual athletes best race strategy
- ▶ Racing vs Time Trialing
 - ▶ Both are necessary
 - ▶ Use of rabbits/pacers
 - ▶ Beneficial for athletes that are trying to run fast
 - ▶ Beneficial for athletes that are doing the actual pacing
- ▶ Race Preparation
 - ▶ Know your athlete and the others in the race
 - ▶ Individual race plans for each athlete
 - ▶ Be prepared for any time of race situation before the gun fires
 - ▶ Don't over coach - let the athlete run his/her race