

Training 800-Meter Runners

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NACACTFCA Congress
Aruba – October 2008

The 800-Meter

- To be a successful runner you must have:
 - Genetics
 - Training/Discipline
 - Coach with knowledge
 - Desire to win and competitive personality

Terminology

- **Aerobic Running:** running at a pace in which no oxygen debt is accumulated
- **Maximum VO₂:** it is a measurement of the maximum rate at which an individual can utilize oxygen for energy production.
- **Anaerobic Training:** Running at speed in which an oxygen debt is progressively accumulated.
- **Anaerobic threshold training:** the point where the body shifts from aerobic to anaerobic work. 168 bpm. (4 mmol lactate/dl)
- **Tempo Run:** Steady run of at least 20 min at a pace runner can handle for an hour but not longer
- **Hill Training:** Key part of a phase of training. Prepares runner for the transition to true speed training. It also replaces the long slow distance base approach to training.
 - To get fast you need power. Hills alone will make you strong not fast. (speed-strength)
- **Fartlek:** runs at varying speeds in different terrain, preferably.

Terminology

- **Repetition Running:** The main objective is to develop the aerobic and anaerobic capacity of a runner. Usually Can be divide in short, medium and long distance. The relationship of intensity depend of recuperation.
- **Interval Running:** (the key is recuperation) normally 150-800 meters repetitions w varied rest. Heart rate ~120-160.
- **Anaerobic Endurance or Speed Endurance:** The ability to tolerate fatigue and maintain both pace and form while running at near maximum intensity for relatively short distance.
Example> Repeat 300- 400 m training at pace to develop speed
- **Circuit Training:** variety of exercises with weights/no weights
- **Weight Training:** exercise using machines and free weights.
Apply the intensity in relationship with the training period correspondent.

Genetics

- Muscle fiber proportions
 - Fast twitch fibers
 - Basic speed capacity
 - Lactate tolerance ability
 - Slow Fibers
 - VO₂ Max
 - Ability to hold pace
 - Intermediate fibers
 - Best ability to respond to varying types of training
- Muscle fiber Characteristics
- Tolerance to training
- Recovery capacity
- High motivation

Keys to running 800-m fast:

- Great ability to Produce Energy during the duration of the 800-m
- Great ability to Run Economically (getting most speed for energy produced in body)
- Ability to Tolerate Discomfort of running hard
- Great strategy to Maximize Abilities.
- Great Training.
- No injuries!

Metabolic Aspects of 800-m

- Anaerobic than Aerobic
 - Must have anaerobic power for speed
 - Must have aerobic power to race all 800m
- Requires optimal Balance of Anaerobic/Aerobic training > More than any race distance!
- Must be able to produce Maximal Energy
 - Maximal ability to use glycolysis and Krebs cycle
 - Maximal ability to circulate blood and deliver oxygen to muscles

Role of lactate in 800-m

- Lactate **ALLOWS** for continued energy production at a high rate
- Lactate level represents “borrowed” energy for running fast
- Finish the race with as **HIGH** a lactate level as possible (pay back the debt on the awards stand)

Training/Discipline

- Coaching Expertise
- Training Facilities
- Life Style Discipline
 - Nutrition
 - Rest/sleep
 - Bad habits

Four Phases of Training:

- . Adaptation/ Introduction
- . Basic Preparation/General and special
 - Specific preparation/pre and competitive
- Competition
 - Transitory

Basic Preparation

- Long Distance/continuous running
- Running techniques
- Circuit training-[william.mov](#)
- Weight training
- Fartlek
- Long repetitions
- Extensive intervals

Sample Workout

- Warm up
 - Drills
 - Stretching
 - Strides
- Main Workout
 - Intervals
 - Repetitions
 - Speed
 - Hills
 - Etc...
- Cool down
 - stretch

Specific Training

- Anaerobic Workouts
- Intervals
- Repetition
- Weight Training
- Hills
- Time on the track
 - Pace judgment
 - Aggressive around the corners

Workout

- Monday

- 40 Minute AM run
- Drills and Stretch
- 100 Strides
- Stretch

- 30 min Fartlek
- Drills and Stretch
- 100 Strides
- Stretch

- Tuesday

- 5 x 1 mile jog
- 6x80 strides
- Circuit training.
- Cool down and stretch

Workout

- Wednesday

- 40 min run AM aerobic work out
- 30 min cross country
- Drills and stretch
- 10x100 strides

- Thursday

- 40 min run Drills
- 2 x 8 x 100 strides
- Circuit Training
- Stretch

Workout

- Friday
 - 15 min run
 - Drills and stretch
 - Strides
 - 1 mile – 1200 – 1000- 800 – 600 – 400
 - 10 min cool down
 - Stretch
- Saturday
 - 45 min run
 - 10 x 100 strides
 - Circuit Training
 - Stretch
- Sunday
 - Off

Pre-Competition

- Anaerobic training
 - Faster repetitions
- Speed Workout
- Weight training

Workout

- Monday

- 30 Minute AM run
- Drills and strides
- Circuit Training
- Stretch

- PM Warmup
- Drills and Stretch
- 5 X 800 OR 5 X 600 and 200
- Strides
- Stretch

- Tuesday

- 30 Min bike
- Weight Room
- Stretch

Workout

- Wednesday
 - Warm Up
 - 9 X 300
 - Strides
 - Cool Down
 - 3 X 40 X 10 (Sit-up/Pushup)
 - Stretch
- Thursday
 - 40 Min pool or bike
 - Stretch
 - 2nd Practice
 - 20 Minute warm-up
 - Weight room
 - (Sit-up/Pushup)
 - Cool Down

Workout

- Friday

- 30 Min Run
- 10x100 Strides
- (Sit-up/Pushup)
- Strides

- 2nd Practice
- Warm up
- Ladder
- Cool Down
- Stretch

- Saturday

- Warm Up
- Drills
- Stretch
- 12 X 200
- 10 min cool down
- stretch

- Sunday

- Off

Competition Workout

- 1 X 600
- 1 X 300
- 1 X 150

- 4 X 400 X 200

- 6 X 150 X 50



Video



Summary