

Training for the 800m and 1600m Events

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Aerobic Training Regimes

- Aerobic Training
 - Continuous Running
 - Recovery Runs
 - Distance Runs or Aerobic Development Runs
 - Long runs
 - Tempo Runs
 - 20 - 40 Minutes of hard running at a pace similar to half marathon race pace. Cue to athletes is to run at a pace that they can talk in short bursts, but can not hold whole conversations

Anaerobic Training Regime (Max Velocity or Alactic)

- Reps = 30 to 60 Meters
- Sets of 2 to 4 repetitions
- 90 seconds to 3 minutes between repetitions
- 2 to 4 sets per session
- 8 - 10 minutes between sets
- Total Volume of 360 to 600 meters for an entire session

Anaerobic Training Regime (Glycolytic or Speed Endurance)

	Speed Endurance	Special Endurance I	Special Endurance II
Intensity	90 - 100%	90 - 100%	90 - 100%
Extent	60 - 150 Meters	150 - 300 Meters	300 - 600 Meters
Reps per Set	2 - 5	1 - 5	1 - 4
Sets	2 - 3	1	1
Session Volume	300 - 1200 Meters	300 - 1500 Meters	300 - 2400 Meters

Aerobic Efficiency

- How well we use Oxygen
- Distance Runs, Long Runs, Tempo Runs
- Start as early as you can
 - Cross Country is a great benefit to the 800/1600 runner

Aerobic Power

- How much blood we can move / building a strong heart that can pump lots of O2 rich blood
- Long intervals 2-6 minutes in duration, Long hills, Fartlek
- Cross Country workouts and races are great for contributing to Aerobic Power (VO2 Max) development
- Take 27 weeks (half a year) to fully develop
- 8-12 weeks will show significant improvement

Combined Zone (Contributions from Aerobic and Anaerobic systems)

- Intervals run at paces between 800m and 10k pace (92% vVO2 - 110% vVO2)
- Adaptations of both systems occur
- Learning to run at various race paces
- All track and field distance races are run in the combined zone
- Critically important for developing recognition and "comfort" at race pace

Training Parameters

- Interval Training
- 10k Pace Workouts (probably not greatly applicable to High School)
 - Focuses on Aerobic Strength and Efficiency
 - Total Volume of a session 8k up to 15k
 - Recovery between intervals 1/4 time
 - Examples of workouts: 10-12 x 1000m, 45 sec. b/ reps
3 x 8 x 400m, 100m jog b/ reps, 400m jog b/ sets
8x400, 2x800, 1x1600, 2x800, 8x400, ¼ jog of int. just run

Training Parameters

- Interval Training
- 5k Pace Workouts
 - Focuses on Aerobic Strength and Power
 - Total Volume of a session 3 to 6 miles
 - Recovery between intervals ½ time
 - Examples of workouts: 4 x Mile, 2-3 min. b/ reps
8 x 800m, 90 sec. b/ reps
16 x 400m, 45-60 sec. b/ reps

Training Parameters cont.

- Interval Training
- 3k or 3200m Pace Workouts
 - Focuses primarily on Aerobic Power
 - Total Volume of a session 2 to 4 miles
 - Recovery between intervals is equal rest
 - Examples of workouts: 6 x 800m, 3 min. b/ reps
10 x 600m, 2 min. b/ reps
4 x 5 x 200m, 30 sec. b/ reps,
3 min. b/ reps

Training Parameters cont.

- Interval Training
- Mile or 1600m Pace Workouts
 - Focuses on Aerobic Power and Buffering Capacity as well as knowing 1600m Pace
 - Total Volume of a session 2400m - 4800m
 - Recovery between intervals is twice time just run
 - Examples of workouts: 10 x 400m, 2.5 min. b/ reps
12 x 300m, 2 min. b/ reps
5 x 3 x 200m, 60 sec. b/ reps,
5 min. b/ reps
4 x 800m, 5 min. b/ reps

Training Parameters

- Interval Training
- 800m Pace Workouts
 - Focuses on Buffering Capacity and Lactate Tolerance
 - Total Volume of a session 800m to 3200m (usually in sets)
 - Recovery between reps is short, near complete between sets
 - Examples of workouts: 2 x 400/200/200, 3 min, 1 min. b/ reps, 8-10 min. b/ sets
4 x 3 x 200m, 30 sec. b/ reps, 8 min. b/ sets
600/200, 45-60 sec b/ reps, followed by 150's with 3-4 min. b/ reps

Training Parameters

- Interval Training
- 400m Pace Workouts
 - Focuses on Buffering Capacity and Speed Endurance
 - Total Volume of a session 600m to 1500m (usually in sets)
 - Recovery between reps is short, near complete between sets
 - Examples of workouts: 3 x 3 x 150m at 400m Goal Pace
3 x 250/150, 60 sec. b/reps, 10-15 min. b/reps
3 x 300m at Goal 400m pace, 10 min. b/reps

Training Parameters – Aerobic Efficiency

- Long Runs – up to 20% of weekly volume. Needs 24 to 48 hours recovery before next hard stimulus depending on the intensity of the run
- Tempo Runs – 20 to 40 minutes of hard, but submaximal running. Around 10k to ½ marathon pace. Need 48 hours before next hard stimulus
- Regular run – 30-60 minutes in duration (could be further for highly developed athletes). 24 hours before hard stimulus
- Recovery run – 30-45 minutes – at relaxed pace

Multi-Tier Training Plan

- When preparing for the Middle Distances, it is important to be prepared both aerobically and anaerobically for the demands for the event
- A well developed Aerobic System will postpone the high on set of by-product (H+)
- A well developed Anaerobic System will help buffer the by-product and help the muscles become more tolerant of it

Multi-Tier Training Plan

- In a multi-tier training plan, different training paces are all hit during each cycle
- Will result in best prepared athlete
- VO2 (Aerobic Power) takes 27 weeks to fully develop, 8-12 weeks will show significant gains
- Buffering ability of anaerobic training takes 8-10 weeks to fully develop, significant gains will occur in 4-8

Putting it all together

- Define the season: which meets are developmental, important, critical
- How many peaks? CC, Indoor, Outdoor
- Plan schedule by working backwards
- Concentrate on Endurance, then Race Paces, then Speed

Example of Multi Tier Training Cycle Pre Season

Mon	Aerobic Run
Tues	(5k) 8x800m, 90 sec. b/reps
Wed	Aerobic Run
Thurs	(1600) 10x300m, 2 min. b/reps
Fri	Aerobic Run
Sat	(3200) 2 x 5 x 600m, 2 min. b/reps, 6 min. b/reps
Sun	Aerobic Run or REST
Mon	Aerobic Run
Tues	(800) 3 x 500, 5 x 300, 5 min. b/reps
Wed	Aerobic Run
Thurs	(Tempo) 20 Minute Tempo Run
Fri	Aerobic Run
Sat	(1600) 8 x 400m, 3 min. b/reps
Sun	REST

Example of Multi Tier Training Cycle Early Season

Mon	Aerobic Run
Tues	(5k) 8x800m, 90 s ec. b/reps
Wed	Aerobic Run
Thurs	(1600) 10x300m, 2 min. b/reps
Fri	Aerobic Run
Sat	(3200) 2 x 5 x 600m, 2 min. b/reps, 6 min. b/reps
Sun	Aerobic Run or REST
Mon	Aerobic Run
Tues	(800) 3 x 500, 5 x 300, 5 min. b/reps
Wed	Aerobic Run
Thurs	(Spec. End. 2) 4 x 400m at 90% effort, 8 min. b/rep
Fri	Aerobic Run
Sat	(1600) 8 x 400m, 3 min. b/reps
Sun	REST

Example of Multi Tier Training Cycle Late Season

Thurs	(1600) 10x300m, 2 min. b/reps
Fri	Aerobic Run
Sat	800m Race and 4 x 400m leg
Sun	Aerobic Run or REST
Mon	Aerobic Run
Tues	(800) 3 x 500, 5 x 300, 5 min. b/reps
Wed	Aerobic Run
Thurs	(Spec. End. 2) 4 x 300m at 90-100% effort, 8 min. b/reps
Fri	Aerobic Run
Sat	1600m Race
Sun	REST

Questions

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