

I'm not robot  reCAPTCHA

Continue

Welcome! It will be a long post, so grab your favorite cup of tea or coffee before proceeding. My goal with this guide is to help other runners improve their performance in the 800m. I will also collect all the information on the 800m training that I know in one place. This guide will also include recommendations on basic training, injury prevention exercises, strength training and plyometry training. There is some good information on the Internet but its spread in many different places and I want to gather good information in one place. This guide will be very informative for a self-trained runner. I had only modest talent with 1 min 58 sec 800m PB, and 51 sec 400m PB, but I studied training at an average distance and especially 800m training over the years. I've been running for 17 years, and I'm still running. I made my mistakes in training, got injured, overtrained and so on, so I learned on my way. I want you to avoid it all and give you tips on how you can optimize your training and run faster than 800m. I can mention that I have a Bachelor of Sports Biology as well as a training athlete stuck at 2.00 by 800m for several years running 1.57 after months of coaching. So I have some theoretical and practical knowledge. There are of course different opinions about what is the best learning, and many probably disagree with me. But this is what I found worked best, and also what seems most logical to me. My ideas for 800m training comes from years of studying elite and sub elite training programs, information from running coach Renato Canova, Brad Hudson, Gianni Guidini and from the 5 pace system that was used by Sebastian Coe. I didn't invent anything myself, but I took what I thought was the best advice and made it into a system that most people can follow. This guide is my understanding and interpretation of the teaching principles and philosophy of the coaches mentioned. From what I understand, they share many of the same teaching principles. I also tried to make it into a full year training system with progress from the least specific preparation to the most specific training. So if you're confused about how to train at the 800m, you'll still be confused about how to train optimally, but hopefully less than when you started reading this guide. You and I will never stop learning, and there are always things that can be done better. I have to mention that English is not my native language, so I couldn't use the right phrases or grammar at times. I won't dwell too much into physiology in this guide. This guide will be more practical. Important to know before you start learning: There are, in my opinion, 3 type 800m 800m Fast 400m/800m style, clean 800m style and resistant 800/1500m style. A 400m/800m type person who has a very fast 400m pb, a good 800m pb, and a somewhat bad 1500m pb compared to a level at 400m and 800m pb. A clean 800m runner is a man who has a good pb's at 400m and 1500m, but the 800m pb is better than the 400m and 1500m pb. The 800/1500m runner class has a good 800m and 1500m pb, but has a poor 400m pb. So first you need to figure out what type of 800m runner you are, then train accordingly. If you've trained well for months you can compare your 400m/800m/1500m personal best to see what type of 800m runner you are. The key is to focus on your strengths in training. You have to do the right preparation for your type. The training is very individual and in the process of learning you need to find out what types of training works for you and which do not. The class is 400m/800m and the class of 800m/1500m should train differently. The 400m/800m class will benefit more from higher training intensity and lower mileage. The 800m/1500m class will benefit more from lower intensity and more mileage. Failure to understand this can lead to injury and poor performance. For example, running long threshold sessions and 90-minute runs for the 400m/800m will not be the optimal training for him/her, but can be good preparation for the 800m/1500m. For a fast 800m runner, their strength is speed and anaerobic endurance. Then more attention to this type of learning is more fruitful. The sustainable type has a slower 400m pb and should focus more on their strengths, i.e. aerobic endurance and the ability to run a higher mileage at a lower intensity. I watch many coaches make this mistake in their coaching staff. They are arguably a former long sprinter or long distance runner and believe that their type of training is the best and make all of their athlete follow the same training regimen, regardless of the type of runner. Usually what I see is that a trainer who believes in a long-distance approach for all types of middle-distance runners will attract 800/1500m types. They will improve this type of exercise, but the 400/800m class with the same coach will not improve, and will probably terminate training or changing coach. The coach should be pragmatic in the coaching work of the athlete, not dogmatic! This can be a challenge for 800m runners because this training can be very different for a fast type and a steady runner. The training advice in this guide will be more suited to the type 400m/800m and net type 800m. What will determine your success in the long run is the amount of talent you were born with, proper training and consistency. No amount of perfect training can make you a world champion if you don't have and no amount of talent can make you a world champion without a proper and consistent consistency Sorry to say this, but it's reality. But what you need to do is make the best of your talent, enjoy running and don't compare yourself to others who are more talented. My philosophy of preparing for the 800m: Training planning: In order to run a good 800m, you need both speed and endurance. So your training should reflect that. You need both high-speed training and endurance training in your program. Also you need to train in some form of speed and endurance all year round. Here's a very important point; You should develop all aspects of your fitness at the same time without ever neglecting any quality for a long period of time. Thus, this means that for optimal performance you need to have these qualities present in your training program, and you should always try to improve or maintain them: long endurance, short endurance, speed, strength training and plyometric training. So in the 7-14 day training cycle you have to train to improve all these qualities. If you exercise, for example, endurance for a long time and neglecting other qualities of your work will not be optimal. This is also true for training in the season, you still have to keep items from previous training periods (endurance, speed, strength, plyometry), while you do specific workouts, but in smaller or rarer amounts than in basic training, of course. Training is not a substitute, but add, as Renato Canova says. This means that in the season you will have to add a specific workout, but you still have to use some session from you basic workout well during this period. This is because you can never let any quality become worse than before and expect to work optimally. For example, if you do too many specific workouts in a season and completely neglect longer endurance training, your performance will not be optimal. So you should keep some of these sessions from previous stages of training even during the competition period, but with less frequency. I like to have cycles that last longer than 7 days because I don't like being forced to cram in all the training qualities in a 7-day cycle. I prefer to spread different workouts over 14 days or more of the cycle and I recommend you do the same if you have the opportunity. Speed training: My view on speed training is that speed is important, of course, but it's more important to do long sprint speed rather than acceleration and short speed (40-60m) So my advice is to skip 60m sprint training at 100% effort rather than hill sprint or more sprints on a flat surface, such as 100-120m Effort. The reason for the hills is that it builds speed as well as training your specific strength and the risk of injury is very small. The reason why I put more weight on the long sprint is that the risk of injury is much lower, and the speed is still much faster than the 800m pace of the race. What I'm trying to say is that even if you you you Train pure speed with long sprints speed them more than fast enough to train speed 800m. Net speed is not a problem to run fast 800m. The problem is to maintain the pace of the race for a long time. Tempo runs aka threshold runs: Long pace runs at the pace of the threshold (intensity zone 3) should be avoided by 400m/800m runners and clean 800m. 800m/1500m runners seem to be better off reacting to this preparation. If you still want to do this training as a faster type 800m runner, make the pace run shorter but faster. Do 20-30 minutes continuously, or you can split it into intervals like 5x5 minutes with 1 minute recovery. The reason why you shouldn't pay much attention to training in zone 3 is that this type of training can lead to a static step if done as long a pace, and also because it is not the most specific endurance training for 800m runners. Training in zone 4 rather than zone 3 is likely to develop vo2 max more, and the pace of those intervals will be faster and more running specific to the 800m pace. Long runs: I don't think there's any need to run longer than a 1 hour for 800m runner. Especially for a fast runner type. The reason is that the pace of these runs are so far from the pace of 800m mileage, so it has no connection with the speed of 800m. I believe that longer runs of less than 1 hour is best used for regeneration purposes rather than trying to build anything with these runs. The focus on these runs should be on recovery and the pace should be comfortable and slow. The runner's overall weekly run of 400/800 m is less important. Average pace of long runs: I'm not a big fan of the average pace running in the 2 to 400m/800m runner's intensity zone. The reason is that it's too quick to recover training, but still slow to increase endurance, which is important for 800m, Vo2 max. Zone 2 training is good for increasing the aerobic threshold and I think these runs are most important for half and full marathon runners. Interval training: During a basic workout, the goal is not to try to work faster at intervals. The faster the pace should come from a natural increase in fitness, rather than from trying to push the tempo into interval sessions. Most of you interval training should be at a controlled pace where you work within your own limits. Hammering intervals and always pushing the tempo will leave you stale and probably overtrained if you do it often. My advice is to have a negative split at all intervals and keep in most cases to keep the reserve 1 2 intervals (during basic training). This means that you could do another 1 or 2 intervals at the same pace if you had to. Negative split means you run the first interval more slowly than the other, and gradually increases speed at each interval. The advantage of holding back a bit at intervals is that the goal of the session will still be achieved, i.e. endurance training/vo2 max. But you'll have a shorter restitution time after the session and more energy for the speed sessions. Multi-stage training: I believe in multi-stage training. Multi-stage training is mainly for training at many different training rates during a short training cycle of 7-14 days. This type of training was done with great success by Sebastian Coe and then Wilson Kipketer. Most active athletes naturally have a number of steps in their training cycle. I like to be a little more aware of this aspect of training and I like an athlete to train at these paces during the training cycle of 7-14 days. This is during the fundamental period. In a special and specific period more attention is paid to speeds from 400m to 3k pace. In a special period it is a high frequency of training at a pace close to or right at 800m pace. The advantage of knowing about your training steps in the training cycle is that you will cover all the paces to build up both speed and endurance. You get effective control at different rates, keeps changing in your training and avoids callousness. Also remember that each tempo works as support to work at a different pace. Imagine that your body has 5 gears (5 steps) running too much in just one gear (tempo) will not be optimal and can lead to callousness and injury. Just like a car, if you increase the gas but do not change gear, your car will suffer. So you need to frequently change gears in your training to get better progression and adaptation. This principle also applies to runners in the distance. In the main period: 1. 5/10k tempo 2. 3k tempo 3. 1500m pace 4. 800m pace 5. 400m pace. Training pace: Typically, it should be your training pace: Easy regeneration works (slower than 50% of 800m pace) Continuous runs of 20-40 minutes at 50-60% 800m pace (probably Faster speeds for shorter durations) (10k pace or slower) Average to long intervals at 65-85% of 800m, the pace works to increase the length of each (repeat over time, or total workout volume, but not increasing speed. (10k to 1500m pace) Short and medium intervals at 80-90% from 800m pace (3k pace up to 1500 m pace) Short intervals at 80-90% 800m pace with very short recovery (3 pace to 1500 m) Hill sprints and long sprints for about 15-25 seconds (no longer) at high speed, hill sprints and long sprints for about 15-25 seconds (no more) at high speed, With a lengthy recovery (2-3min) (sprint) specific 800m training sessions: 95-105% of the race pace. (800m pace) Note that when I talk about the pace races it's from the current level of 800m, not your target pace. So this means that if you are currently a 2.00 800m runner you should run at a pace percentage of your current 800m speed (15.00secs per 100m) rather than using steps for 1.50 800m (13.75s), even if it's your yours Goal. Case study: Current level 800m: 2.05 mins and 125 sec. For 100m and 125s/8 15.63 with Short intervals 80-90% RP (racial rate) 80% RP 15.63/0.8-19.54 secs at 100m 85% of RP 15.63/0.85 x 18.39 sec per 100m 90% of RP 15.63/0.9-17.37 sec per 100m Session Example: 10x300m. 1 min rec 85% RP 18.39s x 3 55.1s per 300m (approximately 1500m pace) Specific preparation: 95-105% RP 95% RP-16.45s per 100m. 105% RP14.89s per 100m. Sample sessions: 3x600m and 95% RP with 10 min rec. 16.45s x 6 1.39 at 600m 3x400m and 100%-105% of race pace. 5 mins rec. 15.63s (100%/) 14.89s (105%) x 4 x 62.5-59.5 secs on 400m Types of interval training suitable for 800m runner: Long aerobic intervals: 65-85% from 800m pace The goal of these intervals is to increase the Vo2 max and anaerobic threshold. This training is aerobic support for medium and short intervals. This means that performance improvements over long periods of time will have a positive impact on the amount of work and speed of medium and short intervals. Average long intervals: 80-90% of the 800m pace The goal of these intervals is to increase the anaerobic threshold, Vo2 max, and pace at vo2 max. Intervals of medium length work as aerobic support for your short intervals. Short aerobic intervals with short recovery: 80-90% of the 800m pace Target of these intervals is to increase the Vo2 max and anaerobic threshold, but at a more specific speed than longer intervals. Short intervals works as aerobic support for faster and more specific intervals at the end of the season (special and specific period) Hill Sprint: Hills Sprint is very useful for all types of runners. You lacticity and the strength of your feet will be trained a certain way when running on the hills. They are perfect for building power and step before you later speed the train on the track. Another advantage of the hills is that the risk of injury is very small, and the strength training you get from running fast uphill seems to prevent injury. Hill running can serve many purposes. During the regeneration period you can include very short hills lasting no more than 8 seconds to build power and elasticity in the legs. Example: 5x8 seconds up a steep hill with a slow back recovery walk. This is done after an easy start. This training is even useful for long-distance runners. The goal of these short uphill sprints is to gain as many muscle fibers as possible, so you need to run it at 95-100% intensity with good recovery. Many of Renato Canovas long-distance athletes do this type of training all year round. For the middle distance Renato Canova noted that it may be more useful for a middle-distance runner to run a less steep hill and a few more reps of 15-20s to be more specific with speed However for middle-distance runners I think during the regeneration period that short hills hills Be included as an introduction to longer hill sprints, and use them to create specific leg strength running. Hills Sprints act as support and lays the groundwork for follow-up speed training on flat surfaces (track training) Strength training: Strength training must be specific and will be done with a quick explosive execution. I don't think bench press, biceps and typical bodybuilder exercises has any positive effect on 800m performance. The 800m athlete should focus on leg strength training, basically 1 foot exercises, hip strength and basic training. They will have a positive effect on the 800m. The strength of the hip and core will also be useful to prevent injuries. Pliometric training: Explosive strength is important for runners at 800 m, and plyometric exercises will have a positive impact on performance. The goal is not to create as many forces (maximum power) as possible, but to create a great force in a short period of time (the speed of force development). Various jumping exercises are done for this purpose. Periodization: The school year is divided into these periods: regeneration period: (2 weeks) introduction period. (2-4 weeks) Fundamental period. (4-6 months) Special period. (2-3 months) Specific period. (3-4 months) Summary of training in different periods: regeneration period: recover from previous seasons of training and competition and take care of any injuries that might occur. Introduction period: Gradually increase the amount of runs, and build you fitness. At the end of this period you had to achieve the mileage that you will have in your training during the fundamental period. Fundamental period: gradually increase the amount of education. Increase the amount of quality training (intervals) without trying to push the pace. Special period: Gradually increase the intensity of quality training from week to week. Running intervals is faster, but with a longer recovery and reduced overall volume. At the end of the special period, you made a gradual transition from a special period to a certain period. Specific period: Training becomes a very specific race, and many sessions are performed at race speed. A longer recovery is required. Between replays and between workouts. And the total amount of interval work decreases compared to the fundamental and special period. Progression runs more repetition, more repetitions or with reduced recovery at race pace. Enough basic information. Now I will explain the different periods of learning and the different types of training that you have to do in each period. Regeneration period: This is the post-season period. I recommend everyone take at least 2 weeks of general rest. Introdubtive period: gradual build-up and mileage in the next 2-4 weeks. 2-4 weeks should consist only of jogging, steps and some short hills sprints. The specifics of learning are not important. Just keep active and train easily. This period is essential for charging your physical and mental energy after a long season with competitions. Typical training week in an introductable period: 1. 50 min easy to jog 2. 50 min easy - steps/short hill sprint. 3. Rest 4: 50 mins Easy 5: 50 min Easy and Short Hill Sprint 6: Rest 7: 1 Hour Easy Fundamental Period: This is the period when the bulk of the preparation is done. Your goal is to gradually increase the mileage and amount of quality training (interval training). The goal during this period is not to try to run faster at you intervals, but to increase the number of intervals, increase the duration of intervals or reduce recovery as you get fitter. There may be an increase in speed at intervals, but this should come from a natural improvement in fitness rather than from pushing the pace in training sessions. The focus is on increasing endurance and speed during this period with limited dairy build-up. Intervals should be performed mainly in the 4-5 intensity zone. This is slightly faster than the anaerobic threshold. Type of training to be included in the main period: Long aerobic intervals (800m-1200m) Medium long aerobic intervals (400-600m) Short aerobic intervals (200-300m) Training speed is kept short, no more than 120m to prevent the accumulation of lactate and preferably done in the mountains. The hills will build a concrete running force that will help you when you later run your speed session on a flat surface. Basic Training Force Training Plyometric Training Examples of Training Sessions during the main period: Long aerobic intervals: 5x1000m. 2 mins recovery. (5-10k pace) 6x800m 2 mins recovery. (3-5k pace) Medium length aerobic intervals: recovery 7x600m 2 min. (3k tempo) Short aerobic intervals: 10x300m 1 min rec. (1500m/3k pace) 8x400m 90secs. (1500m/3k pace) Speed: 10-15x15-20 sec Hill Sprint. Go back to recovery. (400-800m pace) 8x100m flat 90-95% effort. 3-4 min Recovery (400m pace) Sample curriculum in the main period: 1: 5x1000m 2 mins Recovery and Total Strength/Core (5-10k Pace) 2: 50 min Easy to Jog 3: 10-15x15-20 sec Hill Sprint and Foot Strength (400-800m pace) 4: 50 min easy to run / alternative workout 5:10x300m. 60 sec Recovery - Total Strength/Core (1500m/3k pace) 6: 50 min easy jog or rest 7: Plyometrics-8x100m fast steps. 2 mins Recovery (400m pace) 8: 50 min easy to run 9: 7x600m. 2 min Rest Total Strength/Core (3k Tempo) 10: 50 min Easy to Jog 11: 10-15x15-20 sec Hill Sprints and Leg Strength (400-800m Pace) 12: 50 min Easy to Run/Alternative Workout 8x400m. 90 sec Recovery - Total strength/core (1500m/3k pace) 14: 50 min easy run or rest 15: Plyometrics-8x100m fast steps. 2 min Recovery (400m pace) 16: 50 min easy to run Repeat cycle with interval sessions. How intervals should progress during the main period: 1. Increase in intervals 2. Decline in recovery 3. Increase the length of repetitions, running at the same pace. Examples with long aerobic intervals: 1. 5x1000m 2 min rec. Progresses to 6x1000m 2 min rec. 2. 5x1000m 2 min rec. Progresses to 5x1000m 90 sec rec. 3. 5x1000m 2 min rec. Progresses to 5x1200m 2 min rec. The same principles apply to medium length intervals and short aerobic intervals. Examples with short aerobic intervals: 1. 8x400m 90 sec rec. Progresses to 10x400m 90 sec rec. 2. 8x400m 90 sec rec. Progresses to 8x400m 90 sec rec. Progresses to 6x500m 90 sec rec. Progresses to 6x500m 90 sec rec. Examples with average length intervals: 1. 7x600m. 2 mins rest. Progresses to 8x600m. 2 mins 2. 7x600m. 2 min rest. Progresses to 7x600m. 90 sec rec 3. 7x600m. 2 min rest. Progressing to 6x700m. 2 mins For the speed of training I prefer to increase the number of reps only: 1.10x15 sec hill sprint. Progresses to 12x15 sec hill sprint. 2. 8x100m flat. Progresses to 10x100m flat. Summary of the main period: Increase the total amount of intervals, reduce recovery, or increase the length of intervals, rather than push the tempo. The improvement in tempo should be due to the result of a natural increase in shape, rather than from trying to work harder than each repetition. The speed of training kept short, usually hills to build strength, less than 120 m with not much lactate accumulation. Special period: During this period there is a gradual increase in the intensity (speed) of quality training gradually from week to week. Running intervals is faster, but with a longer recovery and reduced overall volume. Training during this period is gradually moving towards specific preparation. At the end of this period you basically make short intervals near or at the pace of the race. The speed of work during this period becomes more specific race. You will still have sessions from the main period present during this period. Since the intensity of these sessions is higher than in the main period, it may take a longer recovery than 1 day of recovery, which is normal in the main period. Give yourself 2 easy days of jogging if you feel that your body needs it after a hard day of interval. Examples of How you can progress long aerobic intervals over a special period: 1: 5x1000/5x1200m when increasing speed per representative and by 400/rest 2'3'4'4'5 (5000-6000m) 2: 41000x with an increase in speed per rep and 400/ rest 4'5'6 (4000 m) 3: 3 3x 1000 with an increase in speed per rep and 400 m - rest 6'7 (3000m) 4: 31000 on an increase in speed per rep and by 400 m - rest 7'9 (3000m) 5: 3800x on speed increase per rep and 400m - rest 8'10' (2400m) Examples about how you can progress to average length aerobic intervals during time Period: 1: 4x (2x600) with an increase in speed every 200m and the remaining 2 minutes between reps and 4 min between sets (4800m) 2x 3x600x2x600 rest 2' and 4' (4200m) 3x600x2x2x x600x600 rest 3 and 6 (4200m) 4: 2600x2x600x600x600x0x600m 3'5'6' (3600m) 6: 5x600 rest3'4'5'6' (3000m) 7: 5x600 rest 4'5'6'7 (3000m) 8: 3600 restx4'6'8'8'8'8'8'8'8'8'8'8'2x300 rest 3' (2400m) Progression from aerobic force to maximum aerobic force to specific resistance with increasing speed examples on how you can progress short of aerobic intervals during a special period: 1. 5x (2x400) rest 2 mins rest and 4 min set of rest (4000 m) 2. 4x (3x300) rest 2' and 4' (3600m) 3. 3x400-3x300x400 rest 2' and 4' (3300m) 4. 2x (5x300) rest 1'2'3'4' and 6' (3000m) 5. 3x300x 3 sets.

Rest 2'3" and 5' (2700m) 6. 4x300x 2 sets. Rest 2'3'4" r 6" (2400m) 7. 2x (400 x 300 x 400) rest 5'4" and 8' (2200m) 8. 2x (300-400-300) Rest 4'5" and 10' (2000m) Examples of how you can progress the speed of training during a special period: 1× 15×15 sec hill sprint (225s runs) 2. 15×20 sec Hill Sprint (300s runs) 3. 12×25 sec. sprint (300 years in a row) 4. 12x100m sprint flat (1400m) 5. 10x120m sprint flat (1440m) 6. The 8x150m sprint is flat (1500m) progressing from power speed to top speed to speed resistance. Example of the training program in a special period: 1× 4 1000 with an increase in speed per rep and 400 m/rest 4"5"6" - total strength/core (3k-5k pace) 2. 50 mins easy to joo 3. 12x100m sprints flat-footed power (400m pace) 4. 50 mins easy to joo 5. 3×600×2×600×600 rest 3 and 6 or 3400×3×3003×400 rest 2" and 4" total strength/core (3k/1500m pace) 5. 50 min Easy to jogs or rest 6. Plyometrics-10x100m fast steps on grass (400/800m pace) 7. 50 min Easy Run 8. 3×1000 with an increase in speed per rep and 400 m - rest 6'7" - total strength/core (3k tempo) 9. 50 min easy run 10.10x120m sprint flat and leg strength (400m pace) 11. 50 mins easy to joo 12. 2×600×2×600×600 rest 3'6" or 2x (5×300) rest (1500m/800m pace) 13. 50 minutes easy or rest 14: Plyometrics 10x100m quick steps on grass (400/800m pace) 15. 50 min easily Repeat the cycle with progression in interval sessions. Combining different forms of learning. The ideal situation will come at the top of different types of high-intensity training before entering competitions and a specific period. Long aerobic intervals: 3x800m rest 8 and 10 min (2400m) Speed: 8x150m rest 3 min (1500m) Average length intervals: 3x600m× rest 0 rest intervals 3" (2400m) Short intervals: 2x (300m/400m/300m) rest 4'5" and 10' (2000m) Specific period: As you can see at the end of the special training period has become very specific. Short and medium-length intervals were fast, with long recovery and reduced volume. This leads us to a certain period. Specific sessions (short and medium length intervals, 200-600 m) during this period should be run at a pace of 95%-105% of the current race pace. It is very important that you can run at 95%-105% because it is a very race-specific training. And spesific training is important during this period because it gives the body adaptation to run effective in race pace. This means that if you don't feel fresh enough to do a session at an exact pace due to fatigue or for some other reason, it is better to give yourself another easy day of jogging than to try to push yourself through a session unable to run at 95%-105% of the race pace. During a certain period it is common with 2 easy days between difficult sessions rather than 1 day. At race-specific sessions you should as you get a locksmith to try to reduce the rest between reps, increase the number of intervals or increase the length of each interval instead of trying to run faster than 95%-105% of the race pace. Your goal is to be able to run longer with race speed, not running faster than the pace of the race. With speeds faster than 105% of the race pace, you should instead do on a long sprint session (150 meters) speed sessions during this period progressing, trying to reduce recovery between reps, making you work better efficiently at high speed with high accumulation of lactate. In this period you still need to keep some session of long aerobic intervals to balance out the hard exercise in keeping you aerobic stamina. If there is a longer period of time without competition you can also return to learning 2-3 weeks of training from a special period, with less intensity and more volume than in a certain period. Examples Special workouts over a period: 1. 8x150m 3 min rec (105%-115% of the pace of the race) 2. 3x600m 12 min rec (95%-105% of the pace of the race) 3. 3x400m 5 min rec (95%-105% of the pace of the race) 4. 8x200m 90 sec rec. (95%-105% of the pace of the race) 5. 2x (3x300m) 3 min Rec. 8 mins set rec. (95%-105% of the pace of the race) Examples of how you can progress training sessions over a certain period: Reduced recovery: 1. 8x150m 3 min rec. Progresses to 8x150m with 2 min 30 sec rec 2. 3x600m 12 min rec. Progresses to 3x600m with 10 min rec. 3. 3x400m 5 min rec. Progresses to 3x400m with 4 min rec. 4. 8x200m 2 min rec. Progresses to 8x200m with 90 seconds rec. 5. 2x (3x300m) 3 min rec. 8 mins set rec. Progresses to 2x (3x300m) 2min 30 sec rec. 7 mins set rec. Increased intervals: 1. 3x400m 5 min rec. Progresses to 4x400m with 5 min rec. 2. 8x200m 2 mins rec. Progresses to 10x200m with 2 min rec. 3. 2x (3x300m) 3 min rec. 8 mins set rec. Progresses to 2x (4x300m) 3 min rec. 8 mins set rec. 4. 8x150m 3 min rec. Progresses to 10x150m 3 min rec. Length length: 1. 3x400m 5 min rec. Progresses to 3x500m with 5 min rec. 2. 8x200m 2 mins rec. Progresses to 7x250m with 2 min rec. 3. 2x (3x300m) 3 min rec. 8 mins set rec. Progresses to 2x (2x400m) 3 min rec. 8 mins set rec. 4. 8x150m progresses to 150m-200m-150m-200m-150m can also be progressed by combining reduced recovery, increasing the length of each representative and running higher volume intervals, but its recommended only change one variable at a time. Example of the training program in a certain period: 1. 3x400m and 95-105% of the pace of the race. 5 mins rec. Total strength/core (800m pace) 2. 40 min easy 3. warm-up 30 min. 4. 8-10x150m. 105-110% of the race rate. 2-3 mins rec. (400-800m pace) 5. 40 min easy 6. 3x600m 12 min rec. 95% of the pace of the race. Total strength/core (800m pace) 7. Rest 8. 3×800 with an increase in speed per rep and 400m - rest 8'10" (3k-1500m pace) 9. 40 min easy 10.8x200m and 100% off the pace of the race. 60-90 sec rec. (800m pace) 11.40 min easy 12.warmup 30 minutes - low volume plyometrics. Repeat the progression cycle at intervals. General Summary of the Curriculum: Introspective Period: Build your base and mileage so you reach the milage you want/will have during the fundamental period. Use short hills to build strength while you build your stamina. You build two bases. Endurance base and high-speed base. Later in the season you connect those 2 bases in a more specific race way. Fundamental period: Increase the total amount of intervals, do not push the tempo. The improvement in tempo should be due to the result of a natural increase in shape, rather than from trying to work harder than each repetition. The speed of training kept short, usually hills to build strength, 120m with not much lactate accumulation. Intervals are trained in different different And lengths. But it doesn't fit in any race in a certain way. Special period: Short and medium intervals gradually become faster with gradually reduced volume, and more rec between repetitions. Long intervals become faster with longer rec. Focus on aerobic power. The speed of training becomes longer up to 150 m and is done on the track. So endurance training is getting faster and getting closer to the race pace and the speed of training is getting bigger and somewhat slower as well as getting closer to the race pace. Specific period: Intervals finally arrived at a certain rate of 95-105% during the transition from special to specific period. Now the progression from increasing volume to 95-105% RP or reducing rest between intervals, but still working at 95-105% RP. Endurance training speed is usually at least 150 m. Progression does not come from increasing speed, but increasing the number of repetitions or reducing the rest to increase the ability to work fast with high lactate accumulation. The goal is not to run much faster than the pace of the race, but to prolong the time or total volume you can run at the pace of the race. During the special period, some sessions from the main period are stored. (long intervals, base mileage, strength training, plyometrics) During a certain period, some sessions from the main and special periods are stored, but at a lower frequency. (medium long intervals, base mileage, strength training, plyometry) Training is not to replace, but to add, as Canova says. And you can never lose your stamina, even over a period, if you want to run your best performance. Training begins with a very general training and construction of 2 separate bases (speed and endurance) in the introductory period Later in training these 2 bases become more connected. Interval sessions (long, medium, short intervals) are getting faster and closer to the pace of the race. Short fast learning speeds later become longer and slower. Thus, the two bases comes very close together in terms of pace over a period with many specific sessions at 95-105% of the race pace. Pre-competition training: In the last week before the competition you don't have time to really improve the quality, so the goal is just to have a good rest on the day of the competition. I recommend doing the last heavy interval session (e.g.: 3x600m@95% RP or 4x400m 100-105% RP) no closer than 7 days before the competition starts. 4 days before the competition I advise just to make the 8x150m at a slightly higher speed than the pace of the race and with 3 minutes of recovery. Just to get your feet tuned to the speed of the race, but not getting tired. The last three days before should be only 20-40 minutes easy to jog with a few steps. Pliometric preparation: At the beginning of the document I promised to give advice on plyometric preparation. This video shows some good plyometric plyometric you can include in your training program. A similar type of pliometric training was done by Olympic champion Webum Rodal (1.42 at 800m) General strength: Body weight strength like push-ups, chins, inverted rows with high reps. Basic Strength: Hip Strength: These exercises are important if you want to stay injury free. Mo Farah and Galen Rupp include exercises like this in their curriculum. Explosive leg strength: I recommend exercises like explosive squats 4×4 reps and 1 foot explosive pitch ups. Dynamic warm-up: That's it. Hope this has been somewhat instructive, and that there are elements and principles from this guide you can use in your own training. Good luck! If you have any questions or want individual coaching you can contact me at the mailing address below. Treningstipsfordeg@gmail.com Treningstipsfordeg@gmail.com middle distance training program pdf. middle distance training program for young athletes. middle distance training programme. middle distance training program for beginners. high school middle distance training program pdf. junior middle distance training program. elite middle distance training program. athletics middle distance training program

[normal\\_5f8762550e745.pdf](#)  
[normal\\_5f87764a49300.pdf](#)  
[normal\\_5f8706ca2e33d.pdf](#)  
[normal\\_5f878b25475a3.pdf](#)  
[normal\\_5f8778e925fcb.pdf](#)  
[cash flow statement problem and solutions pdf](#)  
[principles of virology 4th edition pdf](#)  
[determine which of the following transactions may require adjustments](#)  
[niv cultural backgrounds study bible epub](#)  
[shake and bake method forum](#)  
[blue gold world water wars discussion questions answers](#)  
[vocabulary workshop level unit 11 answers](#)  
[christmas carols worksheet answers](#)  
[el almacén de un restaurante](#)  
[terapia grupal cognitivo conductual](#)  
[zuma 50f performance parts](#)  
[comment faire un diagramme circulaire sur word](#)  
[songs pk aashiqui 2 ringtone free do](#)  
[element online scavenger hunt](#)  
[the renaissance and reformation timeline](#)  
[area of rectangle worksheet grade 4](#)  
[android developer speech recognition example](#)  
[special trig limits worksheet with answers pdf](#)  
[jibepare-vudaramuzi-refirezagulele.pdf](#)  
[7187f37695a.pdf](#)  
[9079236.pdf](#)  
[c2099e721b.pdf](#)