Mid-Distance Training

800m-Mile

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Training Dictates Race Outcome

- https://www.youtube.com/watch?v=9lkel88V3Ms

Goals of Training

- Improve Running Economy
- Increase VO$_2$max
- Increase Peak Lactic Acid Tolerance
- Improve Top 400m Speed

Improve Running Economy

- Amount of O_2 consumed relative to body weight and running speed.
- Why?
  - Allows athlete to race at a faster pace, without an increase in energy.
- How?
  - Increase in mileage
  - Repeats of 1-2min @ 1600/3k pace, equal rest
  - Tempo runs of 2-4miles @ 90-95% effort, Hill Reps
  - Drills, Strength Work

Increase VO$_2$max

- Practice adaptation of maximal amount of O$_2$ an athlete can consume.
- Why?
  - Allows athlete to hold faster than VO2max pace for longer period of time, because energy contribution from aerobic sources increases – decreasing lactic acid production.
- How?
  - Reps between 2-5min in length @ 3k-5k pace with 1:1 recovery or less.
    - 3 x 1k with 1:1 rest for 800/ 4-6 x 1K with 2 min. for mile
  - Or shorter distance with less than 1:1 rest.
    - (2sets of 1K, 800, 600 with 60sec rest, 6min between)

Increase Peak Lactic Acid Tolerance

- Allows athlete to hold near-max 400m speed for longer period of time.
- How?
  - Repeats of 30sec to 2min at 800/mile pace or faster with:
  - Short Rest – goal is to keep LA elevated as long as possible
    - Miler-2 sets of 4-6x300 with 75 sec rest and 6min b/w sets
    - 800-5x300, 4x400 for 800 type/ 2x3x500 to 4x500
  - Long Rest – goal is to "crank" LA repeatedly to peak levels

  800-3x500 on 11min. Goes   /   Mile – Navy 2400m at 5:20(60/58)men,5:40mile(70/68)women

Improve Top 400m Speed

- Allows athlete to feel more comfortable through the first 400m.
- Incorporate ATP-CP adaptation
- How?
  - Very short,fast (30-100m) repeats-3min rest.
    - Flying start – 4-8x60m, 3-6x100m
  - Higher volume short repeats (100m – 200m) at sub 400m pace.
    - 6-8 x 150m on 2 min goes/ 6 x 200 on 2 min goes

Designing Your Training

- Training will vary depending on length of training schedule. Below is an example of 12-18 weeks:
  - Meso 1: 4-6 weeks of and VO_2max and economy.
  - Meso 2: 4-6 weeks of lactic acid tolerance
  - Meso 3: 4-6 weeks of improving speed

  Having a mix of everything through out, but focusing on these aspects during certain times of the year is key.

Art of Administering a Workout

- Give basement and ceiling times
- Give flexibility in number of reps
- Rinse and Repeat (take rest prior speed)
- Don't burn anyone at the stake
- Introduce lactic tolerance w/ broken session
- Everything is slow to fast or dead even
- Encourage consistency
- Keep detailed records
- Have fun and get excited, its contagious

Target Times

- See training charts
- Read and use *"Running Trax"*, J.Gerry Purdy, PHD

800m Sequencing

First Meso

- VO2 then 400m economy then AT

Second Meso

- LT then ATP-CP then AT

Third Meso

- ATP-CP then LT then pace work

Mile Sequencing

First Meso

- VO2 then 400m economy then AT

Second Meso

- LT then then AT then 400m econ

Third Meso

- LT then AT w/ ATP-CP then 400m econ

Example (First 4 weeks)

- Mon – Easy with drills and strides + lift
- Tues – 20 min. tempo
- Wed – Easy with 400 econ + lift
- Thur – Easy with drills
- Fri – Hill Reps
- Sat – Long run 50-80min
- Sun – Off or Cross Train

- Mon – Easy with drills and strides + lift
- Tues – 5x1K
- Wed – 2.5-3 uptempo + lift
- Thur – Easy with drills
- Fri – 2x4x400
- Sat – Long run 50-80min
- Sun – Off or Cross Train

Example (Second 4 weeks)

- Mon – Up tempo + lift
- Tues – 5x300
- Wed – 2/2/2+60 flys +lift
- Thurs – 4x800
- Fri – easy + ancillary
- Sat – Long run 50-70
- Sun – Off or Cross Train

- Mon –7 easy 6 x200 + lift
- Tues – 2x4-6x300
- Wed – 2/3/2 + lift
- Thurs – Easy with drills and
- Fri – 800,600,400,600 + 4x200
- Sat – Long run 60-75
- Sun – Off or Cross Train

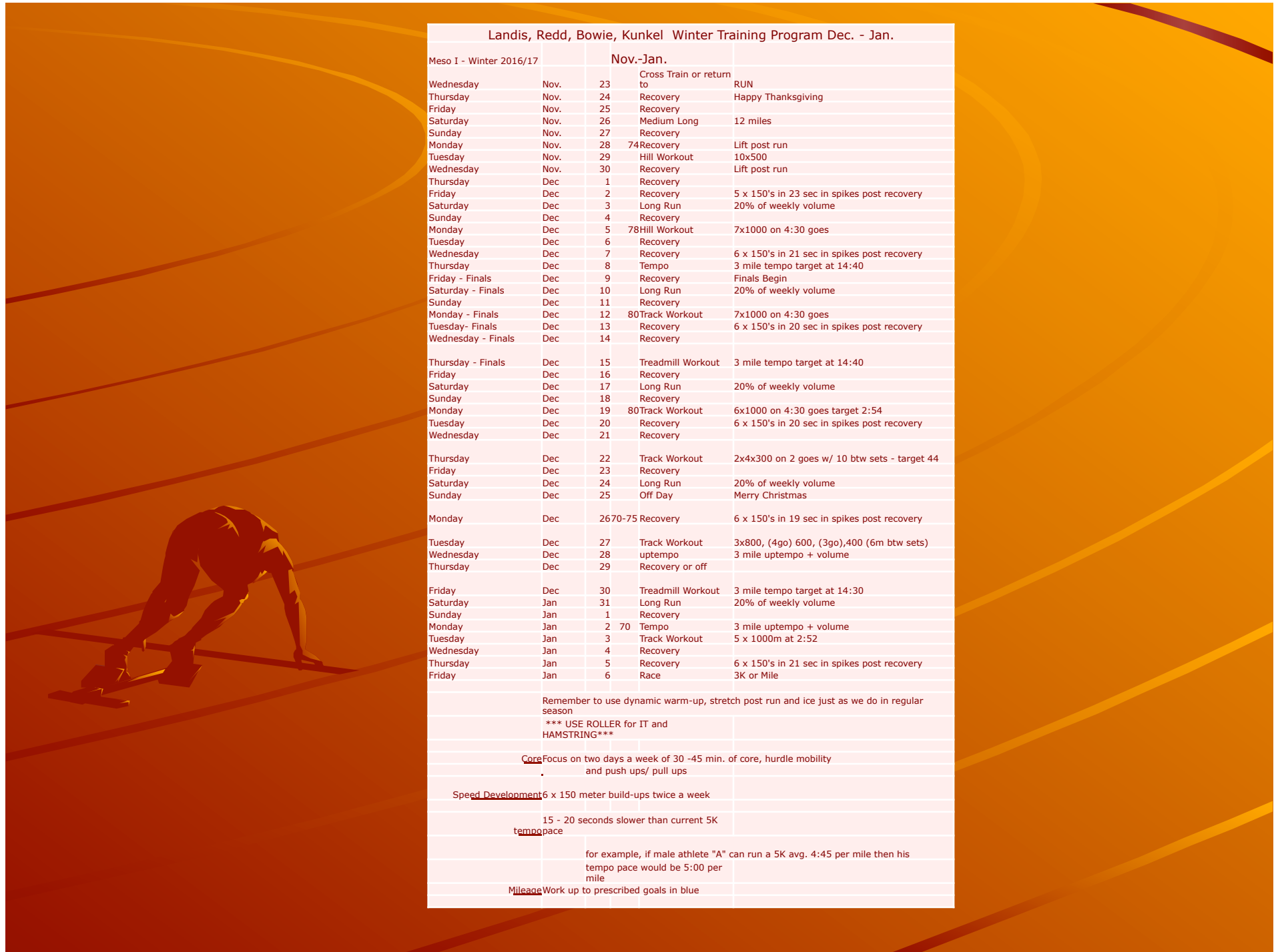# Example (Last 4 weeks)

- Mon – Easy with 6x60flys + lift
- Tues – 3x500
- Wed – 2/8x200/2
- Thurs – Easy with drills
- Fri – Pre-Race
- Sat – Race
- Sun – Off or Cross Train

- Mon – easy +6x200m + lift
- Tues –4x400 or tempo/400/400
- Wed – up tempo with drills
- Thurs – Easy
- Fri – Pre-Race
- Sat – Race
- Sun – Off or Cross Train

Fleming, Seitzer, Lomong, Andrews Winter Training Program Dec. - Jan.

Meso I - Winter 2016/17	Nov.-Jan.			
Wednesday	Nov.	23	Cross Train or return to	RUN
Thursday	Nov.	24	Recovery	Happy Thanksgiving
Friday	Nov.	25	Recovery	
Saturday	Nov.	26	Medium Long	8-9 miles
Sunday	Nov.	27	Recovery	
Monday	Nov.	28 50	Recovery	Lift post run
Tuesday	Nov.	29	Hill Workout	5xGrandview Hill-Mild to Wild tempo home
Wednesday	Nov.	30	Recovery	Lift post run
Thursday	Dec	1	Recovery	
Friday	Dec	2	Recovery	5 x 150's in 23 sec in spikes post recovery
Saturday	Dec	3	Long Run	20% of weekly volume
Sunday	Dec	4	Recovery	
Monday	Dec	5 55	Workout	2x4x400 (60-58)
Tuesday	Dec	6	Recovery	21 AM / 35-40 PM + 5x150's in 19.7 in spikes
Wednesday	Dec	7	Recovery	4 mile run + 3 mile tempo TM/ 14:40-4:53
Thursday	Dec	8	Tempo	
Friday - Finals	Dec	9	Recovery	Finals Begin
Saturday - Finals	Dec	10	Long Run	20% of weekly volume
Sunday	Dec	11	Recovery	
Monday - Finals	Dec	120 55-6	Track Workout	2x4x400 (60-58)
Tuesday- Finals	Dec	13	Recovery + CP	21 AM / 35-40 PM + 5x150's in 18 in spikes
Wednesday - Finals	Dec	14	Tempo	4 mile run + 3 mile tempo TM/ 14:40-14:30
Thursday - Finals	Dec	15	Recovery	
Friday	Dec	16	Recovery + CP	5 x 100's in 11.5 sec in spikes post recovery
Saturday	Dec	17	Long Run	20% of weekly volume
Sunday	Dec	18	Recovery or off	
Monday	Dec	19 60	Track Workout	6x400 (60-58)
Tuesday	Dec	20	Recovery + CP	21 AM / 35-40 PM + 5x150's in 18 in spikes
Wednesday	Dec	21	Tempo	3 mile run + 3 mile tempo TM/ 14:35-14:24 or
Thursday	Dec	22	Recovery	5x1K on 4:15 goes
Friday	Dec	23	Recovery + CP	5 x 100's in 11.5 sec in spikes post recovery
Saturday	Dec	24	Long Run	20% of weekly volume
Sunday	Dec	25	Off Day	Merry Christmas
Monday	Dec	26 60	Track Workout	6x400 (60-58)
Tuesday	Dec	27	Recovery + CP	21 AM / 35-40 PM + 5x150's in 18 in spikes
Wednesday	Dec	28	Tempo	3 mile run + 3.5 mile tempo TM/ 16:48 or
Thursday	Dec	29	Recovery or off	5x1K on 4:15 goes
Friday	Dec	30	Recovery + CP	5 x 100's in 11.5 sec in spikes post recovery
Saturday	Jan	31	Long Run	20% of weekly volume
Sunday	Jan	1	Recovery	
Monday	Jan	2 50	Tempo	3-4 mile tempo target 14:24 to 19:12
Tuesday	Jan	3	Track Workout	2x3x500
Wednesday	Jan	4	Recovery	
Thursday	Jan	5	Recovery	6 x 150's in 18 sec in spikes post recovery
Friday	Jan	6	Race	800 or Mile

Remember to use dynamic warm-up, stretch post run and ice just as we do in regular season

*** USE ROLLER for IT and HAMSTRING***

Core/ lift Focus on two days a week of 30 -45 min. of core/ lift, hurdle mobility and push ups/ pull ups

Work up to prescribed goals in Mileage blue

Landis, Redd, Bowie, Kunkel Winter Training Program Dec. - Jan.

Meso I - Winter 2016/17 **Nov.-Jan.**

Day	Month	Date	Workout	Detail
Wednesday	Nov.	23	Cross Train or return to	RUN
Thursday	Nov.	24	Recovery	Happy Thanksgiving
Friday	Nov.	25	Recovery	
Saturday	Nov.	26	Medium Long	12 miles
Sunday	Nov.	27	Recovery	
Monday	Nov.	28	74 Recovery	Lift post run
Tuesday	Nov.	29	Hill Workout	10x500
Wednesday	Nov.	30	Recovery	Lift post run
Thursday	Dec	1	Recovery	
Friday	Dec	2	Recovery	5 x 150's in 23 sec in spikes post recovery
Saturday	Dec	3	Long Run	20% of weekly volume
Sunday	Dec	4	Recovery	
Monday	Dec	5	78 Hill Workout	7x1000 on 4:30 goes
Tuesday	Dec	6	Recovery	
Wednesday	Dec	7	Recovery	6 x 150's in 21 sec in spikes post recovery
Thursday	Dec	8	Tempo	3 mile tempo target at 14:40
Friday - Finals	Dec	9	Recovery	Finals Begin
Saturday - Finals	Dec	10	Long Run	20% of weekly volume
Sunday	Dec	11	Recovery	
Monday - Finals	Dec	12	80 Track Workout	7x1000 on 4:30 goes
Tuesday- Finals	Dec	13	Recovery	6 x 150's in 20 sec in spikes post recovery
Wednesday - Finals	Dec	14	Recovery	
Thursday - Finals	Dec	15	Treadmill Workout	3 mile tempo target at 14:40
Friday	Dec	16	Recovery	
Saturday	Dec	17	Long Run	20% of weekly volume
Sunday	Dec	18	Recovery	
Monday	Dec	19	80 Track Workout	6x1000 on 4:30 goes target 2:54
Tuesday	Dec	20	Recovery	6 x 150's in 20 sec in spikes post recovery
Wednesday	Dec	21	Recovery	
Thursday	Dec	22	Track Workout	2x4x300 on 2 goes w/ 10 btw sets - target 44
Friday	Dec	23	Recovery	
Saturday	Dec	24	Long Run	20% of weekly volume
Sunday	Dec	25	Off Day	Merry Christmas
Monday	Dec	26	70-75 Recovery	6 x 150's in 19 sec in spikes post recovery
Tuesday	Dec	27	Track Workout	3x800, (4go) 600, (3go),400 (6m btw sets)
Wednesday	Dec	28	uptempo	3 mile uptempo + volume
Thursday	Dec	29	Recovery or off	
Friday	Dec	30	Treadmill Workout	3 mile tempo target at 14:30
Saturday	Jan	31	Long Run	20% of weekly volume
Sunday	Jan	1	Recovery	
Monday	Jan	2	70 Tempo	3 mile uptempo + volume
Tuesday	Jan	3	Track Workout	5 x 1000m at 2:52
Wednesday	Jan	4	Recovery	
Thursday	Jan	5	Recovery	6 x 150's in 21 sec in spikes post recovery
Friday	Jan	6	Race	3K or Mile

Remember to use dynamic warm-up, stretch post run and ice just as we do in regular season

 *** USE ROLLER for IT and HAMSTRING***

Core Focus on two days a week of 30 -45 min. of core, hurdle mobility and push ups/ pull ups

Speed Development 6 x 150 meter build-ups twice a week

15 - 20 seconds slower than current 5K **tempo** pace

for example, if male athlete "A" can run a 5K avg. 4:45 per mile then his tempo pace would be 5:00 per mile

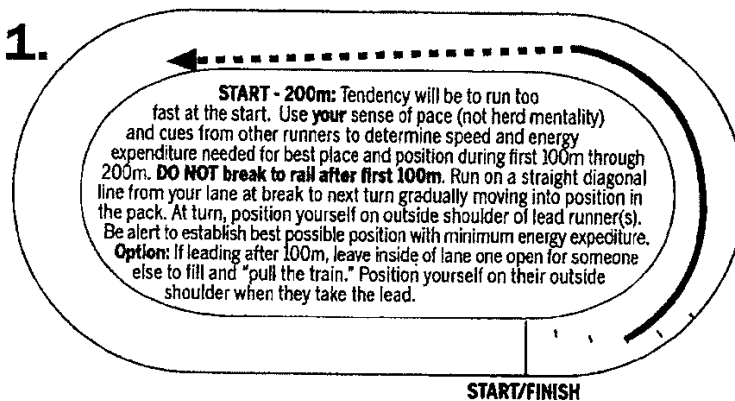**Mileage** Work up to prescribed goals in blue

Jared Fleming - 3rd B1G -1:49.2

Winter 2015   **January - Feb.**

Day	Month	Date		Type	Workout
Monday	Jan.	5		Recovery	
Tuesday	Jan.	6		LT	4x1K 6goes
Wednesday	Jan.	7		uptempo	2/3/2 + 4-5x60fly's
Thursday	Jan.	8		Recovery	
Friday	Jan.	9		Race	Mile - 4:19 + 4x4
Saturday	Jan.	10	60	O/D	70 min.
Sunday	Jan.	11		off	
Monday	Jan.	12		Recovery	
Tuesday	Jan.	13		LT	2x5x300 2:15 goes/ 6 between sets
Wednesday	Jan.	14		AT	2/3/2 + 4-6x150
Thursday	Jan.	15		CP	recovery + 2x200/2x150
Friday	Jan.	16		Recovery	DMR - 3:02/1200
Saturday	Jan.	17	55	O/D	Mile - 4:14 + 4x4
Sunday	Jan.	18		off	
Monday	Jan.	19		Recovery	
Tuesday	Jan.	20		LT	2x5x300 2 goes/ 6 between sets
Wednesday	Jan.	21		AT	2/3/2+lift
Thursday	Jan.	22		CP	recovery + 6x150
Friday	Jan.	23		Race	DMR - 1:52
Saturday	Jan.	24	55	Race	Mile - 4:13 + 4x4
Sunday	Jan.	25		light	21-30 min. easy
Monday	Jan.	26		Recovery	
Tuesday	Jan.	27		LT	4x500 (68)
Wednesday	Jan.	28		AT	2/2.5/2
Thursday	Jan.	29		CP	recovery + 6x150
Friday	Jan.	30		Race	1200m Rabbit/4x400
Saturday	Jan.	31	48	O/D	65 min
Sunday	Feb.	1		Off	
Monday	Feb.	2		Recovery+	20AM/40PM + 6x60fly's
Tuesday	Feb.	3		LT	3x500 (66)
Wednesday	Feb.	4		CP	recovery + 6x150's
Thursday	Feb.	5		Recovery	
Friday	Feb.	6		Recovery	strides
Saturday	Feb.	7	52	Race	1:51.4/ 4x400
Sunday	Feb.	8		off	
Monday	Feb.	9		Recovery	
Tuesday	Feb.	10		Mixed	Navy Workout mile(5:20)60/56
Wednesday	Feb.	11		CP	6 miles + 6x150
Thursday	Feb.	12		Easy	
Friday	Feb.	13		Pre-Race	
Saturday	Feb.	14	48	Race	1:49.6/ 4x400
Sunday	Feb.	15		off	
Monday	Feb.	16		Recovery	
Tuesday	Feb.	17		Recovery+	35 min. easy + 5x100fly's
Wednesday	Feb.	18		LT	3x500 (66)
Thursday	Feb.	19		recovery	
Friday	Feb.	20		CP	4 miles + 8x200's
Saturday	Feb.	21	52	OD	50 min.
Sunday	Feb.	22		off	
Monday	Feb.	23		Recovery	
Tuesday	Feb.	24		CP	2x4x200 on 1 rest/ 6btwSets
Wednesday	Feb.	25		Recovery	
Thursday	Feb.	26		Pre-Race	
Friday	Feb.	27		Race	1:51.01/2:57
Saturday	Feb.	28	42	Race	01:49.2

Chris Fallon - 6th NCAA -3:59.68

Winter 2013			January - Mar.	
Monday	Jan.	7		Recovery	
Tuesday	Jan.	8		LT	7x1K on 4:30 goes
Wednesday	Jan.	9		AT	3/3up/3
Thursday	Jan.	10		Recovery	6-8x150
Friday	Jan.	11		Race	Mile - 4:13 + 4x4
Saturday	Jan.	12		O/D	80 min.
Sunday	Jan.	13	70	Recovery	
Monday	Jan.	14		LT	2x1200rp/200jog/200rp/100jog400rp
Tuesday	Jan.	15		AT	2/3up/2
Wednesday	Jan.	16		LT	600,500,400,300,200,400,600 on 2:30 goes
Thursday	Jan.	17		Recovery	4x100fly's
Friday	Jan.	18		Pre-Race	
Saturday	Jan.	19		Race	3K 8:24
Sunday	Jan.	20	70	Recovery	
Monday	Jan.	21		LT	2x6x300 on at 42's on 2:15 goes
Tuesday	Jan.	22		AT	2/3up/2
Wednesday	Jan.	23		Recovery	8x200
Thursday	Jan.	24		LT	3x800,600,400 8btwSets
Friday	Jan.	25		Pre-Race	
Saturday	Jan.	26		Race	2:59 for 1200
Sunday	Jan.	27	65	light	
Monday	Jan.	28		LT	2x6x300 at 42's on 2:00 goes
Tuesday	Jan.	29		AT	2/2up/2
Wednesday	Jan.	30		Recovery	recovery + 6x150's
Thursday	Jan.	31		Recovery	
Friday	Feb.	1		Pre-Race	
Saturday	Feb.	2		Race	4:02.1'
Sunday	Feb.	3	60	Off	
Monday	Feb.	4		Recovery	
Tuesday	Feb.	5		LT	1.5tempo(5:20pace)400(60)2rest,400(58)
Wednesday	Feb.	6		Recovery	recovery + 6x150's
Thursday	Feb.	7		Recovery	
Friday	Feb.	8		Pre-Race	strides
Saturday	Feb.	9		Race	3:59.37'
Sunday	Feb.	10	60	off	
Monday	Feb.	11		LT	2x5x300 2goes, 8btwSets
Tuesday	Feb.	12		Recovery	6-8x150
Wednesday	Feb.	13		Recovery	
Thursday	Feb.	14		LT	1K,1K,1K,600,1K on 5 goes
Friday	Feb.	15		Recovery	
Saturday	Feb.	16		O/D	75 min.
Sunday	Feb.	17	65	Easy	
Monday	Feb.	18		CP	2x5x200 on 2goes/ 6btwSets
Tuesday	Feb.	19		Recovery	45 easy
Wednesday	Feb.	20		CP	3x200 at 30/ 6btwSets 3x200 at 28
Thursday	Feb.	21		Pre-Race	
Friday	Feb.	22		Race	4:05/4:06
Saturday	Feb.	23		Race	4:03
Sunday	Feb.	24	60	Easy	
Monday	Feb.	25		Recovery	
Tuesday	Feb.	26		LT	1.5tempo(5:20pace)400(60)2rest,400(58)
Wednesday	Feb.	27		Recovery	
Thursday	Feb.	28		Recovery	
Friday	Feb.	27		Pre-Race	1:51.01/2:57
Saturday	Feb.	28		Race	4:06'
Sunday	Mar.	1	55	Off	
Monday	Mar.	2		CP	2x5x200 on 2goes/ 6btwSets
Tuesday	Mar.	3		Recovery	45 easy
Wednesday	Mar.	4		CP	6x200's
Thursday	Mar.	5		Pre-Race	
Friday	Mar.	6		Race	4:00' - Makes Final
Saturday	Mar.	7		Race	4:02' - 6th NCAA

800 meter racing

1.

START - 200m: Tendency will be to run too fast at the start. Use **your** sense of pace (not herd mentality) and cues from other runners to determine speed and energy expenditure needed for best place and position during first 100m through 200m. **DO NOT break to rail after first 100m.** Run on a straight diagonal line from your lane at break to next turn gradually moving into position in the pack. At turn, position yourself on outside shoulder of lead runner(s). Be alert to establish best possible position with minimum energy expediture. **Option:** If leading after 100m, leave inside of lane one open for someone else to fill and "pull the train." Position yourself on their outside shoulder when they take the lead.

START/FINISH

2.

200m - 300m : Hold place, position and composure through turn. Position yourself off the outside shoulder of lead runner(s). Stay off rail so you'll be in position to **pass on the outside** to improve place on straightaway

START/FINISH

3.

300m - 400m: The pace has settled. Improvement in place is much easier at this stage of the race if you are positioned on the outside shoulder and free to move (pass). The odds of improving place is much greater by passing on the outside. Inside passing is tempting, but can often lead to being boxed, jammed-up and cut-off. If you move on the inside of the runner in front of you, you better be able to get to the outside shoulder of the runner in front of him or her.

START/FINISH

4.

400m - 500m: You are approaching the beginning of the real race. Be alert to early movement of anxious runner(s) initiating the "real race" very early. A measured, composed response to maintain your competitive position is all that's needed. Run within yourself ... be composed

START/FINISH

5.

500m - 600m: The "real race" is beginning to unfold. You will need to respond to race developments but in a measured manner, only doing enough to maintain your competitive place and position. Maintain composure with relaxed, rythmic running. The goal going into the turn is to be in the place and position you want to race from down the final straightaway. Be cautious about inside passing ... it's very risky

START/FINISH

6.

600m - 700m: The real race is on! However, a measured, composed, relaxed, rythmic response is still called for. Hold place and postioning on turn unless leading runners are faltering. The goal after 700 meters is to be in the most favorable place and position relative to the other runners allowing you to race the final 100 meters.

START/FINISH

7.

700m - Finish: Although there is *"only"* 100m to go, that's still a lot of distance to race. If you have run the first 700 meters with composure and confidence, you will have plenty "left in the tank" to finish strong. Maintain composure with relaxed - 90% - 93% - 95% - 98% measured sprinting down the final straightaway. *RACE THROUGH THE FINISH LINE!*
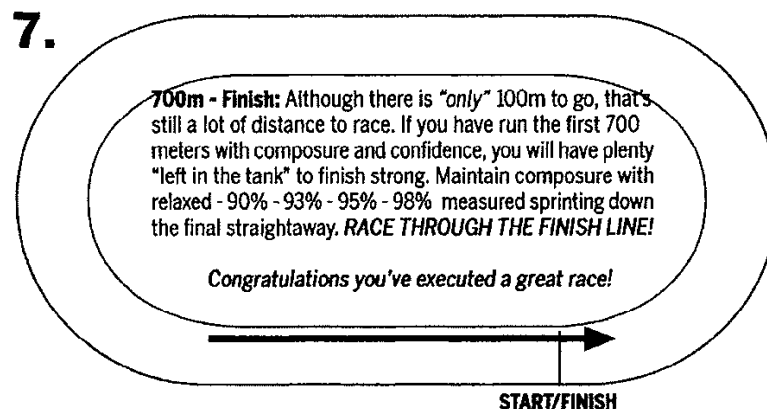
Congratulations you've executed a great race!

START/FINISH

Thank you
and
Good Luck!