

Olathe East Track and Field

800 Meter Training

Mike Wallace

Head Boys and Girls Coach

1) Pre-season workouts

A) We encourage all of our kids to do as many sports as possible. If they are not participating in a winter sport they are expected to condition with us three days a week. We have a few kids that are running with a club and that is OK as well.

B) Workouts will vary between:

\*\*Windows – about 200 meters – anywhere from 9-15 of those depending upon what kind of shape the kids are in – did they run xc, have they been running since xc, did they play football or soccer, etc.

\*\*Circuit training – We will usually do this on a Wednesday. We will have the kids do 10-12 exercises of 20-30 seconds then run a lap around the school – about 500 yards. We will do three sets of this. Exercises usually include: push ups, sit ups, wall sits, planks – front and side, burpies, mountain climbers, squat jumps, wall runs, things like that.

\*\*Distance run with stair loops. We will have the kids run laps around the upstairs of the school and every time they come to a stair well they will do a loop. A loop consists of running up hitting every step – walking down – then running every other step then continuing on to the next stair well. We will do anywhere from 6-8 laps. After that we will usually do more stair running.

\*\*If we can get outside we will do hill work, 3 man relays, long repeat

2) Workouts prior to the first meet

A) Cruz 100/200 – This is a workout where the kids will, after warm-up, do anywhere from 1-2 sets of 3X3X100 with exercises between each 100 and 400/800 run after each set.

B) Hills – We have a hill out in front of our school that is about 200 yards. We will get in a total of 12 hills in a variety of ways. Sometimes we split them up into 100/200 or will just do all 200's. We usually let them walk half way down and jog the rest. They can walk after a set interval.

C) 1000's – We will do 3 of these at pace depending upon what the kids did during the winter. Interval is usually 6-8 minutes of jogging/walking. All of these are done in flats.

D) 500/600's – We will do as many of these that will equal between 2400 and 3000 meters. Same interval as the 1000's. All of these are done in flats.

E) 3 man relays – This is a good cool weather workout when you don't want the kids to be outside too long. We will organize them inside and then we will do 2 sets of anywhere from 6-8. Interval is pretty short for this workout so you might have to adjust the 2<sup>nd</sup> set a little.

F) Timed runs – We try to get one of these in before spring break. We will spike up for part of this workout. We will have a timed run of 1:30. Hopefully the boys will get over a 600 and the girls will get between 500 and 550 meters. Then we will go to flats and finish the workout, which will be 1:00 minute, 45 seconds and 30 seconds. We like to do this one on the Friday before spring break weather permitting.

- G) Tuesdays – This year we are going to do a timed 5K on Tuesdays. We will do this with all kids from 800 to 3200 meter runners. On all Tuesdays we will lift and do hurdle walk-overs.
- H) Thursdays – Thursdays will be more of a recovery day as will have run pretty hard for three days in a row. It will consist of a long warm-up, long run – probably 30-40 minutes, lifting and hurdle walk-overs.
- 3) Workouts for the first 6 weeks of the season.
- A) 3X600 – We will usually do this one going into the 3<sup>rd</sup> meet. Kids wear spikes for this one. This workout is very competitive. We records all times for this workout. The kids are given 15 minutes between 600's. We have the kids get out of their spikes, put flats and sweats on and walk around for the 15 minutes. They are then required to do some kind of warm-up before the 2<sup>nd</sup> and 3<sup>rd</sup> one. Don't expect much out of them the following day. We do this one on a Monday.
- B) Base 800's – Another Monday workout. We will vary these between 600-200, 500-300, and 400-200-200. We will usually spike up for this one as well. We will then give the kids the usual 15 minutes rest and then finish with either 4X200 at pace with equal recovery or if later in the season 4X150's with 50 meter walk.
- C) 500's – We will do this one early after spring break. We will try to hit these in 75-80 for the boys and 88-93 for the girls. We give them 300 walk/jog for interval. We do this as long as they can hit pace. When they fall off the pace they then finish with 100's on the turf to equal the 2400 meters for the day.
- D) 8X300's – You can divide this into 2 sets of four if you like.
- E) 3 sets 4X400 with decreasing times (68-64-60). 2 minutes between each – 5 min. for set
- F) 1X600 at pace – 5 minutes rest – 6X200 decreasing in time – 30 second recovery – 5 minutes rest – 1X600 – faster than the first one.
- G) Wednesdays – Our usual Wednesday workout will be 12 X anywhere from 220 to 180's depending upon the time of the season. We start of doing 220's and cut that down 5-10 meters each week. No more than 30 seconds recovery between each 200. We divide the workout into 2 sets of 6. This usually doesn't take too long to do so this is a good day for relay work, cut drills, etc.
- H) Med ball A skips. We do this once a week, usually on a Tuesday. We will do 6X15-20 yards with a med ball extended about the head. Coaching points are good body position, toes up, stay on balls of feet.
- 4) Regional week
- A) Tuesday is our work day this week. Usually seniors have graduation on the previous Sunday so they are worthless on that Monday. We will do a base 800 of some kind, usually either 400-200-200 or we may even try 300-300-200 with equal recovery. We will usually finish with 4X150's or 3-4X200's at a quick pace with plenty of recovery.
- B) We have done a Coe cutdown that week as well. That is starting at 100 and going to 200 at 10 meter intervals. The first 100 is usually at 18-20 seconds. You increase the time by one second for every 10 meters you run. Interval is jog back to the start. One set of this is enough for that week. You can do this workout during the season and do a couple of sets.
- C) We spend extra time on 4X800 hand-offs. We simulate 8 teams at the cut line. We will do our hurdle drills, but will do that on Monday this week. We won't do med ball A skips this week.

5) State week

- A) Work day(s) will depend on what day the kids run. We try to give everybody basically two days of rest before their first event at state. We will usually do something like our Wednesday workout the week of state but cut the 200's down to 2 sets of 4. If the kids don't run until Saturday we will do the 200's on Monday and do some 150's and turf running on Wednesday.

6) Questions/comments

## **OLATHE EAST HIGH SCHOOL TRACK AND FIELD**

### **DYNAMIC WARM-UP**

- 1) 2 lap (800) jog
- 2) 10 jumping jacks
- 3) High and low twists
- 4) 5 X burpies
- 5) 10 X body weight squats - run to window and back or across field and back

- 1) 10X mountain climbers
- 2) 10X froggers
- 3) 10X groiners
- 4) 10X jumps
- 5) Run to window and back or across field and back

- 1) 10X cat backs
- 2) 10X hydrants
- 3) 5X scorpions
- 4) 5X t-drills
- 5) Run to window and back or across field and back

- 1) 5X hurdle roll overs
- 2) 5X figure 4 stretches
- 3) 10X scissors - high and low
- 4) 10X mowers - high and low
- 5) Partner stretches
- 6) Run to window and back or across field and back

- 1) 10X hip swings - side to side and front to back
- 2) Achilles stretches
- 3) Fire drills - singles, doubles, triples - X 8
- 4) Stretch anything else that needs stretching

**BREAK INTO GROUPS FOR DRILLS AND BUILD UPS - THEN WORKOUT**

**\*\*MAKE SURE YOUR GROUP COOLS DOWN AND STRETCHS AFTER THEIR WORKOUT EVERY DAY - NO EXCEPTIONS**