

# Rockhurst's 800m training program

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## Presentation overview

I plan to present the following information:

- Training stimuli
- Ancillary stimuli
- Planning/Periodization
- Race strategy
- Athlete evaluation
- Motivation & tradition

## Mixing up the stimulus of training

The event requires a combination of speed, strength, aerobic, tactics, technique - so our training has equally been diverse. This also keeps student-athletes from overuse injuries and boredom.

## Our context

- Rockhurst is an all-male, private school.
- Located in the middle of Kansas City.
- Catholic, Jesuit heritage.
- We have about 1100 students.
- Admission process.
- We have no feeder system.
- Rigorous academics - with over 2 hours of homework nightly
- Not required to do a sport.

## Our program

- No cut program.
- Progressive training.
- About 120-140 athletes in the program.
- Team concept.
- Train in groups under event coaches.
- Still trying to build a complete team with field event, sprints, relays and distance.
- All-weather, Mondo track. All field events close by. 5 mile grass surface from stadium.

## How we break down the categories

Endurance	Recovery/ Technique	Speed	Tempo	Lactic/ Speed Endurance	Strength/ Power	Event
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## General Aerobic

Endurance	Recovery/ Technique
Fartlek	600-1000-600 alt 200s
Easy run	5-4-3- laps surging every 133 with 2 lap jog between
Base run	Relaxed 200s (3-4) and handoffs
Long run	Rotary running
	In-Outs

## Specific aerobic

Tempo
2x600 @ 70 (15m) - 3X300 @ 60 (1m) - 3X300 @ 50 (5m)
200s @ # with 2 min rest (+ 4sec for JV kid)
1112 (50m between) and 3 min between sets - 1121 - 1211 - 2111

# Threshold & Intervals

## Lactic/Speed Endurance

600-400-200-400-600 (5 min)

2X500/450 (15m); 2X200 (30s); hills or 40s quick

4X350 (5m); hills; 40s

2X[3X300 with 3 min rest]

# Strength & Power

## Strength/Power

Plyos

Hills

Harness

Weights

Circuit training

Medicine Balls

Core

# Speed

## Speed

Speedmakers (60m hard - 40 smooth - 40 jogX4) X 2-3 sets

In-Outs

150m buildups

Flying 40s

Bungees

6X150 (4 min rest)

# Event modeling

## Event

4X300 (50-150-100) (5min rest); 4X40 quick

3X300 fast

1X350; 40s

2X[500 @ 800 pace - 100 jog - 300 all out] with 10 min rest

2X600 @ 98% (full recovery); 2X200 @ 95%

2-3 X [400 @ 1st lap goal; 60 sec rest; 400 @ 60] full recovery

## Beyond primary workouts

Ancillary training - can go either before or after a workout or become the primary focus on a recovery day

- Drills (SUPER valuable to our program)
- Hurdle mobility (watch and correct)
- Push-up & Pull-ups
- Big 12-14
- Hawklet Hurt
- Planks
- Flexibility/Yoga

## Periodization

We try to periodize the entire season and color code it so you can make sure you aren't overemphasizing power and speed too much in a training block.

## Pre-season emphasis

Listed in order of most to least

Aerobic (Endurance & Tempo)  
 Strength & Power  
 Ancillary/Technique  
 Speed  
 Lactic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1					
2/25/2013	2/26/2013	2/27/2013	2/28/2013	3/1/2013	3/2/2013
Endurance/Tempo	Strength Endurance	Power/Weights *LJ/Throw	Speed Endurance	Recovery/Flexibility	Strength Endurance
GS	2 laps dynamic	Light GS	2 laps dynamics	GS	
Drills	Hurdle Mobility	Harnesses	Drills	Drills	
Parking lot repeats	4X5 sets: Med Balls, Kettle Walks, Stabilities, Core, Line Sprints	Plyos	Stairs or Parking lot repeats	Video	
Weights	Planks	Weights	Hurdle Mobilities	Bands	
Core	Stretch	Preventive	Core	1112-1121-1211-2111 fartlek	
Stretch		Stretch	Stretch	Planks	
				Stretch	

## Regular Season Emphasis

Listed in order of most to least

Lactic & Speed Endurance  
 Strength  
 Aerobic (Tempo & Recovery)  
 Ancillary  
 Speed  
 Event

Week 6							
	4/1/2013	4/2/2013	4/3/2013	4/4/2013	4/5/2013	4/6/2013	4/7/2013
Speed Endurance/Combo	Endurance	Tempo Endurance	Technique/Flexibility	MIEGE MEET +Speed	Power/Weights	Easy/Off	
2 laps	GS	3 laps IN OUT	Competitive Warm-up	Competitive Warm-up	GS	30 minutes easy on your own or off	
1 lap of dynamic	5-4-3 laps of 133 on-133 off	Hurdle Mobility	Drills	Race	Plyos	Stretch for at least 15 minutes after	
Drills	PushUp/PullUp + Med Balls + Kettle Bells	200s	Exchanges	4-6Xbuild up 150s after last race	Weights		
Build ups	Step Ups	2 lap cool down	Hurdle Mobility	Stretch	Planks		
2X500; 3X200; 4X40 hills	Core - 300	Bands	Rolling				
2 laps cool down	Rolling	Planks					
Stretch		Stretch					

## Post-Season Preparation Emphasis

Listed in order of most to least

Speed  
 Recovery  
 Event  
 Ancillary  
 Aerobic

Week 10						
Drills + Weights or 133s	1X450; 2X200 or 2-3X[2X400 with 90s]	Drills + 133s or Easy	Hills or Speedmakers	300s @ T	Off	50-150-100 race modeling or 2X1k, 2X200
Endurance/Flexibility	Speed Endurance	Technique/Flexibility	Overspeed	Strength Endurance	Off	Speed

## How to race the 800

Depends on athlete's strength:

- Strength runner (500-300)
- Aerobic runner (400-200-200)
- Gear shift (150-350-300 or 150-500-150)
- Finisher (200-400-200)

## Athlete Evaluation

- Toughness
- Competitor
- Team
- Goal-oriented
- Fight against athlete specialization (3 events)

## Middle Distance Culture

- 50 second test.
- Look for a 400m kid to run XC.
- You can train middle distance; sprinters are more genetically determined.
- Have them be both 400 and 800 runners or 800 and 1600 runners or all 3.

## Looking for a fourth

- Look at a good but not great 400 runner (or even 200).
- Watch your cross country kids striders.
- Let your kids sprint and watch their competitive nature.
- Harder to move a kid down than up.

## Motivation

- Set relay goals
- Set public goals
- Give them their goals printed out and have them post in their lockers
- Big meet visualization
- Tradition
- Sub 8:00 teams
- Sub 2:00 runner's club

## Details

Teach different strategies.  
Teach hands through.  
Look at stride length and teach gathering.  
Practice patience.  
Work with each athlete on their strengths and weaknesses in interval work.

## Videos

If time - examples of our last two state championship relay teams.

[2013 4X800m champions 7:49.24](#)

[2012 4X800m champions 7:45.81](#)

## Questions

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