

COACHING SUGGESTIONS FOR THE 800M

Phase (One)	Base or Foundation Period (Building the Foundation of the House)
Mon	Strength/CT(1) + 35'e
Tues	Week (1) : 10'e + Stretching/Striding + 4 x 1000m/2'rec + 10'e Week (2) : 10'e + Stretching/Striding + 5 x 800m/3'rec + 10'e Week (3) : 10'e + Stretching/Striding + 1200m/1000m/800m/600m/400m with 3'rec + 10'e Week (4) : 10'e + Stretching/Striding + 8 x 400m/3'rec + 10'e
Wed	45'e/med
Thu	Strength/CT(2) + 35'e
Fri	No training
Sat	Week (1) : 35'fast over a measure course Week (2) : Accurate 8km Time Trial Week (3) : 10'e + Stretching + 10 x 150m fast uphill Strides + 15'e Week (4) : 40' (10'e/ 20'fast /10'e)
Sun	1hr:10'e/med over a Hilly Route
Total Mileage	Kms

Phase (Two)	Pre-Season Period (Build the walls of the House)
Mon	Strength/CT(1) + 35'e
Tue	Week (1) : 10'e + Stretching/Striding + 3 x (3 x 200m)/100m walk rec between reps and 6' between sets + 10'e Week (2) : 10'e + Stretching/Striding + 350m/300m/250m/200m/150m/100m with a 200m (100m walk/100m slow jog) rec + 10'e Week (3) : 10'e + Stretching/Striding + 1000m fast/12' walk rec + 4 x 200m fast/200m (100m walk/100m slow jog) rec + 10'e Week (4) : 10'e + Stretching/Striding + 4 x 400m fast/6' walk rec + 10'e
Wed	45'e/med
Thu	Strength/CT(2) + 35'e
Fri	No training
Sat	Week (1) : 10'e + Stretching/Striding + 15 x 100m uphill sprints/100m slow jog down rec + 20'e

	<p>Week (2) : 10'e + Stretching/Striding + 10 x 60m very fast from the 800m start line into the first bend/100m slow walk rec + 20'e</p> <p>Week (3) : 10'e + Stretching/Striding + 4 x 200m very fast/200m (100m walk/100m slow jog) rec + 20'e</p> <p>Week (4) : 10'e + Stretching/Striding + 3 x 300m very fast/300m (150m Walk/150m slow jog) rec + 20'e</p>
Sun	1hr:00'e/med over a Hilly Route
Total Mileage	Kms

Period (Three)	Competition Period (Placing the Roof on the House)
Mon	40'e
Tue	<p>Week (1) : 10'e + Stretching/Striding + 5 x 300m/300m (150m walk/150m slow jog) rec + 20'e</p> <p>Week (2) : 10'e + Stretching/Striding + 3 x (3 x 200m)/100m walk rec between reps and 6' between sets + 10'e</p> <p>Week (3) : 10'e + Stretching/Striding + 600m Time Trial/12' walk rec + 6 x 100m fast/100m slow walk back rec + 10'e</p> <p>Week (4) : 10'e + Stretching/Striding + 15 x 100m sprints/100m (50m walk/50m slow jog) rec + 20'e</p>
Wed	40'e
Thu	30'e
Fri	No training
Sat	Race over 400m/800m or 1500m (the 800m being the No. 1 event) 'Trio Training' : The 800m runner must know his/her 400m speed and equally their 1500m speed ie speed/strength endurance and aerobic endurance
Sun	1hr:00'e/med over a Hilly Route
Total Mileage	Kms

Period (Four)	Recovery Period (Planning and Designing the next House)
	Post competition recovery is essential. Reclaiming the desire to train and race. This can be made up of slow runs, swimming, cycling, hiking, another type of sport but with adequate days of complete rest ie recharging the batteries. This recovery period can last between 2 to 3 to 4 weeks. 3

	weeks is preferable.
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	
Total Mileage	Kms

Strength Training Component

Strength/Circuit Training (1)		
8 Exercises		
Squats		
Bench Press		
Leg Extension		
Sit-ups		
Leg Curl		
Back Raise		
Leg Raise		
Alt Leg Thrusts		

Strength/Circuit Training (2)		
8 Exercises		
Leg Press		
Press-ups		
Alt Dumb Bell Press		
Step-ups		
Lat Pull Down		
Sit-ups		
Back Raise		
Double Leg Thrusts		

Technical/Speed/Strength/Plyometrics Training (3)		
3 Exercises		
High Knees x 30m		
Butt Kicks x 30m		
High Knee Jumps x 30m		

Hopping R & L x 30m		
Hurdle Jumps x 8H's		
Standing Long Jump		
Standing Triple Jump		
Running Drills 30/30/30m		

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