

A DOSE OF THE 800 (PLUS A MEASURE OF THE 4 X 400) WSTFCA Everett 2010

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(slide 4) WHERE DOES THE 800 FIT?

The fast twitch folks don't call it a sprint ... so it has traditionally lumped with the endurance / distance folks

History and progress

(s-6) WHERE DO YOU BELIEVE IT FITS?

The world record for the 800 is sub 51 and sub 57 second 400's for men / women back to back ..

(s-7) Reality is that the 800 is a **HYBRID** .. it is a speed endurance event, it takes over where the 400 leaves off!

Relies primarily upon **aerobic fitness** rather than raw speed or power.

**** KNOW WHAT YOU BELIEVE AND WHY YOU BELIEVE IT !!**

(s-8) HOW DO YOU PREPARE FOR SPEED ENDURANCE?

NO MAGIC FORMULA FOR MILEAGE ... more is not typically better.
TRAINING FOLLOWS 5 INGREDIENTS ...

1. Stress / overload
2. Callousing
3. Specificity
4. Recovery
5. Adaptation (ability to handle more and train with more intensity)

(s-9) AEROBIC vs. ANAEROBIC

HIGH LACTATE INCREASE UP TO c. 90 seconds

Train the body to handle the buildup of lactic acid (called the lactate threshold)
(reps in the 45-90 second range)

**** 50 SECOND RUN TEST**

(s-10) RACING WELL (you should be trained to race well, not overly focused on mileage or speed)

- Sustaining a fast pace off the start
- STAY FOCUSED, KEEP YOUR HEAD IN THE GAME, ANTICIPATE
(Wheating—see NOTES p.3) (Chaney, GFU)
- Surging

- Finishing (802m race)
- Running in a crowd (it is a “contact sport”)
- Running wide (each turn lane is an extra 2 meters and c. half a second)
- Avoiding boxes
- Passing
- Defending challenges / being passed
- Easier to stay up than to catch up
- Avoid the “**3rd 200 ASSASSINATION**” of your effort
- Work for the 2-4 second lap variance

Biggest challenge for the 800 meter runner is to ***AVOID PACING INTERRUPTIONS***

(MOMENTUM-- INERTIA)

(DAVE WOTTLE)

(s-11) RACE SEGMENTS STRATEGIES

1st 200 Get out

2nd 200 Maintain

3rd 200 Move (avoid 3rd segment assassination)

Final 100 Stay tall, focus on form and rhythm, emphasize your arms, know where the finish line is

(s-13-14) RACE APPLICATIONS

- Start and cutting for the pole
- Boxer’s instructions – it is a contact sport – (protect yourself at all-times, anticipation, conditioned response)
- Gunfighter mentality
- A time to run and a time to “race”
- Use your senses (say alert, watch, listen, feel, anticipate....)
- Passing / being passed
- Concentration
- You can really only plan the 800 halfway

(s-15) RULE OF THUMB – a maximum of two aggressive accelerations

1. Max of two aggressive accelerations

2. Average less than 8 seconds slower than 2 x 400 PR

3. 2 – 4 second lap variation

4. YOU LEAD YOU LOSE ... Lead only with a plan to do something with it

(s-16) TACTICAL CONSIDERATIONS

- Type of race
- Conditions
- Race plan
- Fitness level
- Opponents

KEN DOHERTY – “Perhaps the most intriguing, yet most tragic aspect of track athletics is racing tactics. A slight hesitancy here, a single misstep to the inside there, a few seconds miscalculation of the right pace or of the timing of the final kick ... any of these or other seemingly minor errors will throw away months and possibly years of careful preparation and sacrifice. The race is not always to either the swift nor the strong, but to the clever, the skillful, and the constantly wary.”

(s-17) BUILD AN ARSENAL

- Pace knowledge
- Surging
- Kick
- Simulations (GFU men)
- Callousing
 - Zatopek (I run until I hurt, then I train)
 - Bannister (The only tactics I admire are do or die.)
- Don't over race
- Setting a fast pace
 - **HOMEWORK** -- BECOME FAMILIAR WITH THE KREBS CYCLE ..

(s-18) THE COMPLETE ATHLETE "TRIANGLE"

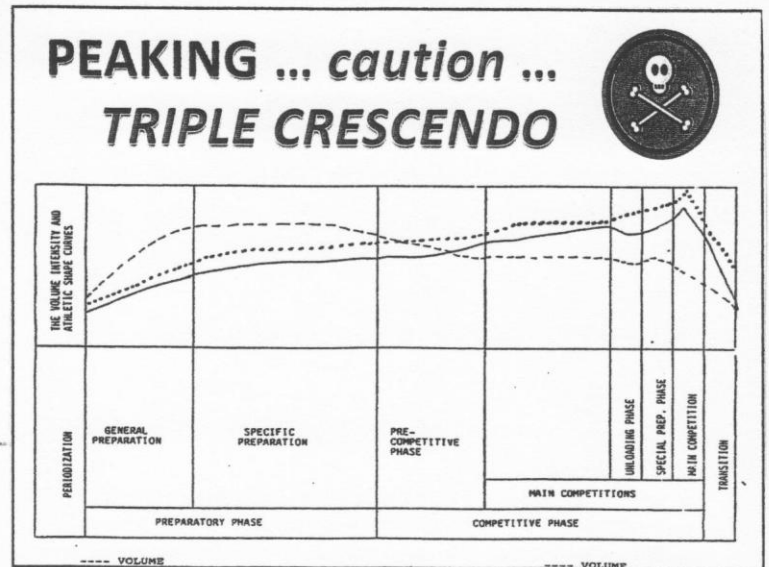
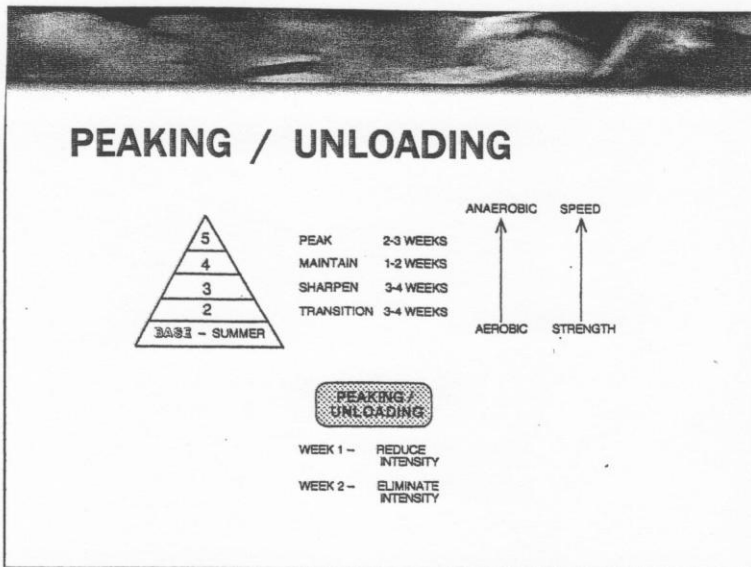
(s-19) TRAINING CONCEPTS

- Physical rehearsal
- Mental rehearsal
- Health / nutrition
 - Rest
 - Diet
 - Hydration

(s-20) PERIODIZATION DIAGRAM

(s-21) PEAKING / UNLOADING

(s-22) PEAKING CAUTION DIAGRAM



(s-24) **HISTORY OF RELAYS**

Relay racing originated entirely in the U.S. Relays may have been influenced by earlier uses of relays of horses by which stagecoaches went long distances and the Pony Express. Along more recreational lines, there were the old holiday competitions between firemen's cart-an-hose teams in which the fastest men "raised the alarm" by sprinting to and touching the cart so their teammates could start pulling it.

The old method was for men running the second leg of the race had to take over a small flag from the first leg men before departing on their stage of the race, at the end of which they, in turn, handed on their flags to the next runners.

The origin of relay racing as part of organized track and field athletics is clear..... the University of Pennsylvania invented the four-man race. As this part of the sport gained more popularity the granddaddy of relay-centered competitions, the Penn Relays, grew into one of the grew to where in recent years several thousand athletes compete each year.

The first experiment was made in 1893 with two teams of four men, each of whom ran ¼ mile. It worked so well that it was decided to add the event to the spring track program and to invite Princeton to send a team. This first race was such a success that it was repeated in 1894 and the Penn Relays is the rest of the story.

OLYMPIC HISTORY

1908 a medley relay, dropped.

1912 Stockholm 4 x 1 and 4 x 4.

- The relay events are the greatest opportunity to demonstrate "team" in track and field.
- Placing the 4 x 4 as the final event in traditional meets emphasizes the importance of mastering the event.
- Everyone on the team "is in the event" (stationed around the track a yelling encouragement)

(s-25) **KEEP THE BATON MOVING**

PLACEMENT OF PERSONNEL (who runs in what spot)

(Chaney, GFU) (Kirk, St. Paul)

RESPONSIBILITIES OF EACH RUNNER

(EXAMPLES: (Leadoff – baton; where the exchange zone is; keep us in the hunt)

(Anchor – NEVER let go of the baton)

KNOW THE RULES

- Uniform rules
- Must take position "IN" the zone
- Where / when to cut in
- Leaving the track after the handoff
- Retrieving a dropped baton
- Baton itself must be handed off within the exchange zone

(s-26-27) **EXCHANGE TECHNIQUE**

- Exchange zone positioning
- Proper handoffs

