



University of Nebraska-Kearney
Loper Track & Field and Cross Country

Training for 800-1600M: Loper Track & Field Training

Middle Distance Races

- Tough combination in Nebraska
 - Often ignored
 - Often 400-800 in high school
 - Not a “distance” runner
(3200 only distance event in high school)
- Event combinations
 - 800 & 1600 (superstar)
 - 4x800 & 1600 (realistic approach)
 - Only 1600 (good way to get to state)
- Classic mid-distance runner
 - Envious combination of speed & endurance
 - Love to RACE
 - Exciting races
 - Long enough for drama to develop
 - Tactics involved
 - Short enough to fit between commercials
- Fun to coach
 - Bonus: Easy to stay developmentally appropriate
 - Lots of racing during the high school season

Training Periods

- Base Period (xc, winter, or early season)
 - College—Cross country
 - High school—Winter running (or winter sport?)
 - Long fartleks (example: 5x3:00 hard, 3:00 easy)
 - Short tempo runs (2-3 miles)
 - Long runs (how long?)
- Transition Period (prep for speed)
 - College—Thanksgiving-Christmas
 - High School—First 3-4 weeks
 - Fartleks (example: 12x1:00 hard, 2:00 easy)
 - Hill repeats (20-25 seconds long, 1-2 miles of hills)
 - Maintain long repeats/fartleks
 - Maintain long run
- Heart of the season
 - Mile-based intervals
 - 8x400—2:00 rest/rep (or 200 jog?)
 - 2x4x400—2:00 rest/rep, 400 walk/set
 - 10x300—100 walk/set
 - 2x5x300—100 walk/rep, 400 walk/set
 - 4x400+8x200—2:00 rest/400, 1:00 rest/200, 400 walk/set
 - 2x(400+300+400+300+200)—200 jog/rep, 400 walk/set
 - 3x(300+200+300+200+100)—100 walk/rep, 400 walk/set
 - Race-pace oriented
 - Cut-down in nature



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- ☐ Heart of the season (continued)
 - 800-based intervals
 - ☐ Emphasis on rhythm, not speed
 - ☐ Close to meet
 - ☐ Train through meet?
 - ☐ 2x(300+200+300+200+100)—100 walk/rep, 400 walk/set
 - ☐ 12x200—100 jog/rep
 - ☐ 3x300+4x200+5x150—100 walk/300, 100 walk/200, 50 walk/150, 200 walk/set
 - ☐ 4x(150+300+150)—100 jog/rep, 400 walk/set
 - ☐ 4x(100+400+100)—100 jog/rep, 400 walk/set
 - Weekly schedule
 - ☐ Monday—Mile-based workout
 - ☐ Tuesday—Easy distance
 - ☐ Wednesday—800-based workout
 - ☐ Thursday—Easy distance
 - ☐ Friday—RACE
 - ☐ Saturday—Long run
 - ☐ Sunday—Rest

- ☐ Championship segment
 - Peaking?
 - Keep gas in the tank?
 - Rhythm-based workouts
 - ☐ Limit lactic acid
 - Speed endurance (be careful)
 - ☐ 3x200+1x1000+1x400—full recovery after 1000
 - ☐ 3x200+1x600+1x400—full recovery after 600
 - ☐ 4x400—4:00 rest
 - ☐ 5x300—3:00 rest
 - ☐ Lots of lactic acid