400m & 800m
The ILLINI Way

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Acknowledgements

- Vince Anderson - Texas A&M
- George Watts - Former coach at University of Tennessee
- Jason Vigilante - Former coach at University of Virginia
- Dan Pfaff - Current High Performance Coach for UKA
- Mike Eskind at University of Virginia
- Caryl Smith-Gilbert at University of Central Florida
- Todd Lane - at Louisiana State University
- Marc Mangiacotti at Brown University
Coaching Questions

- What Is Important?
- How do we get there?
What is Important in 400m / 800m

- Speed
- Specific Endurance
- Rest & Recovery
- Strength
- Flexibility
- Treatment
- nutrition
- Mental

Performances
HOW DO WE GET THERE?
TYPES OF TRAINING STYLES

VOLUME

SPEED

Short to Long

Long to Short

VOLUME

SPEED
Long to Short

A strategy for the development of speed, speed endurance and specific endurance that starts with long distances and progresses to short distances. - UKA
A strategy for the development of speed, speed endurance and specific endurance that starts with short distance and progresses to longer distances. - UKA
THE ILLINOIS WAYS

- In our program at Illinois, we have a great emphasis on **SPEED** within our training plan.
- We work short to long with our 400m runners and more long to short with my 800m runners.
- We also look for **SPEED** in identifying potential talent.
- We believe in quality over quantity in everything we do.
SPEED AND HOW IT AFFECTS OUR PERFORMANCE
IDENTIFYING / QUALITIES 400M RUNNER

Athlete - A Goal Time is 46.50
- PR - 60m, around 6.72
- PR - 100m, around 10.37
- PR - 200m, around 21.11
- PR - 300m, around 33.64

Athlete - B Goal Time is 50.00
- PR - 60m, around 7.20
- PR - 100m, around 11.17
- PR - 200m, around 22.73
- PR - 300m, around 36.23

Athlete - C Goal Time is 53.00
- PR - 60m, around 7.60
- PR - 100m, around 11.84
- PR - 200m, around 24.09
- PR - 300m, around 38.39
IDENTIFYING QUALITIES 800M RUNNER

Athlete - A Goal Time is 1:51.00
- PR – 200m, around 21.51
- PR – 400m, around 47.44
- PR – 600m, around 1:18.49
- PR – 1600m, around 4:06.23

Athlete - A Goal Time is 1:57.00
- PR – 200m, around 22.80
- PR – 400m, around 50.28
- PR – 600m, around 1:23.33
- PR – 1600m, around 4:20.04

Athlete - A Goal Time is 2:10.00
- PR – 200m, around 25.31
- PR – 400m, around 55.81
- PR – 600m, around 1:32.60
- PR – 1600m, around 4:50.16
Athletes Profile 400m

Michael Johnson – 43.18 WRH
- PR – 100m, 10.09
- PR – 200m, 19.32
- PR – 300m, around 30.85

Gary Kikaya – 44.10 (former teammate)
- PR – 100m, 10.65
- PR – 200m, 20.40
- PR – 300m, around 31.95
Athletes Profile 800m

Johnny Gray – 1:42.60 ARH
- PR – 600m, 1:12.21
- PR – 1000m, 2:17.27

Jebreh Harris – 1:45.56 (former teammate)
- PR – 200m, around 21.31 (w)
- PR – 400m, 46.27
- PR – 600m, around 1:14.8 (ht)
- PR – 1000m, around 2:23.11
Understanding the Energy Systems help me write our training sessions.

We try to train within event tolerances. (Energy Systems)

It’s important to establish technical running model.
## ANAERBIC ALACTIC SPEED WORK (SPEED AND POWER)

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensity</td>
<td>95% - 100% of Max Effort</td>
</tr>
<tr>
<td>Distance of Run</td>
<td>20 meters - 60 meters</td>
</tr>
<tr>
<td>Number of Reps in a Set</td>
<td>3 to 4 Reps</td>
</tr>
<tr>
<td>Number of Set</td>
<td>3 to 4 Sets</td>
</tr>
<tr>
<td>Total Distance Run in a Set</td>
<td>80 meters - 120 meters</td>
</tr>
<tr>
<td>Total Distance in Training Sessions</td>
<td>400 meters - 600 meters</td>
</tr>
<tr>
<td>Recovery time between Reps</td>
<td>90 seconds to 3 minutes</td>
</tr>
<tr>
<td>Recovery time between Set</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td><strong>ENERGY SYSTEMS</strong></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ANAEROBIC LACTATE WORK</strong></th>
<th><strong>SPEED ENDURANCE</strong></th>
<th><strong>SPECIAL ENDURANCE #1</strong></th>
<th><strong>SPECIAL ENDURANCE #2</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensity</td>
<td>90% - 100% of Max Effort</td>
<td>90% - 100% of Max Effort</td>
<td>90% - 100% of Max Effort</td>
</tr>
<tr>
<td>Distance of Run</td>
<td>60 meters - 150 meters</td>
<td>150 meters - 300 meters</td>
<td>300 meters - 600 meters</td>
</tr>
<tr>
<td>Number of Reps in a Set</td>
<td>2 to 5 Reps</td>
<td>1 to 5 Reps</td>
<td>1 to 4 Reps</td>
</tr>
<tr>
<td>Number of Set</td>
<td>2 to 3 Sets</td>
<td>1 Sets</td>
<td>1 Sets</td>
</tr>
<tr>
<td>Total Distance Run in a Set</td>
<td>150 meters to 300 meters</td>
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</tr>
<tr>
<td>Total Distance in Training Sessions</td>
<td>300 meters to 1200 meters</td>
<td>300 to 1000 meters</td>
<td>300 to 1800 meters</td>
</tr>
<tr>
<td>Recovery time between Reps</td>
<td>2 to 5 minutes</td>
<td>10 to 20 minutes</td>
<td>20 to 30 minutes</td>
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<tr>
<td>Recovery time between Set</td>
<td>8 to 10 minutes</td>
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</table>
# ENERGY SYSTEMS

<table>
<thead>
<tr>
<th>AEROBIC SYSTEM WORK</th>
<th>EXTENSIVE TEMPO</th>
<th>INTENSIVE TEMPO</th>
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<tbody>
<tr>
<td>Intensity</td>
<td>60% - 80% of Max Effort</td>
<td>80% - 90% of Max Effort</td>
</tr>
<tr>
<td>Distance of Run</td>
<td>100 meters - 400 meters</td>
<td>100 meters - 400 meters</td>
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<tr>
<td>Number of Reps in a Set</td>
<td>6 to 30 Reps</td>
<td>8 to 16 Reps</td>
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<tr>
<td>Number of Set</td>
<td>2 to 3 Sets</td>
<td>2 to 3 Sets</td>
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<tr>
<td>Total Distance in Training Sessions</td>
<td>1400 meters to 4000 meters</td>
<td>800 meters - 2800 meters</td>
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<tr>
<td>Recovery time between Reps</td>
<td>45 seconds to 90 seconds</td>
<td>30 seconds to 5 minutes</td>
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<tr>
<td>Recovery time between Set</td>
<td>90 seconds to 2 minutes</td>
<td>3 minutes to 10 minutes</td>
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</tbody>
</table>
Speed Development (Anaerobic Work) – 2 per week

- Max Velocity drill
- Ins and Outs or Sprint Float Sprint
- 30 meter fly - estimated 30m time – 1.00 (4.00 30m = 3.00 fly)

Example:

- 3 x 10 meters \(\uparrow\) in 15 meters \(\uparrow\) 10 meters
- 2-3 30 meter fly work
ACCELERATION -TRAINING COMPONENTS

- Acceleration Development (Anaerobic Work) – 2 per week
  - Acceleration Drill
  - Sled Pulls
  - Contrast runs
  - Starts, Falling, 3P, 4P Block’s

- Example:
  - 6 x 25m @ 100% IR 3:00m
  - 3 x 20m, 25m, 30m IR 4:00m
SPEED ENDURANCE - TRAINING COMPONENTS

- Speed Endurance (Aerobic Work) – 2 per week
  - Example:
    - 6 x 150 m @ 90% IR = 2:00 min
    - 4 x 80 m @ 95% IR = 3:00 min
SPECIFIC ENDURANCE / TEMPO - TRAINING COMPONENTS

- Tempo (Aerobic Work) – 2 per week
- Train for the 400 or 800 not the mile or 3000m
- Make workouts specific
- Extensive tempo and Intensive tempo

  Example:

  - 10x200m @ 70% IR 3:00m
  - 5 x 300m @ 85% IR 4:00m
  - 1 x 400m, 300m, 200m, 100m @ 85% 4:00m
STRENGTH AND RESISTANT TRAINING

- General Strength
  - Ability to overcome resistance
  - Starting point

- Maximum Strength
  - Ability to produce get force
  - Strength = Speed

- Power
  - Ability to produce force quickly
  - Most needed type of strength

- General Strength
  - Total Body
  - Circuits
  - Med Balls

- Maximum Strength
  - Weight room

- Power
  - Weight training
  - Jump Training
  - Combination training
In the fall we do a great deal of testing for all the events groups. Here is a several test in which do some point during the season

- Overhead Throw with shot
- Between the Legs forward
- 30m flying - absolute speed and full speed running technique.
- 30m crouch - starting acceleration.
- 60m crouch - starting acceleration and transition to full speed.
- 150m standing - speed endurance (alactic anaerobic)
- 300m standing - speed endurance (lactic anaerobic)
- 600m standing - general endurance and strength endurance
- Standing Triple Jump - strength and power
- Standing Long Jump - starting power
Sample Training Sessions
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>PM: GP #1 2:00-4:00 OTK</td>
<td>PM: Session #1 @ 2:00-4:00</td>
<td>AM: @ 6:00-10:00</td>
<td>PM: GP #1 @ 2:00-4:00</td>
<td>PM: GP #2 @ 4:00-5:45 OTK</td>
<td>PM: GP #1 @ 2:00-4:00</td>
<td>PM: 4:00 PM</td>
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<tr>
<td>PM: GP #2 4:00-5:30 OTK</td>
<td>PM: Session #2 @ 4:00-6:45</td>
<td>AM: @ 6:00-10:00</td>
<td>PM: GP #2 @ 4:00-5:45 OTK</td>
<td>PM: GP #5 @ 4:00-5:45</td>
<td>PM: GP #1 @ 2:00-4:00</td>
<td>PM: 6:00 - 8:45 WIT</td>
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<tr>
<td>PM: GP ALL WT 5:45-6:45</td>
<td>PM: Session #1 @ 2:00-4:00</td>
<td>AM: @ 6:00-10:00</td>
<td>PM: GP #5 @ 4:00-5:45</td>
<td>PM: GP #1 @ 2:00-4:00</td>
<td>PM: GP #1 @ 2:00-4:00</td>
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<tr>
<td><strong>Warm-up:</strong></td>
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<td>Vision x 10 reps</td>
<td>Focused x 10 reps</td>
<td>Disciplined x 10 reps</td>
<td>Disciplined x 10 reps</td>
<td>Vision x 10 reps</td>
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<td>+ Speed Drill # 1</td>
<td>+ Sprint Drill # 1</td>
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<td>+ Sprint Drill # 1</td>
<td>+ Speed Drill # 4</td>
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<td><strong>Multi-Jump:</strong></td>
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<td><strong>Sprint/Endurance:</strong></td>
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<td>3x60m 3LB IR 90s</td>
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<td><strong>Power Development:</strong></td>
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<td>Multi-Jump</td>
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<td><strong>General Strength:</strong></td>
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<td><strong>Ice Baths:</strong></td>
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<td>4x10m Flat Flat</td>
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<td>4x% LBF 10c into 3 big bound</td>
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<td><strong>Cool Down:</strong></td>
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<tr>
<td>Jog/Skip 400m (barefoot)</td>
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<td><strong>Notes:</strong></td>
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</table>
## University of Illinois Track and Field Weekly Training Sessions

**Group:** GFR  
**Week:** # 15  
**Start:** 12/12/2011  
**End:** 12/18/2011

### Monday

- **AM:** 9:00-11:00 @ IDT  
- **PM:** 3:00-5:00 @ IDT  
- **Warm-up:** Vision x 10 reps  
- **Mult-Jump:** Rip x 8  
- **Contact Ascend Develop:** Int. Temps - 60-85%  
- **Speed Development (Sprint):** Max V Ladder x 45 @ 10  
- **400m Warmup:** 1x200  
- **Hurdle Mobility: 5H WMB**  
- **Core Develop:** Close Chain Abs x 10 vl  
- **Post Session Stretching:** Back, Seat, Straddle (m-l-r)  
- **Notes:**

### Tuesday

- **AM:** 9:00-11:00 @ IDT  
- **PM:** 3:00-5:00 @ IDT  
- **Warm-up:** Vision x 10 reps  
- **Mult-Jump:** Med Ball  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

### Wednesday

- **AM:** 6:00-8:00 @ IDT  
- **PM:** 3:00-5:00 @ IDT  
- **Warm-up:** Vision x 10 reps  
- **Mult-Jump:** Med Ball  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

### Thursday

- **ON YOUR OWN**  
- **Warm-up:** Vision x 10 reps  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

### Friday

- **ON YOUR OWN**  
- **Warm-up:** Vision x 10 reps  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

### Saturday

- **ON YOUR OWN**  
- **Warm-up:** Vision x 10 reps  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

### Sunday

- **ON YOUR OWN**  
- **Warm-up:** Vision x 10 reps  
- **Contact Ascend Develop:** TANK x 12  
- **Speed Development (Sprint):** 1x200m  
- **Core Develop:** Cool Down  
- **Post Session Stretching:** Shin R/L # 3 (both leg)  
- **Notes:**

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**Training Sample for 400m**

**Notes:**

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## Training Sample for 800m

### University of Illinois Track and Field Weekly Training Sessions

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<thead>
<tr>
<th>Monday</th>
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<th>Sunday</th>
</tr>
</thead>
</table>
| AM: 9:00-10:00  
Warm-up: Courage x 10 reps  
Speed Drill #1 | AM: On your own 9 miles  
Warm-up: Vision x 10 reps  
Speed Drill #1 | AM: @ 9:00-10:00  
Warm-up: Disciplined x 10 reps  
Sprint Drill #4 | PM: 4:00 PM  
Warm-up: Vision x 10 reps  
Acel Drills #2 | AM: On your own 2 miles  
Warm-up: Vision x 10 reps  
Acel Drills #4 | AM: 10:00  
Rest/Recovery Treatment (PM: TBA @ ATR) |
| Int. Tempo  
32,31,30 sec 50 sec jog  
Speed Run: 8 x 100m strides | Int. Tempo  
4 mile run  
BLF x 5 | Multi-Throws: 16lb  
5 lb x 5 | Int. Tempo  
8 x 500m @ 1:45 1:48  
Multi-Jump: 4 x Hill at ARM | Multi-Jump: 4 x Hill at ARM  
Cool Down: Jog/Skip 400m (barefoot) | Multi-Jump: 4 x Hill at ARM  
Cool Down: Jog/Skip 400m (barefoot) |
| Hurdle Mobility: 5H MD | Core Development: 5 | General Strength:  
Waterfall x 10 rep | General Strength:  
Waterfall x 12 rep | Core Development:  
Waterfall x 10 rep | Core Development:  
Waterfall x 10 rep |
| Cool Down: Jog/Skip 400m (barefoot) | Cool Down: Jog/Skip 400m (barefoot) | Cool Down: Jog/Skip 400m (barefoot) | Cool Down: Jog/Skip 400m (barefoot) | Cool Down: Jog/Skip 400m (barefoot) | Cool Down: Jog/Skip 400m (barefoot) |

### Notes

- Training Sample
- Ice Bath/foam roller not optional
## Training Sample for 800M

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</thead>
<tbody>
<tr>
<td>AM: 9:00-11:00 @ IDT</td>
<td>AM: On your own 4 miles @ IDT</td>
<td>AM: 8:00-11:00 @ IDT</td>
<td>ON YOUR OWN</td>
<td>ON YOUR OWN</td>
<td>ON YOUR OWN</td>
<td>ON YOUR OWN</td>
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<tr>
<td>PM: 3:00-6:00 @ IDT</td>
<td>PM: 3:00-6:00 @ IDT</td>
<td>PM: 3:00-6:00 @ IDT</td>
<td>ON YOUR OWN</td>
<td>ON YOUR OWN</td>
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<tr>
<td>Warm-up: Vision x 10 reps + Speed Drill # 2</td>
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<tr>
<td>Tempo Run: 1 mile warm-up</td>
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<tr>
<td>Int. Tempo: 9:30 (R)</td>
<td>Int. Tempo: 9:30 (MT, Z)</td>
<td>Int. Tempo: 9:30 (MT, Z)</td>
<td>Speed Development: 8:00m SLB IR 90sec</td>
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<tr>
<td>4 x 900m @ (26) 1:42 2 x 900m @ (26) 90 sec</td>
<td>2 x 800m @ (28) 1:42 2 x 800m @ (28) 90 sec</td>
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<tr>
<td>Speed Run: 800m 100m strides</td>
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<td>Core Development: Core development exercises</td>
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<tr>
<td>Warm-up: Max Effort 16km</td>
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<td>Warm-up: Max Effort 16km</td>
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<td>2 x 600m @ 27 sec</td>
<td>2 x 600m @ 27 sec</td>
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<tr>
<td>Cool Down: Jog/Run 400m (barefoot)</td>
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</tbody>
</table>

**Notes:**
- AM: 9:00-11:00 @ IDT
- PM: 3:00-6:00 @ IDT
- Warm-up: Vision x 10 reps + Speed Drill # 2
- Multi-Jump: Rip x 5
- Tempo Run: 1 mile warm-up
- Int. Tempo: 9:30 (R)
- Speed Run: 800m 100m strides
- General Strength: Knee Strengthening
- Core Development: Core development exercises
- Warm-up: Max Effort 16km
- Cool Down: Jog/Run 400m (barefoot)
- Stretching: Hip Flexors, Hamstrings, Knee Strength, Lower Body

**Rest/Recovery:**
- AM: On your own 4 miles @ IDT
- Multi-Jump: Rip x 5
- Tempo Run: 1 mile warm-up
- Int. Tempo: 9:30 (MT, Z)
- Speed Run: 800m 100m strides
- General Strength: Knee Strengthening
- Core Development: Core development exercises
- Warm-up: Max Effort 16km
- Cool Down: Jog/Run 400m (barefoot)
- Stretching: Hip Flexors, Hamstrings, Knee Strength, Lower Body
QUESTIONS ????????????

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THANK YOU!