

# The 800 Meters

- I. What type of Athlete
  1. Sprinter or distance runner
  2. Competitive
  3. Talented
  
- II. Philosophies
  1. Off Season
  2. Indoor
  3. Outdoor
  4. How to race
  5. Mental Aspects
  6. Warm up and Cool down
  7. Weights
  
- III. Workouts
  1. Typical week
    - a. Meet is used as a workout. Athlete will run multiple events
    - b. One interval workout per week
    - c. Rest of the days are recovery days or an up tempo run
  2. Specific workouts
    - a. 600-200 with 30 seconds rest / 800 jog / repeat 600-200 with 30 seconds rest
    - b. 400-400 with 60 seconds rest / 800 jog / 8 x 200 with 60 seconds rest
    - c. 600 / 400 jog / 8 x 200 with 60 seconds rest / 400 jog / 400

#### IV. The Big Meets

1. Conference – mainly concerned with place
2. Sectional – mainly concerned with time
3. State - depends on event and athlete
  - a. Have realistic goals so no added pressure
  - b. See good competition all season, they are ready

#### V. Questions