

Cultivating a Record-Breaking 800m Program



BY
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Developing a Complete Program



- **Team Culture** (*creating “buy-in”*)
- **Training** (*year round*)
- **Optimal Performances** (*peaking*)

TEAM CULTURE

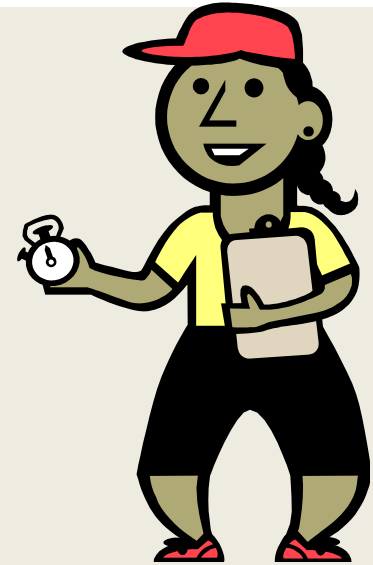
- ✓ Positive Coaching
- ✓ Team Activities
- ✓ Team Rituals
- ✓ Rules



TEAM CULTURE

Positive Coaching:

- **Filling the emotional tank**
- **Team/Coaching Philosophy**
- **Individual attention to each runner inside and outside of the program**
- **Family Atmosphere**
- **Sports Psychology**



TEAM CULTURE

Team Activities:

- Agreed upon by the athletes
- Multiple times a season
- Examples: Paintball, Bowling, Karaoke/Talent Show, Game Night, Pizza Party, Marathon Run, Laser Tag, Christmas Party, Team Trips with formal dinners, Easter Egg Hunt, Team or Group Breakfast, Starbucks, Team Shoe / Apparel Day Rules



TEAM CULTURE

Team Rituals:

- ❖ Chants
- ❖ Superlatives
- ❖ T-Shirts (HOC)
- ❖ Groupings by ability
- ❖ Warm-ups
- ❖ Batons with inscriptions



TEAM CULTURE

Rules

GENERAL TRAINING

- ◆ Year round
- ◆ Summer / Fall Training
- ◆ Weather conditions/mental barriers
- ◆ Indoor (Pre Competitive Season)
- ◆ Outdoor (Peak Performance)
- ◆ Training through meets/expectations
- ◆ Cadence/Form
- ◆ Pace work



GENERAL TRAINING

- ◆ 4-8/8-16runners
- ◆ 200m/400m Indicators
- ◆ Base Training (Muscular & Aerobic Strength / Speed Maintenance)
 - Cross Country Training / Aerobic Runs (@ least 45min)
 - Hill Training
 - CP Speed / Low Impact Plyos
- ◆ Lydiard Circuit
- ◆ Weight Training
- ◆ Form/Technique
- ◆ Typical Early Spring Week

M- Speed Development / Plyos- Downhills

T- Max VO2

W- Technical/Easy Run

Th- Event Specific

F- Easy Run

S- Time Trial or Tempo or Plyos

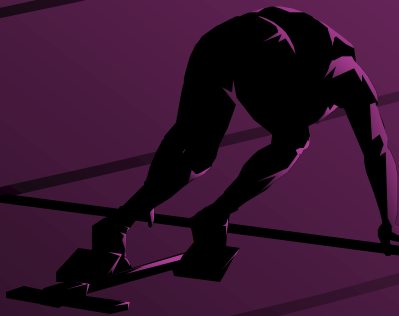
800m Specific TRAINING

Starts with Warm-Up

Continuous

Dynamic

Alternating Sprints



Key Workouts (800m)

- ✦ 4x(4x200) @ 800m pace w/ 90 sec rest (5 min. b/w sets)
- ✦ Broken 800's- 600 fast/200 jog/200 fast (Trademark!!!)
- ✦ 300 fast - 3 min. recovery, then 4-6 200m w/ 1:1 recov
- ✦ Goal Workout: Fast 300 - 2 min. recovery, then 3x400m w/ 1:1 - 1.5 recovery @ 800m pace
- ✦ 2(500m/400m/300m/200m) w/ 5/4/3min b/w reps & 10min b/w sets @ 800m pace
- ✦ Tempo / Threshold Runs or Repeats
- ✦ Max VO₂ (5-6 x 1000m or 1200m) / or (4-6 x 1600m)
- ✦ Moderate / Long Runs
 - Endothaline

TRAINING

End of Workout Sprints / Drills:

◆ Sprints:

– 40's, 50's, 60's, 80's, 100's, 150's

◆ All-out or build-up 300m

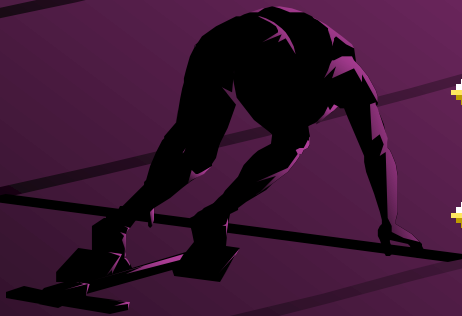
◆ Barefoot drills

◆ Sandpit Drills *(High Knees)*



OPTIMAL PERFORMANCES

- ◆ Finding the race in practice
- ◆ Strategies
- ◆ Training through meets
- ◆ Post meet runs
- ◆ Peak meets (selective meets)
- ◆ Over/Under theory
- ◆ Mental Toughness



Developing a Complete Program



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- ✓ Training (*year round*)
- ✓ Optimal Performances (*peaking*)



“CHAMPIONS ARE MADE, NOT BORN!”

