

Keys for the 800 & 1600

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Development & Mentorship

- Learning from and supporting each other
- Reaching out to other coaches
- Using our resources
 - Books
 - Podcasts
 - Successful teams, coaches, and individuals

Key Components

1. Staying Healthy...Leading to Consistent Training
2. Building Endurance
3. Developing A Gritty Mindset
4. Strategizing Effectively

Staying Healthy...Leading to Consistent Training

1. The Other 22 Hours
 - a. Sleep
 - b. Recovery
 - c. Stress
 - d. Nutrition
2. Strength Training
3. Appropriate Easy Run Pace
4. Two Easy Days in a Row

Staying Healthy...Leading to Consistent Training

- Example
 - Running Log

	DAILY					EASY DAY or LONG RUN		HARD DAY or RACE		DETAILS	WHEN TR
Date	Miles	Sleep	Stress/Anxiety	Hurting		How Feel	Pace	1-2 Positives	1 Learning or Improvement	Comments	Strength/Stride Ha
06/14	7	8	3	No		Relaxed	7:53			It's going to take a little 1A	
06/15	7.5	8	3	No		Little sore	7:51			Felt a little sore today 1 Cx2	
06/16	7	7	3	No		Comfortable	7:39			Felt pretty good today. Was less sore and t	
06/17	7.15	8	3	No		Tired	7:58			Felt pretty sluggish and Dx4	
06/18	6	6	3	No		Relaxed	7:44			Felt good today. A little 2A	
06/19	5.5	7.5	3	No		Relaxed	7:45			Run went decent this morning but was hav	
06/20	40.15										
06/21	10.2	7	3	No		Happy	7:36			Run went good today. Ex4	
06/22	8	6	3	No		Little tired	7:41			Went on a more hilly r 3A	
06/23	8.2	7.5	3	No		Relaxed	7:42			Was kind of tired today Bx2	
06/24	6.1	6	3	No		Tired	7:47			Ran on the tread quick before heading to th	
06/25	7.58	8	3	No		Comfortable	7:36			My sister biked with me 1B	
06/26	7	8.5	3	No		Happy	7:50			Took it nice and easy today which was goo	
06/27	47.08										
06/28	8.28	8	3	No		Relaxed	7:45			Went out pretty relaxe Ax4	
06/29	9	8	3	No		Strong		Decent pace and Focus on form when tired		Felt pretty good about the workout but v Hill	
06/30	8	7	3	No		Tired/sore	7:55			I was feeling pretty tire 2B	
07/01	11	7	3	No		Hot	7:47			Was feeling good at the beginning then the	

Building Endurance

1. Polarized Training
2. Aerobic Development

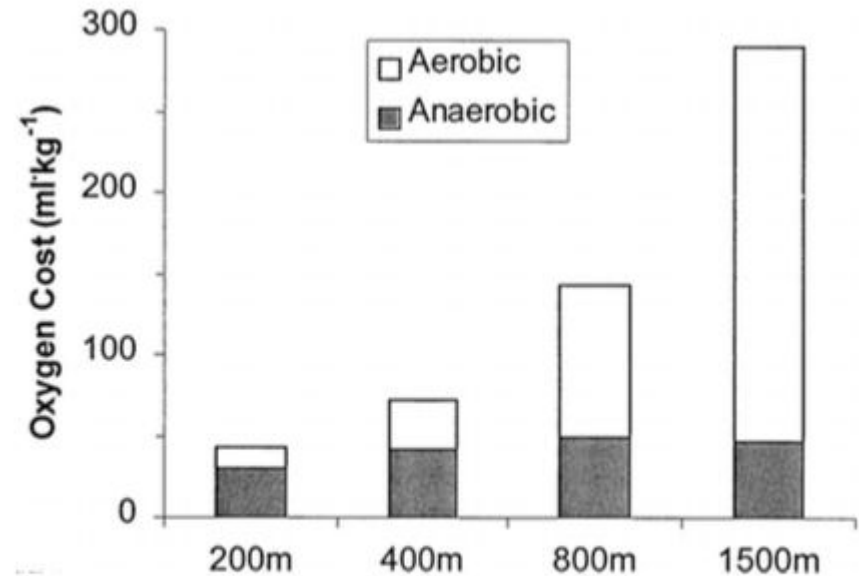


FIGURE 3—Aerobic and anaerobic contribution to the total oxygen cost of the 200-, 400-, 800-, and 1500-m runs. Data are mean values.

Building Endurance

- Example Workout
 - Alternating ~5k Pace & Fast but Relaxed (FBR)
 - 1000s & 150s

Developing a Gritty Mindset

1. Hard Tasks & Times as Callusing
 - a. Getting Comfortable Being Uncomfortable
2. Workout = Dress Rehearsal for Race

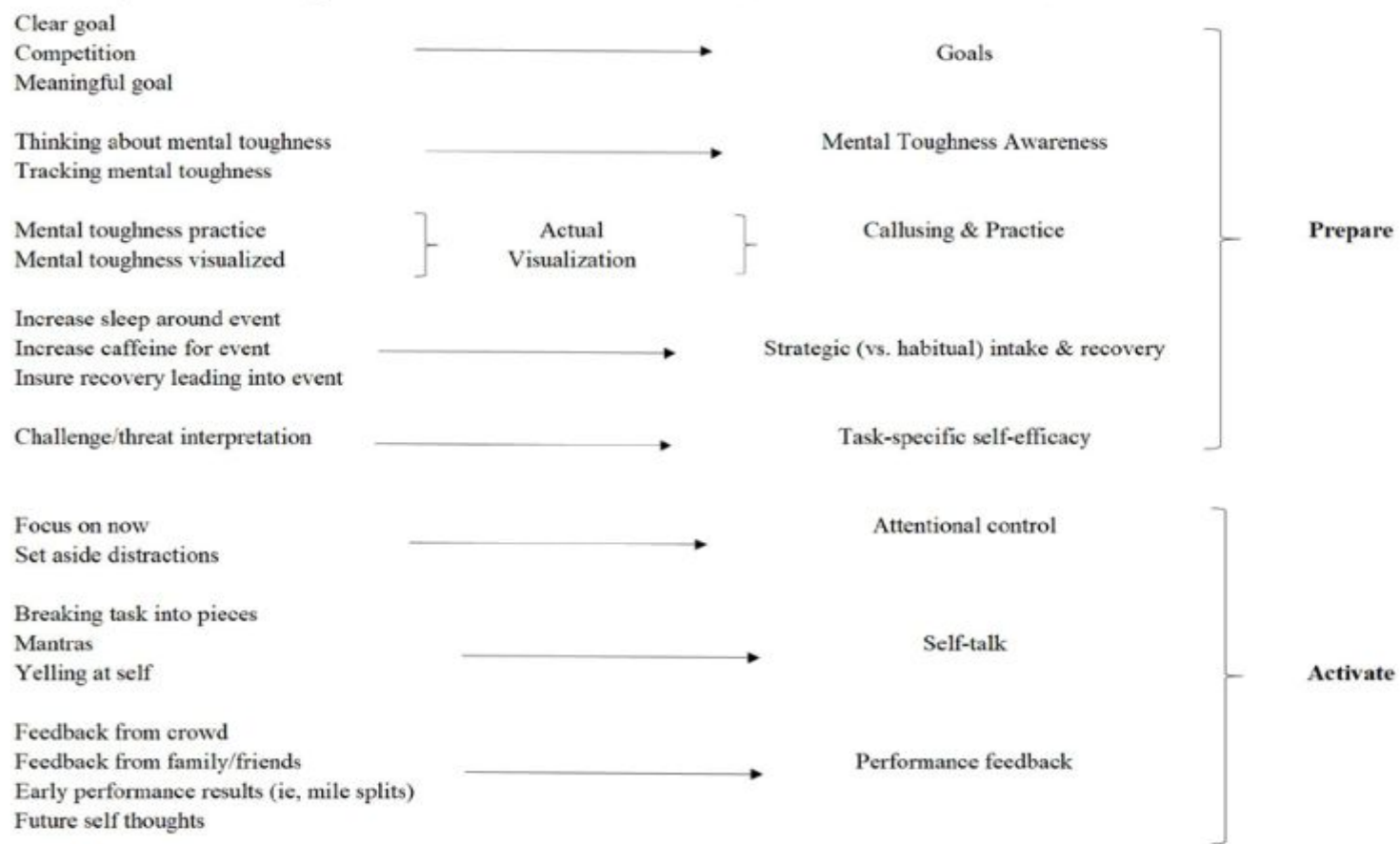


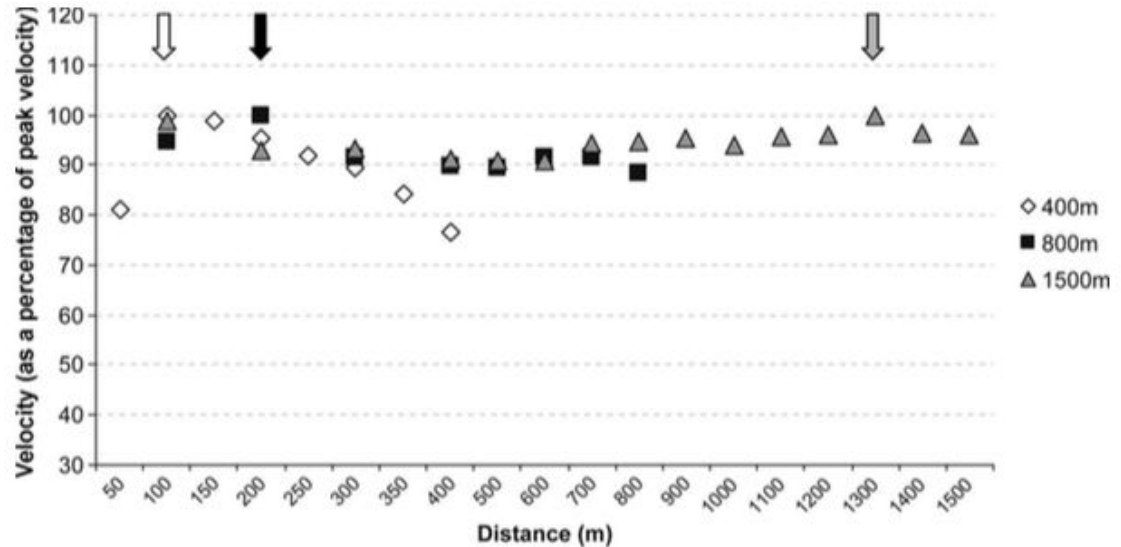
Figure 1. Themes uncovered from open coding of interview data.

Developing a Gritty Mindset

- Example Workout
 - High Intensity with Low Rest (Anaerobic)
 - 3 x 3 x 300
 - Descending pace from above 1600 to below 800
 - 1 minute (working towards 30 sec) between reps and 3 minutes between sets

Strategizing Effectively

1. Evenly Paced 1600m
2. Faster First Lap for 800m



Strategizing Effectively

- Example Workouts
 - 53 Workout
 - 5 x 500 at 1600 Pace, 3 x 300 at 800 pace (3 min rest)
 - “Race Starts” Plus
 - 1200 + 400 + 400...
 - 600 + 200 + 200...