

# **800/1600 Meter Training**

Donnie Palmer, Topeka West High School  
Email: dpalmer@topeka.k12.ks.us

- I. **Background**
- II. **Off-Season Training**
  - a. Focused on building the aerobic base.
  - b. Long run once per week.
  - c. Some hard efforts such as tempo runs, telephone pole fartleks, and hills.
- III. **Early Season Training**
  - a. Focus is on high volume and low to medium intensity with short rests.
  - b. Some hill work.
  - c. In the first week, 4 mile timed run test. (May repeat the week after Spring break.)
  - d. In the 2<sup>nd</sup> week, 45 second run. (May repeat the week after Spring Break.)
  - e. Start to build some speed endurance with track workouts.
  - f. May focus on building aerobic base of some athletes. Long run each weekend.
  - g. Sample Workouts.
- IV. **Mid-Season Training**
  - a. Focus is on medium volume with an increase in the intensity/pace of the workouts.
  - b. We will have two hard workouts on the track per week plus the meet day on Friday.
  - c. Mondays tend to be the Speed Endurance workouts. Longer with less rest.
  - d. Wednesdays tend to be more focused on speed and are shorter.
  - e. Sample Workouts.
- V. **Late-Season Training**
  - a. Focus is on low volume with high intensity/pace of the workouts.
  - b. We will start this phase usually the first week of May.
  - c. We will still do some longer intervals on Mondays @ faster pace with more rest between.
  - d. Sample workouts.