

# 800m

# Endurance & Tempo

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Tempo	10 Minute Run	50%	5 Minutes	Run at a comfortably challenging pace, focusing on maintaining a steady effort.
WATERBREAK					
		x 400m	Race Pace	2 - 3 Minutes	
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

# 800m

# Speed & Interval

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Speed	6 x 200m	Race Pace	1 - 2 Minutes	
WATERBREAK					
		3 x 400M	80%	2 - 3 Minutes	
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

# 800m

# Power & Strength

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
<b>WATERBREAK</b>					
	Power	Hills or Stadium x 8	100%		Focus on driving knees and maintaining good form. Jog or walk back for rest time & repeat
<b>WATERBREAK</b>					
	Strength	Air Squats 3 x 10 Lunges 3 x 10 Side Lunges 3 x 10	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	Bring Water
	Plyometrics	Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible.
		Standing Long Jumps 3 x 8	100%	1 - 2 Minutes	Lower into a quarter squat position, then jump forward as far as possible, extending arms forward for momentum. Land with both feet, absorbing the impact by slightly bending your knees.
		Lateral Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one leg and landing on the other.
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

# 800m

# Race Simulation

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
<b>WATERBREAK</b>					
	Meet Prep	1 X 800m	100%	10 Minutes	Maintaining proper running form and technique
<b>WATERBREAK</b>					
		1 X 800m	100%	10 Minutes	Concentrate on sustaining speed throughout the distance
<b>WATERBREAK</b>					
		1 X 800m	100%		Concentrate on sustaining speed throughout the distance
	Recovery Cooldown				

# 800m

# Tempo & Recovery

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Tempo	10 Minute Run		5 Minutes	
WATERBREAK					
	Recovery Run	Conversational Run 15 Minute run			Run at a pace to which you can hold a conversation
WATERBREAK					
	Cool Down Recovery				