

# Long Term Development for 800m

Trevor Painter & Jennifer Meadows

# Requirements for 800m – Knowledge of Opposition

OLYMPIC/WORLD CHAMPIONSHIPS 800M						
YEAR	GOLD		SILVER		BRONZE	
2016 <b>OG</b>	SEMENYA	1'55.28	NIYONSABA	1'56.49	WAMBUI	1'56.89
2015 <b>WC</b>	ARZAMASAVA	1'58.03	BISHOP	1'58.12	SUM	1'58.18
2014 <b>EC</b>	ARZAMASAVA	1'58.15	SHARP	1'58.80	JOZWIK	1'59.63
2013 <b>WC</b>	SUM	1'57.38	SAVINOVA	1'57.80	MARTINEZ	1'57.91
2012 <b>OG</b>	SAVINOVA	1'56.19	SEMANYA	1'57.23	POISTIGOVA	1'57.53
2011 <b>WC</b>	SAVINOVA	1'55.87	SEMANYA	1'56.35	JEPKOSGEI	1'57.42

WORLD/EUROPEAN JUNIOR 800M						
YEAR	GOLD		SILVER		BRONZE	
2016 <b>WJC</b>	WATSON	2'04.52	MILLER	2'05.06	KETEMA	2'05.13
2015 <b>EJC</b>	EYKENS	2'02.83	SCHMIDT	2'04.55	HINRIKSDOTTIR	2'05.04
2014 <b>WJC</b>	WAMBUI	2'00.49	DIAGO	2'02.11	WASSALL	2'02.71
2013 <b>EJC</b>	HINRIKSDOTTIR	2'01.14	SIDORSKA	2'01.46	HERING	2'03.11
2012 <b>WJC</b>	WILSON	2'00.91	JUDD	2'00.96	BAHRAOUI	2'03.09
2011 <b>EJC</b>	TKACHUK	2'02.73	COLE	2'03.43	MALANOVA	2'03.59

ENGLISH SCHOOLS CHAMPIONSHIPS 800M						
YEAR	GOLD		SILVER		BRONZE	
2016 <b>SG</b>	HOWARD	2'08.25	IVES	2'09.20	PARRY-JONES	2'13.15
2015 <b>SG</b>	BAKER	2'07.79	HOWARD	2'08.14	SMITH	2'09.49
2014 <b>SG</b>	LONG	2'05.87	DODD	2'06.44	BILLINGTON	2'08.06
2013 <b>SG</b>	BLEAKEN	2'06.44	DODD	2'07.02	HARTIGAN	2'09.33
2012 <b>SG</b>	AUSTIN	2'12.08	OWSLEY	2'13.18	CHAMBERLAIN	2'13.32
2011 <b>SG</b>	WALSH	2'07.57	BELL	2'08.57	LINNEY	2'09.67

# Requirements for 800m – Physiology of Event

34% Anaerobic

66% Aerobic (According to Spencer & Gastin)

30% ATP, PC & Anaerobic Glycolysis

65% Anaerobic Glycolysis & Aerobic

5% Aerobic (According to Fox)

10% ATP

30% Anaerobic

60% Aerobic (According to Mader)

Men

Women

40%

30%

Anaerobic

60%

70%

Aerobic

(According to Cox)

39.7%

29.9%

Anaerobic

60.3%

70.1%

Aerobic

(According to Duffield & Dawson)

# Know the Individual and treat them individually!

400m / 800m runner

800m specific

800m / 1500m runner

Years in the sport

Training History

Areas of specific weakness

Character – Leader or shirker

What do they bring to the squad?

Social Background

Support Network

Family (Supportive? Sporty?)

Education

Pushy or Understanding school?

University aspirations

# 5 Performance Factors

- Physical
- Mental
- Tactical
- Technical
- Theoretical

# 5 Physical Factors of Performance

- Speed
- Strength
- Endurance
- Mobility
- Co-ordination

# Other Key Determinants of Performance

- Physical Appearance
- Genetics
- Parents
- Mindset

# Jenny Meadows Progression

## Under 13's

100m	12.8	(2 <sup>nd</sup> )
200m	26.49	(2 <sup>nd</sup> )
600m	1'38.5	(1 <sup>st</sup> )
800m	2'18.5	(1 <sup>st</sup> )

## Under 15's

100m	12.5
200m	25.3
800m	2'14.88
(1 <sup>st</sup> at English Schools)	

## Under 17's

100m	12.3
200m	25.3
300m	39.2
*Main event 2 <sup>nd</sup> UK	
Champs)400m	55.6



# Jenny Meadows 800m Progression

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Age	19	20	21	22	23	24	25	26	27	28	29	30
400m	53.84	53.32	53.23	52.67	52.89	52.5	52.79	53.2	53.51	53.56	53.85	53.5
800m	2'10.7	2'05.8	2'03.35	2'06.82	2'06.84	2'02.05	2'00.16	1'59.39	1'59.11	1'57.93	1'58.43	1'58.60
1500m						4'38.2	4'19.36	4'20.01				

# Jenny Meadows Significant race splits

Birmingham Indoor GP	21.2.09	28.2	58.1	1'28	1'59.5
Semi Final Turin	7.3.09	29.6	60.0	1:31.2	2'01.6
Final Turin	8.3.09	27.9	57.8	1'28.6	2'00.4
Rabat GP	23.5.09	28.5	60.0	1'30.5	2'01.8
Hengelo GP	1.6.09	29.0	58.5	1'29.7	2'00.15
Ostrava GP	17.6.09	28.7	59.1	1'29.6	2'00.5
Madrid	4.7.09	27.6	57.5	1'28.5	2'01.1
Crystal Palace GP	24.7.09	28.8	60.6	1'31.1	2'01.3
Monaco	28.7.09	28.5	58.6	1'29.1	1'58.63
Berlin Semi	17.08.09	27.5	58.3	1'29.2	1'59.45
Berlin Final	19.8.09	27.4	57.5	1'28.1	1'57.93
Glasgow Int	30.1.10	29.6	60.3	1'31	2'02.5
Indoor Champs Final	14.2.10	28.5	58.6	1'29.6	2'00.91
Birmingham GP	20.2.10	28.2	58.2	1'28.9	1'59.11
World Indoors Heats	12.3.10	29.2	59.8	1'30.6	2'00.39
World Indoor Final	14.3.10	28.2	58.3	1'28.8	1'58.43
Shanghai DL	23.5.10	28.7	60.4	1'31.8	2'01.34
Rome DL	10.6.10	28.1	58.8	1'28.9	1'58.89
Euro Champs Heats, Barcelona	27.7.10	28.2	58.4	1'28.8	1'58.9
Euro Champs Final, Barcelona	30.7.10	28.2	59.2	1'29.1	1'59.4
London DL	14.8.10	28.2	58.6	1'28.5	1'59.4
Brussels DL	27.8.10	27.5	57.3	1'28.2	1'59.93
Inter Continental Cup, Split	4.9.10	27.9	58.5	1'28.8	1'58.88
Glasgow GP	29.1.11	28.9	59.4	1'30.2	2'01.17
Birmingham GP	19.2.11	28.5	58.5	1'28.4	1'59.22
Semi Final Paris	5.3.11	28.5	59.0	1'29.9	2'00.66
Final Paris	6.3.11	28.0	58.3	1'28.9	2'00.50
Shanghai DL	15.5.11	29.0	60.6	1'31.3	2'00.54
Hengelo GP	29.5.11	27.5	57.5	1'29.1	1'59.76
Oslo DL	9.6.11	27.7	57.9	1'28.6	1'59.27
Euro Team Champs, Stockholm	18.6.11	28.0	58.2	1'28.8	1'59.47
Paris DL	8.7.11	28.0	58.5	1'30.1	2'00.74
London DL	5.8.11	27.9	57.5		1'58.60
Daegu Semi Final	2.9.11	27.4	58.1	1'29.1	1'59.07
Zurich DL	8.9.11	27.9	57.4	1'28.4	1'58.92

**Average Sub 2'01min first 400m** 58.40 (57.3-60.6)

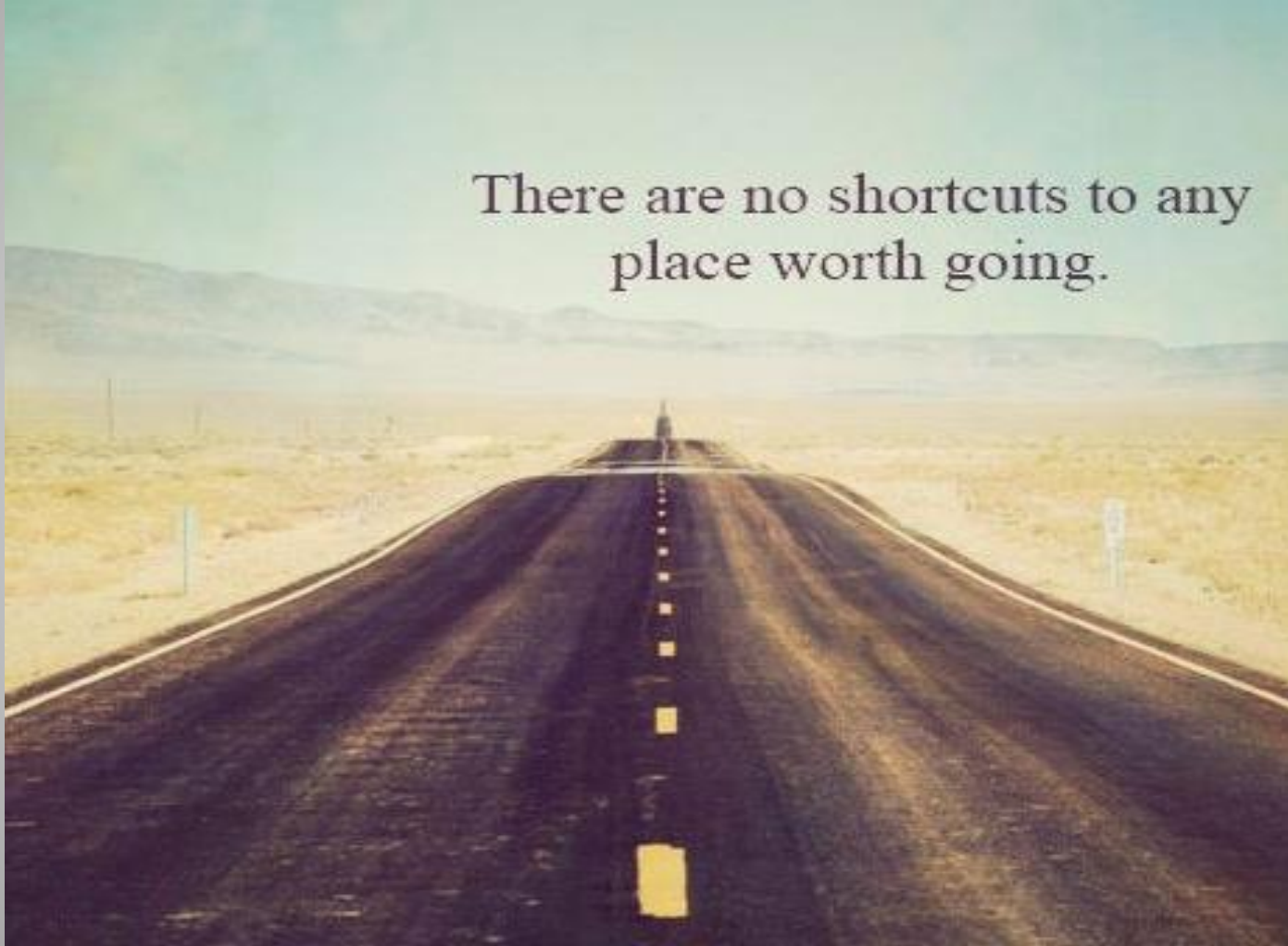
**Average Sub 1'59 first 400m** 58.13 (57.4-58.8)

**Average 1'59 first 400m** 58.17 (57.3-59.2)

**Average 2'00 first 400m** 58.91 (57.8-60.6)

# Be Patient

There are no shortcuts to any  
place worth going.



# Kirsten McAslan

## 2009 Stats – age 15

- 100m = 12.75 (12.6 hand timed)
- 200m = 26.42 (25.8 hand timed)
- 300m pb = 40.10 (39.9 hand timed)
- Above set in semi final of English Schools  
(In Final 8<sup>th</sup> in 40.63)

# Initial Process

- Interview with Athlete and Parents
- Review of current practice / Volume
- Review of Support Structure
- Goal Setting – Short & Long Term
- 4 year plan – linked to goals

# Year One

## Specific Conditioning

- Functional Stability – Core, Gluteus, Thoracic
- Speed Development
- Aerobic Conditioning
- Introduction to Lactic Tolerance

# 2010 Stats – age 16

- 100m = 12.80/12.5 **was 12.75/12.6**
- 200m = 25.63/25.4 **was 26.42/25.8**
- 300m = 39.02 **was 40.10/39.9**
- Above 300m pb set when winning English Schools title.

# Year Two

## Continued Specific Conditioning

- Functional Stability – Core, Gluteus, Thoracic
- Speed Development
- Aerobic Conditioning
- Greater Focus on Lactic Tolerance
- Introduction to Mental Preparation



# 2011 Stats – age 17

- 100m = 12.64/12.2      was 12.75/12.6
- 200m = 25.46/25.4      was 26.42/25.8
- 400m = 53.98              was 57.59/57.2
  
- Didn't bother with English schools, opted to run in Junior international in Germany.
- Anchored GB to Gold in European Juniors running 52.3 split

# Year Three

- A new Challenge – University
- Long Distance Coaching
- Feedback and Communication a Priority
- Individual Specific Mental Training
- Practice not to fall on dip finish

# 2012 Stats – age 18

- 100m = 12.37      **was 12.75**
- 200m = 24.89      **was 26.63**
- 400m = 53.91      **was 57.59**
  
- Won U20 champs but injured foot meant unable to qualify for World Juniors

# Year Four

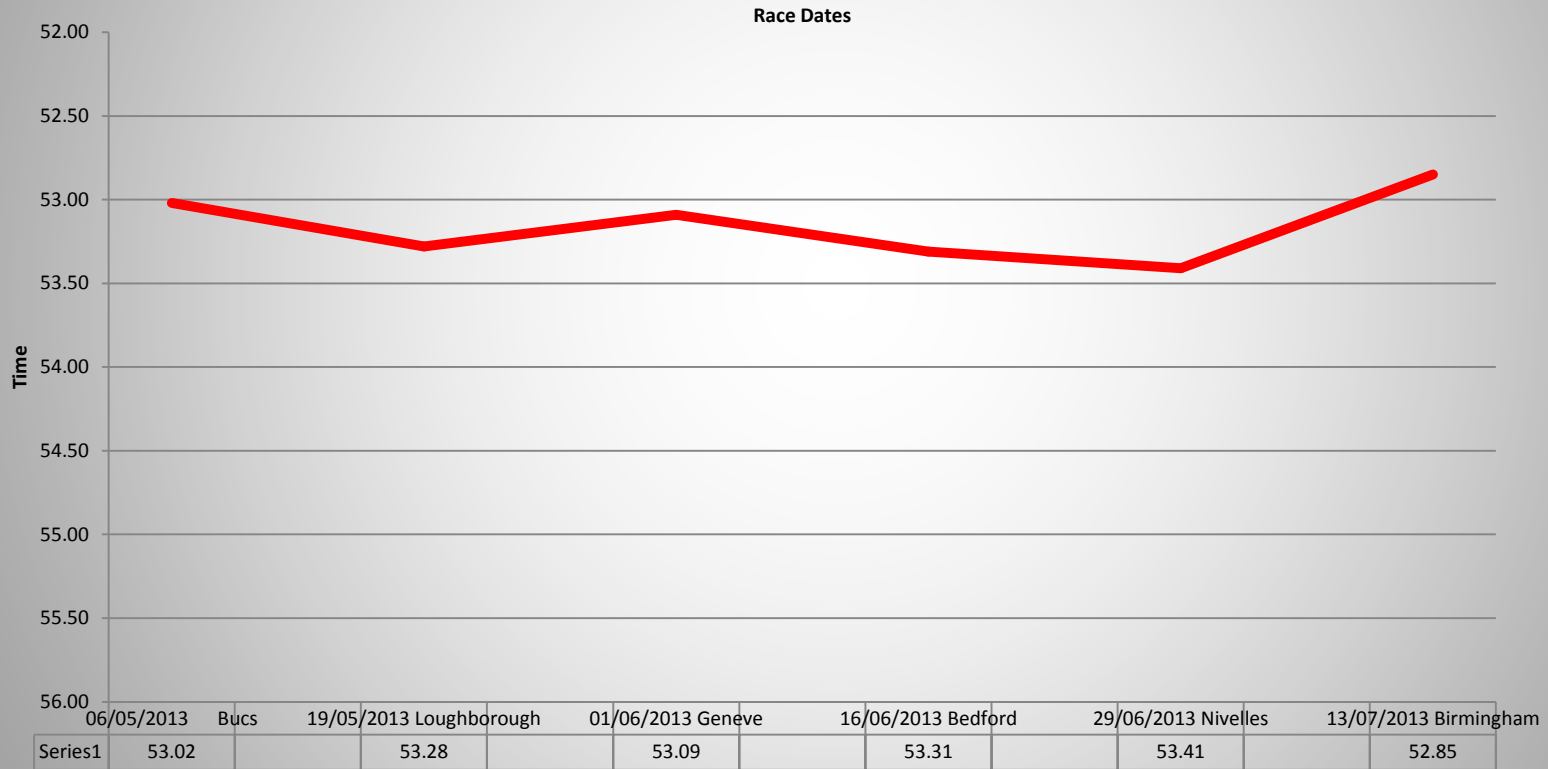
- Learning to be Injured
- Increasing need for self discipline
- Continued close communication

# 2013 Stats – age 19

- 100m = 11.83w      was 12.75
- 200m = 23.92      was 26.42
- 400m = 52.85      was 57.59
  
- .02 off qualifying for Euro U23's (53.00)
- Same weekend as above ran 52.85pb for 5<sup>th</sup> in Senior trials (Selected for World Champs 4x4)

# Performance Chart

Kirsten McAslan 400m's 2013



# First 4 year review

- Lots of valuable experiences in the first 4 years
- Has since gone on to run 52.13
- Won medals at European Indoors & World outdoor Championships in Beijing
- Ran 2'04.48 – a glimpse of what is to come?
- Unfortunately missed 2016 due to Glandular Fever

# Build That Support Network

## Development Stage

- Coach
- Parents

## Elite Stage

- Coach
- Physio / Masseur
- Psychologist
- Physiologist
- Doctor
- Nutritionist
- Race Agent
- PR Agent
- Parents



# Coaching Necessities

- Be Yourself – Stick to your philosophy
- Give Individuals what Individuals need
- Make everything relevant to the task
- Condition the mind & the body for the task
- Plan, Reflect, Plan some more, Reflect some more etc
- Have flexibility in your role & relationship with Athletes



**KEEP  
CALM  
AND  
JUST  
DO IT**  
Your way...