



Distance Running Appendix

800m – 8-Week Training Program

This workout should be adjusted to match athlete’s fitness and skill level. From week 4 onwards, add a 4th day and race weekly. This race can be a local event, an official SO event or you can even create a monthly race at training sessions. The important thing is that your athletes get to practice running their event at race pace.

You should ensure every session begins with a warm-up and ends with a cool-down. Refer to our Warm Up and Cool Down Guide on the resources webpage for more information.

Week 1		
Day 1	Day 2	Day 3
Quick turn drills 8x200m at 50% Focus: Run tall, quick turn Rest: Jog 400m	Quick turn drills 6x300m at 50% Focus: Run tall, quick turn Rest: Jog 400m	Quick turn drills 2x400m at 50% Rest: Jog 400m 1x800m at 50%
Week 2		
Day 1	Day 2	Day 3
Quick turn drills 1000m at 50% Rest: Jog 800m 1200m at 50%	Quick turn drills 4x400m at 75% Rest: Jog 400m 6x300m at 75% Rest: Jog 400m	Quick turn drills 800m at best effort
Week 3		
Day 1	Day 2	Day 3
Quick turn drills 2 miles distance run on road, alternate 3 minutes run/30 seconds walk	Quick turn drills 4x400m at goal pace Rest: Jog 400m 800m jog 4x400m at goal pace Rest: Jog 400m	Quick turn drills 1200m at 75% Rest: Jog 800m 1000m at 50% Rest: Jog 800m 4x200m at goal pace Rest: Jog 400m
Week 4 - Add a Day 4 and Race!		
Same as Week 3,		
Week 5 - Add a Day 4 and Race!		
Day 1	Day 2	Day 3
Quick turn drills 3 miles distance run on road, alternate 4 minutes run/1 minute walk	Quick turn drills 30 seconds – run as far as possible Rest: 90 seconds 60 seconds – run as far as possible Rest: 2½ minutes 90 seconds – run as far as possible Rest: 4 minutes	Quick turn drills 4x400m at goal pace Rest: Jog 400m 4x400m at goal pace
Week 6 - Add a Day 4 and Race!		
Day 1	Day 2	Day 3
4 miles run on road, easy steady pace. Last 3 miles, alternate between 2 minutes hard running and 5 minutes medium effort running	Quick turn drills 4x400m at goal pace Rest: Jog 400m 2x300m at fast as possible Rest: 8 minutes	Quick turn drills 200m at goal pace, 200m jog 300m at goal pace, 300m jog 400m at goal pace, 400m jog 200m at goal pace
Week 7 – Add a Day 4 and Race!		
Same as Week 5		
Week 8 – Day 4 - Compete in Championship Event		
Day 1	Day 2	Day 3
6x400m at goal pace, fast Rest: Jog 4 minutes	4x400m at goal pace, fast Rest: Jog 4 minutes	2x400m goal pace, fast Rest: Jog 4 minutes

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