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### **Training Guideline 800m And 1500m**

If you run the 800m, you basically need 200/400m speed, 800m speed (duh!)

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and 1500/300m speed. Those workouts can be Monday, Wednesday and Friday, with Tuesday and Thursdays as recovery runs (or Tempo runs\*) and the Saturday long run. Sunday is rest or active recovery or Yoga. (Read my interview with Gary Reed)

### **Multi-Pace Training Speeds for**

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#### **800m and 1500m**

800m-1500m. Pain, Endurance and The Art of Suffering ... 1,600m @ 10km pace - 2km tempo - 1,200m @ 5km pace - 2km tempo - 800m @ 3k pace - 2km tempo - 400m all out... Nick has run it with the following splits: 1600m - 4.20, 1200m - 3.13, 800 - 1.58, 400 - 52 ... When considering the application of this

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for either your own or ...

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### **800m-1500m Articles - Sweat Elite**

Start with three 400m runs at a pace a little faster than 1500m, with 5mins recovery after each. Then two 400m runs at 800m pace with 1 minute recovery between them, with 10 minutes recovery period. Finally a 400m fast run



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The total session lasts about half an hour.

### **Lisa Dobriskey - Training and Diet for 800m and 1500m ...**

The 1500 and mile plan uses a multi-pace training program that includes workouts at all critical paces including endurance pace, lactate turn point pace,

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vVO2 max pace and sprint pace. This program uses a variety of training paces including 400 meter race pace, 800 meter race pace, 5K race pace and easy pace.

### **Intermediate 1500 Meters and Mile Training Program**

Here it is, my 800m to 1500m training

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program. Enjoy! Please keep these training programs free by supporting me on patron here: -----

<https://www.patreon.com...>

## **800m 1500m Training Program: All Levels Indept Philosophy**

6 x 800m Rec: 3 mins 2 x 600 metres

Rec: 12 minutes

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1600m/1200m/800m/400m Rec: 5

mins/4mins/3 mins Zone 6: Speed and  
Speed Endurance (Anaerobic Speed)  
Speed endurance (Anaerobic Speed)  
pace training can span a wide number of  
reps and sets and it corresponds to  
roughly 1500m race pace at the lower  
end up to a full sprint at the top end.

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## **ENDURANCE TRAINING GUIDELINES**

800 1500M Dynamic Warmup Rose  
Monday VIDEO 1 - Duration: ... 800m Pre-  
Season Training with Nick Symmonds |  
The Making of an Olympian - Duration:  
4:26. Olympic 283,556 views.

## **Becoming a Champion: 800/1500M for Girls' Track & Field**

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Training your mind to focus before race day is crucially important. If you cannot focus during a training session, you will likely be unable to focus during the actual race. Drills. Running Planet recommends the "10 x 400 meter" drill for 1,500-meter training. Repeat 10 consecutive 400-meter runs with two-minute rest periods in between.

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## **1500 Meter Training | SportsRec**

Click High School Coach's Blueprint for Success: 800M / 1500M for more information about his dvd. The YouTube video below has audio, so please make sure that your sound is tuned on and that you have access to the site. Note some schools block access to YouTube.

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Click the arrow to play the video.

## **Middle Distance Training: Sample Week - Track and Field ...**

Training for the 800m- A Comprehensive Guide by AussieRunner101 After quite a bit of interest from others. a great reaction from when I posted my training plan, and a number of inquisitive posts



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from new runners asking for 'tips', I've decided to create a comprehensive guide on training for the 800m!

## **Training for the 800m- A Comprehensive Guide by ...**

1) The mile / 1600m / 1500m is primarily an aerobic event. 2) For most athletes, training that focuses on aerobic

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development (and running economy) will have the largest benefit on mile / 1600m / 1500m performance. 3) Improvements in anaerobic capacity and speed are limited and will affect mile / 1600m / 1500m performance to a smaller extent.

### **Training for the mile / 1600m: An Aerobic / Strength ...**

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Nick Symmonds is one of the fastest non-African 800m runners of recent times. A 1:42.95 800m personal best to his name, he also came 5th at the London 2012 Olympic Games and 2nd at the 2013 World Championships in Moscow. Nick has won the American National Championships over 800m 6 times.

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## Middledistancetraining File **Nick Symmonds - 1:42.95 800m - Training**

Training Better Distance Runners Martin,  
D.E. and P. N. Coe 1991; LeisurePress,  
Champaign Il, USA p127 Table 3.4 The  
difference in energy sources that  
contribute to racing performances in  
Olympic Distance Events: 800m:  
Phosphate 5%, Lactate 38%, Aerobic

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57% 1500m: Phosphate 2%, Lactate  
22%, Aerobic 76%

## **Middle Distance Racing - USTFCCCA**

Anaerobic Training Methods 1500m Pace work (110% vVO<sub>2</sub> Max) - typically 200m-1000m in length. Typically equal to double rest of duration run. 800m pace work (120% vVO<sub>2</sub> Max) - typically

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150m-600m in length.

## **1500m Training - USTFCCCA**

Seb Coe as a senior athlete: Into and throughout his senior career, Seb very rarely ran more than 90km weeks. He followed a 5-pace training system (400m, 800m, 1500m, 3000m, 5000m paced workouts) as a means of

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addressing the various 'types' of running. Seb ran 4 of the 5 paces all year, dropping only the 3km pace in winter.

## **Seb Coe training program & insight | Running Science**

The 800 and 1500m events are analyzed in detail to provide an understanding of

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what is required to race and win. All vital components of event training are included from fitness testing, mental conditioning, and multi-pace training to post-event analysis.

## **Winning Running: Successful 800m & 1500m Racing and ...**

Taoufik Makhloufi is an Algerian 800m



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and 1500m athlete who's won 3 Olympic medals (1 gold and 2 silvers) between the 2012 and 2016 Olympic Games.

Taoufik is a very versatile middle distance runner, with incredible dual ability across both the 800m and 1500m events. His personal bests can be found below. Personal bests:

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## **Taoufik Makhloufi training: program & insight | Running ...**

Anaerobic Speed Endurance Training  
Volume Guidelines 90-100% intensity  
Category Rest Session Volume Short  
Speed Endurance- 6-10s ASSE 3-10 min.  
GSSE 1-3min. 300m-800m Ex. ASSE 6 x  
80m w/ 8' rest Ex. GSSE 3 x 4 x 50m w/  
1:30 on reps, 5 min. on sets Speed

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Endurance- 10-20s 5-10 min.

500m-1000m Ex. 5 x 150m w/ 10 min.  
rest

## **Keys to Developing the Combo 400/800m Runner**

It is easy to overlook good aerobic training in an 800m/1500m program, with the idea that all that is needed is

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speed. Good aerobic fitness (from Interval workouts) not only benefits these races themselves, but improves rate of recovery when doing the faster Rep sessions. [Determine your Interval pace]

## **800M | Run S.M.A.R.T.**

Halliday defines the physiological

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requirements for success in the 800 and 1500 and critical information related to training all of the energy systems with proper emphasis. He reviews a chart of aerobic and anaerobic contributions in endurance running events to define appropriate workout construction.

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