

Theresa Brannen – 800m

Comet Clinic – Presentation Notes

Dynamic Warm Up

Stretching – light active stretching of major muscle groups just to loosen up

Warm up – if it's a workout day, running a typical warm up distance/time. If it's an off day run, complete the distance/time requested

Drills – before workouts or after your off-day run – quick shuffle, a & b skips, butt kicks, high knees, leg swings, etc.

Strides – 20-60m gradually picking up speed

Workout/run – if it's a workout day, you're all warmed up and ready to go. If you completed your off day run and drills, now you can jog a few minutes and stretch again

800m Racing Tactics

Negative split – the ideal way to race an 800m. A 2-3 second negative split is the ultimate goal

Feel the race – sit and kick, front running, sit back & lead second lap

3rd 200 is the most important and the toughest – 1st lap is all about rhythm and pace, 2nd lap is conquering the 3rd 200 and setting yourself up in position to strike with 150m to go for a strong finishing kick

Break line – 2 turn stagger for HS, use that momentum on the break to gradually go from your alley to lane one. You can see better if you are on the outside and gradually cut over vs heading straight for rail

Positioning – if you're leading, hug the rail but be ready to move out or surge if someone is coming on your shoulder. If you're mid pack and want to be pulled along, stay on the rail or on the outside of the person's shoulder who is on the inside, but still make sure to be in lane 1. Try to avoid passing on the turn and running in lane 2+

Q&A