

Developing Middle Distance Runners – The Blank Slate Method

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1) Introduction

- i) The Blank Slate Method

2) The Basics

- a) Profiling 800m Talent
 - i) Long Sprinter vs. Speedy Distance Runner (The Orphan)
 - ii) 400/800 vs. 800/1500
 - iii) Red Flags 200m > 1500m –or- 3k/5k > 400m
 - (1) IAAF Scoring Tables
 - (2) One Up/One Down Rule
- b) Limiting Factors in Performance
 - i) Training vs. Racing
 - ii) Psychology & Adoption
 - iii) Yokolev's Model
 - iv) Weakness – Training Deficiency or Reflection of Ability?
- c) Basics of 800m Success
 - i) Unique Event = Unique Athlete = Unique Training
 - (1) Shortest Race to Not Finish in Lanes
 - (2) Longest Race to Start in Lanes
 - ii) Fall Development
 - iii) Speed, Endurance & Combined Zones
 - iv) Running as the Lead Role in Training

3) Training Theory

- a) Periodization – “Play Chess not Checkers”
 - i) Macrocycles
 - (1) Summer
 - (2) Fall/XC
 - (3) Winter/Indoor
 - (4) Spring/Outdoor
 - ii) Mesocycles
 - (1) 2-8 micros
 - (2) Themed
 - iii) Microcycles
 - (1) Traditional 7-day Weeks
 - (2) Take What you Can Get (Resources, Weather, Rules, etc.)
 - (3) Planned Recovery
 - (a) Train Hard, Recover Harder (Yokalev's Model)
 - (b) Train/Race to Race/Train
 - iv) Record Keeping
 - (1) Manipulate Data
 - (2) Correct Mistakes
- b) The Workouts
 - i) Manipulate Variables
 - (1) Volume
 - (a) Rep Volume
 - (b) Workout Volume
 - (2) Intensity
 - (a) Speed of Reps
 - (b) Recovery Between Reps/Sets

4) Racing the 800m

- a) 1st 200m – Create Position
 - i) Sprint Start vs. Fast Start
 - ii) The Break Line
- b) 2nd 200m – Cover Moves
 - i) One Chance at the Lead
- c) 3rd 200m – Challenge the Leaders
- d) 4th 200m – Close the Deal
- e) (Congratulate & Celebrate)