

## ***Pre-race Day for 800m***

1. Jeff Boelé Warm-up (13 min)
2. 5- to 10-minute run
3. Repeat the first 10 elements from Jeff's warm-up again
  1. Skips w/ arms forward
  2. Skips w/ arms backward
  3. Skips w/ arms crossing
  4. Skips w/ twist
  5. Backward walk w/ reach
  6. Backward skip
  7. Butt Kicks
  8. Side slide – L/R
  9. Side jump jacks – L/R Carioca – L/R
4. Spike up.
5. 3 x 150m In-n-out with the middle 50m at 92 percent, 94 percent, 96 percent.
6. 2 x 200m.
  1. First 200m is from a standing start and simulates the first 200m you want them to run the next day. They should run through the line (the 200m start line) and let their momentum carry them another 30m. Walk/jog 4-5 minutes to get a full recovery.
  2. Second 200m is done with a run-in of 20m (or 30m) and is run from the 200m start line to the finish line. The goal is to run the same race pace you'll want them to run for the race the next day. Walk/jog 4-5 minutes.
7. 2 x 120m at 800m goal pace with 250m jog. We want them to run with great posture, to feel fast, and run this rhythm as controlled as possible. Again, they need to do run-in, so it's really a 150m repetition - 30m run-in so that when they hit the 120m mark they're already at race pace
8. Change out of spikes.

9. \*\*\*I don't like jogging here, but 5 min is fine. *The reason not to jog is that we want the last thing in their legs to be fast so that race pace feels easy tomorrow.*

### **Post-Run Work for Pre-Race Day**

1. Skips w/ arms forward
2. Skips w/ arms backward
3. Skips w/ arms crossing
4. Skips w/ twist
5. Backward skip
6. Carioca - L/R
7. Backward Skip

### **Move to Ground**

1. Donkey Kicks x 4
2. Donkey Whips x 4
3. Iron Cross (gently) x 4
4. Groiners x 4
5. Knee to Chest (gently) x 4
6. Cat-Cow (gently) x 4
7. Cat-Cobra (gently) x 4
8. Reach through and reach up x 8

### **Leg Swings (just 5 of each)**

1. Forward-backward x 5
2. Side to side x 5
3. Hurdle trail leg forward x 5

4. Hurdle trail leg backward x 5
5. Bent knee side to side x 5
6. Bent knee forward backward - not too fast x 5

Gentle self-therapy for only 5 minutes (or 10, if the coach believes that's best). No core strength on a pre-race day.

To read the full description go to [www.coachjayjohnson.com/blog/800m-training-pre-race-day](http://www.coachjayjohnson.com/blog/800m-training-pre-race-day)