


2020 Athletic.net SuperClinic
 Michael Granville – 800m Workouts and Race Strategy Training

800 Meter Workouts and Race Strategy



Michael Granville 2020

Your fastest high school 400 meter runner may be a half-miler!




A 50 second 400 meter time was not ranked in the nation's top 1,000 in 2019.

THE NUMBER ONE high school 800 meter runner the same year ran 1:49.46 as a sophomore (50.52 400m)

Michael Granville (Bell Gardens) progressed from junior freshman third in the 1993 400 meters to a national record setter in the 800 meters at the 1996 State Meet. Along the way he re-wrote the list of class and age records. He is the only male athlete to hold all four class records in an event.

The High School 800 Meters



- 800 meters ~ 1:56.3 to 1:46.45
- 400m/800m Partnership
- Milers vs 400 meter runners in the 800m 2019 and all-time list
- Cue the tapes: Granville, Brazier, A. Wilson
- 800 meter Macrocycle + Favorite 800m workouts

My 800 Meter Life



State-meet record: 1:46.45 Michael Granville (Bell Gardens-SS) 1996
 Senior all-time state best: 1:46.45 Michael Granville (Bell Gardens-SS) 1996
 Junior all-time state best: 1:47.96 Michael Granville (Bell Gardens-SS) 1995
 Sophomore all-time state best: 1:48.98 Michael Granville (Bell Gardens-SS) 1994
 Freshman all-time state best: 1:51.03 Michael Granville (Bell Gardens-SS) 1993

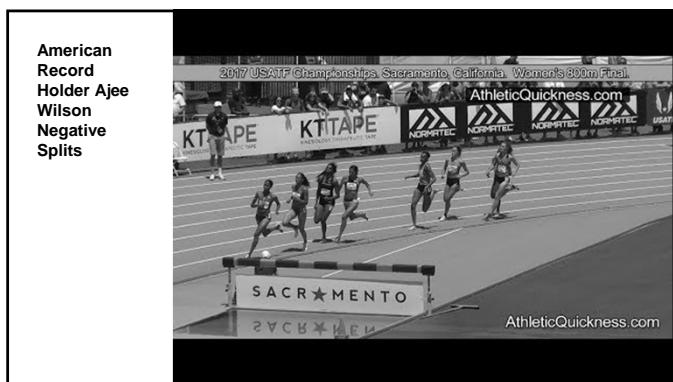
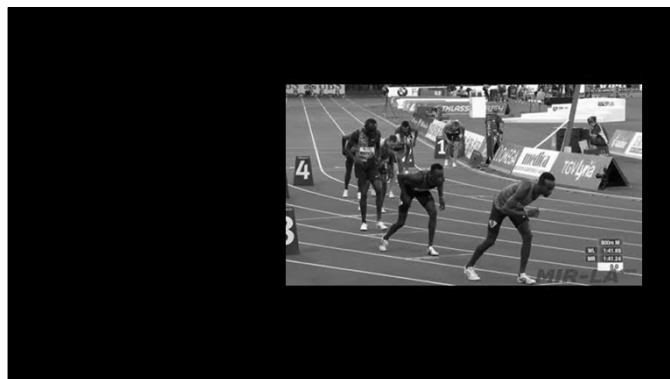
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WORLD RECORD

- **Love To Cross Train**
 (train like a boxer)
- **400/800 Meter Partnership** (Anaerobic and Aerobic Training)
- **800 Strategy and The Third 200**

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Macrocycle	Track and Field 2020						
Periods	Preparation			Competition		Transition	
Phases	General	1 Specific	2 Pre-comp	3 Comp	4 Peak	5 Transition	
Microcycle	Dec	Jan	Feb	Mar	Apr	May	Summer/Post-season

Favorite 800 Meter Workouts

2x 300 + 300 + 200 (60 seconds rest) 150 + 150 + 100 (45 seconds rest)	100 + 200 + 300 + 400 + 300 + 200 + 100 (Equidistant recovery)	200 5 min recover 2x400 (90 sec recovery between) 2x 100m
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