



800m Yasso

Objective of the session: this is a traditional 800m repetitions session with a twist! It progressively builds up the number of repetitions the runner is completing and has run recoveries of at least 400m. The session can be used to calculate a predicted time for a runners forthcoming marathon.

Who is it suitable for: anyone who has been running long enough to be able to run for at least 30 minutes continuously. Designed for runners who are training for a marathon.

What does the session consist of? Firstly we will warm up for at least 800m so that runners are ready for the session. The club use 800m stretches from either Meadway or St Nicholas park. After each 800m effort the runner takes a slow jog recovery of 400m.

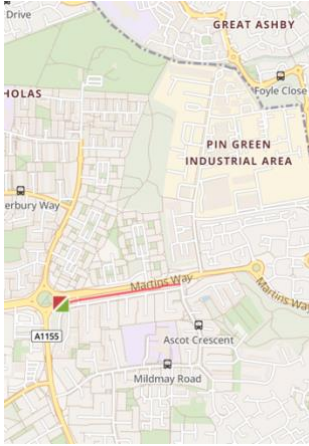
How does a Yasso session differ to our other 800m repetitions session? The Yasso session (named after Bart Yasso) uses a recovery slow run of 400m before starting the next effort/repetition. It starts with a 6x800m repetitions session with 400m jog recoveries and then extends that by an extra 800m repetition every few weeks until the runner completes a 10x800m session with 400m jog recoveries.

How can you use the 800m Yasso session? The progressive build up in the number of 800m repetitions is a good development pathway for that runners marathon and gets them used to the level of effort they will need in the marathon. When they complete the 10x800m session they should record the time of each effort. Take the average of those 10 repetitions. The average time in minutes and seconds indicates their predicted marathon time in hours and minutes. So, if I complete my 10x800m session with 400m jog recoveries in an average of 3 mins 52 secs then my predicted marathon time is 3 hours 52 mins plus/minus 5 mins.

Meadway



St Nicholas park



Run leader notes

St Nicholas

Meet the runners in the car park and complete mobilisation exercises. Jog down the length of Pilgrims Way onto the cycleway at Martins Way. Put marker cones at the start. It is an out and back with the underpass at the far end being the turn.

Meadway

Carry out mobilisation exercises in the car park. Warm up by jogging down Meadway, turning right on gunnels wood road cycleway and following the 800m route in reverse to the Meadway entrance at the back of buildbase.

Marker cones are not required as the start and finish are at Meadway (in the buildbase side of that road, not the Woolenwick school side).

Both meeting points

The recovery in between each effort is 400m. Ensure that the runners know how many repetitions they are expected to complete (6 to 10 depending upon when the session is being held within the marathon training cycle).

Complete a cool down by (slow) running back to the start/car park. Ensure that runners cover at least 800m in their cool down run. Stretch off using a range of static stretches.