

Task Awareness: *How Fast Do The World Record Holders Run?*

What do you need?

An appreciation exercise

1. A track (grass or synthetic) with the following distances clearly marked:
150m, 200m, 150m, 300m, 400m
2. A partner(s); stopwatch; pen.
3. Even-pace split times (see overleaf).
4. Select one (1) split for each or a number of race distances; e.g. Race Distance: 800 / Split 150
Race Distance: 1500 / Split 200
5. Calculate the even-pace split times that would achieve the World Record for the distances you have chosen. Record these times in the table below; e.g. female 800m WR would require successive 150m splits of 21.2 seconds .. middle distance running is about “repeatable speed”.
6. Try a split at each of the competition distances you select; record your time beneath the WR split. (You may use a “rolling” start (5m), or, timing from the first foot contact after the start.)

Allowances
for every 200m

10-11 Years
+3 seconds

12-13 Years
+2 seconds

14-15 Years
+1 second

The even-pace (under race distance) split would represent “cruising pace” for the WR holder. Were you “cruising”? You may wish to adjust your split choices as the session progresses.

Recoveries between runs (splits): **complete recoveries** .. run when you feel you are ready to offer your best effort ... use the opportunity, don’t let the opportunity use you.

- ⇒ Be sure to **warm-up** carefully / thoroughly; Jog; stretch; drills; accelerations.
- ⇒ Don’t race the warm-up.

We are not saying train this way, at this intensity; but, let’s try to appreciate elite achievements.

Race Distance

Male WR (April 2000)

Female WR (April 2000)

Split Times

	150	200	250	300	400
800m: WR Split 1:41.11 1:53.28 (4 ⇒ 200)					
1500m: WR Split 3:26.00 3:50.46 (7.5 ⇒ 200)					
3000m: WR Split 7:20.67 8:06.11 (15 ⇒ 200)					
5000m: WR Split 12:39.36 14:28.09 (25 ⇒ 200)					
10,000m: WR Split 26:22.75 29:31.78 (50 ⇒ 200)					
Marathon: WR Split 2:05:42 2:20:43 (211 ⇒ 200)					

e.g. Try: 150 @ 800WR pace; 200 (@ 1500WR pace); 250 (3000); 300 (10,000); then, if you have energy left, 300 or 400 at Marathon WR pace.

Learning Outcomes: Split? Pacing? Planning

OR

Learning Outcomes: Teamwork. Respect.

Form a **Team** .. say 6 runners .. can your team break the W1500m record?

(50 ⇒ 200) = divide WR in seconds by 50 to obtain 200m split at WR pace for 10,000m.