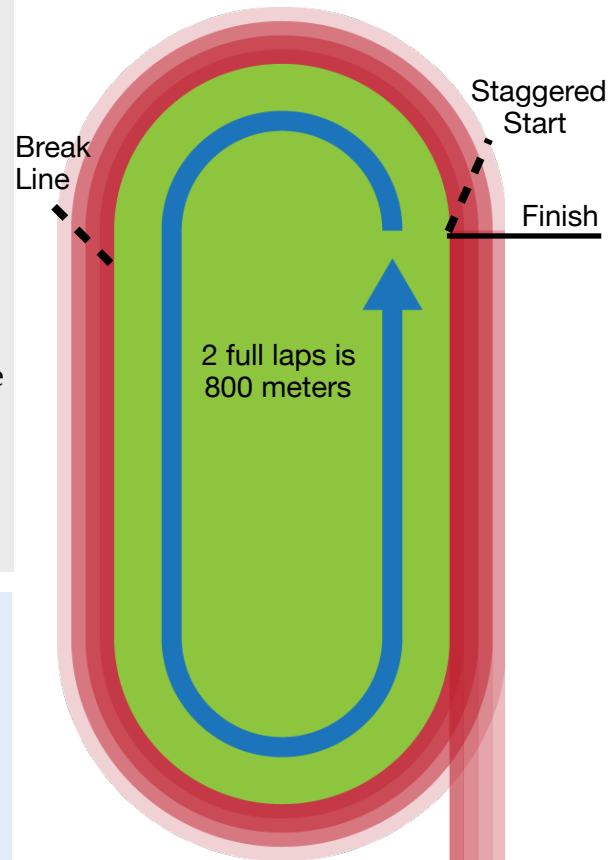


Middle Distances | 800-meters

The middle distance races are the 800m, the 1500m, and the 1-mile long runs. These races rely more on endurance and pacing than pure speed.

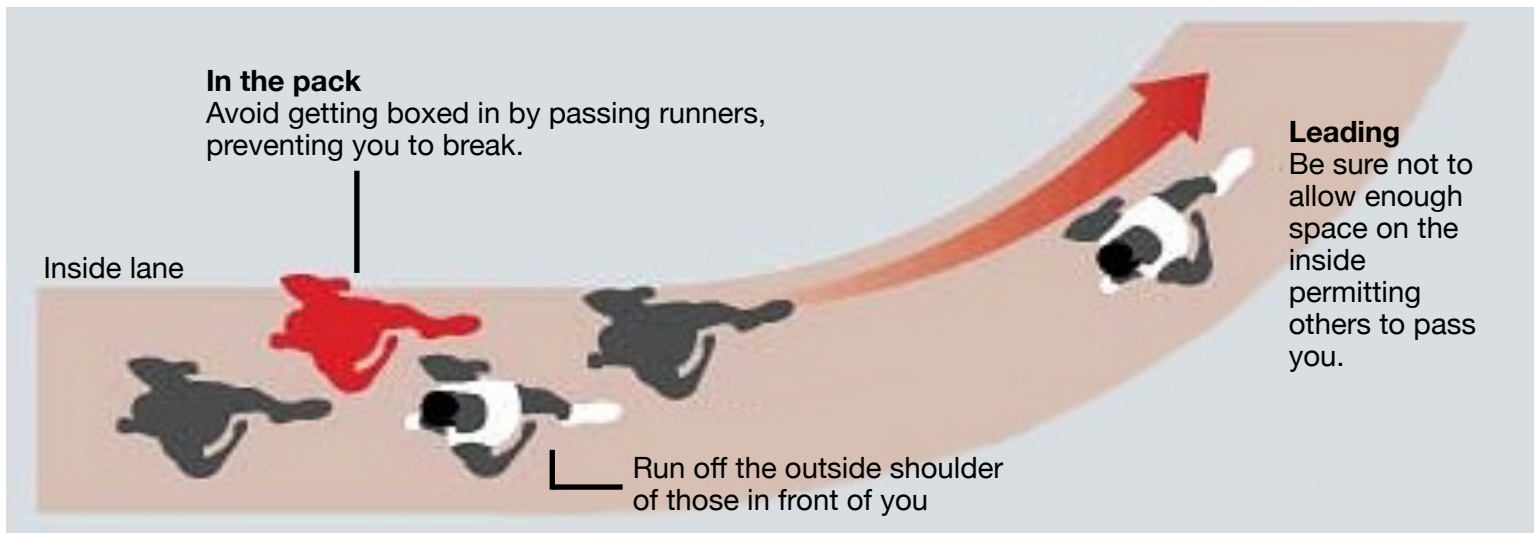
The MPower middle distance race is 800-meters: two full laps.

- ◆ **Start:** Runners are assigned a lane and must stay in this lane through the first curve of the track.
- ◆ **Break Line:** After the first curve, runners from all lanes can merge to the inside lanes. Runners must be aware of their surroundings so they don't trip themselves or someone else. The goal should be in the inside lanes by the 200M mark.
- ◆ **Positioning:** It is very easy to get boxed into a lane which makes it nearly impossible to pass someone. Successful positioning may be the most important 800M race strategy!



Helpful Drill

- ◆ Same as the drill for the 400m, but run 90 second- 2 minute intervals or run more repetitions to build endurance.
- ◆ It's important to listen to your body and learn how your body feels at different paces so you can withstand the fatigue that comes with longer distances.



World Records in the 800m

Division	Time	Name	Division	Time	Name
Women	1:53.28	Jarmila Kratochvilova	Men	1:40.91	David Rudisha
Girls 9-10	2:23.16	Daesha Rogers	Boys 9-10	2:19.74	Robert Amick
Girls 11-12	2:13.12	Raevyn Rogers	Boys 11-12	2:06.51	Elias Gedyon
Girls 13-14	2:08.17	Raevyn Rogers	Boys 13-14	1:56.36	Cody Harper