

400 Meter Training

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Training Base

- ↘ Use the first two weeks of practice to develop a training base.
- ↘ Use a variety of over distance and change of pace runs
 - Change it up
 - Have fun!! – this is when lose sprinters
 - ↘ Develop a Training Base ala-cart
 - ↘ Modify based on weather and type of kids

Developing an Attitude

- ↘ Hard work beats talent when talent doesn't work hard
- ↘ Use the 4x400m relay to develop runners
 - Run more than one team
 - Make it a glory event.
- ↘ Don't force them to run the Open 400m
- ↘ Never run any type of 400m interval in practice

Training Base Ala-Cart

- ↘ Tempo Run
- ↘ 10-10-20-20 – (hard)
- ↘ Continuous Relays
 - Introduce open hand offs
- ↘ Bus Loops
- ↘ Stations – (great for indoor practice)
- ↘ Timed run
- ↘ 400 the hard way – (Speed endurance)

Work – Out Plan

- ↘ I create a season long work-out plan
- ↘ Hard – Easy – Hard – Easy – Meet
- ↘ Hard days are interval days
- ↘ Easy days are technique and speed days
 - Develop a speed day ala-cart
- ↘ Mini Peak Week (KU Relays)

Work outs

- ↘ Weeks 1-2 Base Weeks
- ↘ Weeks 3-4 70%
- ↘ Weeks 5-6 75%
- ↘ Week 7 80%
- ↘ Week 8 Mini Peak Week
- ↘ Week 9 85%
- ↘ Weeks 10-11 90% (City/League)
- ↘ Weeks 12-13 95%
(Regional/State)

Speed Day Ala-Carte

- ↘ **Pure Speed**
 - Acceleration Lines
 - 20's,30's, 40's (blocks)
 - Ladders
 - In & Outs
 - 4x100 Handoffs
 - 400 the hard way
 - Abdominal Circuit
- ↘ **Resistance Training**
 - Harness Tows
 - Stadium Runs
 - Parachute Runs
 - Abdominal Circuit
- ↘ **Assistance Training**
 - Bungee Pulls

Weeks 3-6

- ↘ Hard Days include intervals that approach 1600m with 3 minutes recovery.
 - Intervals are ran at 70-75% pace
 - Last interval is 150m full speed
 - ↘ Working coming off the curve
- ↘ Easy Days include Speed Day activities from my Speed Day Ala-Cart.
- ↘ **During spring break do a 400m Trainer workout.**

400 Meter Trainer Work-Out

- 7x100 meters at race pace
 - Have them wear spikes
- Teach them how you want them to run the race.
 - First 70 meters is use it or lose it.
 - Stay relaxed
 - Run your race

Week 8 (The Mini Peak)

- ✦ Monday - Intervals
 - (High Intensity/Low Reps)
 - ✦ 4x200m at 90% with 5 minutes recovery
- ✦ Tuesday - True 400 1-2 reps
- ✦ Wednesday - 2x4 150m
 - Coming off the curve
- ✦ Thursday - Modified Speed Day
 - Handoffs

Weeks 7

- ✦ Hard Days include intervals that approach 1200m with 4 minutes recovery.
 - Intervals are ran at 80% pace
- ✦ Easy Days include Speed Day activities from my Speed Day Ala-Cart.

Week 9

- ✦ Hard Days include intervals that approach 1200m with 4 minutes recovery.
 - Intervals are ran at 85% pace
- ✦ Easy Days include Speed Day activities from my Speed Day Ala-Cart.

Week 10-11

- ↘ Hard Days include intervals that approach 800m with 5 minutes recovery.
 - Intervals are ran at 90% pace
- ↘ Easy Days include Speed Day activities from my Speed Day Ala-Cart
 - Add in 2-3 bungee pulls in spikes

Week 12-13

- ↘ Hard Days include intervals that approach 800m with 5 minutes recovery.
 - Intervals are ran at 95% pace
- ↘ Easy Days include Speed Day activities from my Speed Day Ala-Cart
 - Add in 3-4 bungee pulls in spikes
- ↘ Thursday – warm-up and go home!!