

## 2012 KCCTFCA CLINIC JANUARY 6-7, 2012

400M Training for all Sprinters

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## THANK YOU'S

- Steve Simpson - Sublette HS
- Dave Harris - University of Nebraska
- Jason Peters - Hesston HS
- Marc Marinelli - Hesston HS
- All of the young athletes we have had in our program

## 400M RUNNERS PHILOSOPHY

- EVENTS
  - 100m, 200m, 400m
  - 4x100m Relay, 4x400m Relay
  - 4x800m Relay
  - 800m
  - 3000+
- Some are good jumpers (That is a lot of entries)

## 4X400M STRATEGY?

- First Runner really sets up everyone else if you are in the lead. Keep it that way. If you are behind, go get it.
- We learn to run well by ourselves
- Most of our 4x400m Relay runners are average 100/200m runners. (Some are good ones)
- Target times: 3:29 for boys; 4:10 for girls

## DEPTH DEVELOPMENT

- We will try and enter "B" team 4x400m relay as often as we can. Really helps prepare alternates.
- Competitiveness (Practice & Meets)
- Everyone works for the team

## 400M WORKOUTS

- I think the timing of the workouts are more important than the workouts themselves. Many of our workouts simulate meets, (but harder).
- Early Season - (hard, easy, hard, easy, Meet)
- Mid-Season - (hard, easy, hard, hard, Meet)
- Before League, Regionals & State we go:
  - (Hard, easy, medium, easy, Meet)

## WORKOUTS CONTINUED

- 200's
- Early season - 8-10 (Boys 30-34 sec.) (Girls 34-37 sec.) 2-3 min. recovery
- Mid/Late season - 5-7 hard (Boys 24-26 sec.) (Girls 27-30 sec.)
- Rest time is close to full recovery (approx. 4.5-5 min.)

## WORKOUTS CONTINUED

- 600-400-300-200 (Ladders) They hate these.....
- 600m - Boys first 400 of the 600 in about 60 sec. and finish in 1:30-1:40; Girls 70 sec. at 400m, finish at 1:55ish. Good recovery
- 400m - Run the same time as their 400m of the 600m. They get it done but are usually done in at that point!

## WORKOUTS CONTINUED

- 300m - Good hard pace (good ones under 45 sec./50 sec.). Usually have trouble answering the bell at this point.
- 200m - Fast, everything we got. We always ask them, "do you ever feel like this during a meet?" After recovery time before their next event. They usually say "No". That's why we do it.

## WORKOUTS CONTINUED

- Boys - 50-60-50 sec. Girls - 60-70-60 sec. Training
- Cover as much ground as possible in 50/60 sec. Mark ending spot when horn goes off.
- Cool Down, Complete Rest
- Cover as much ground as possible in 60/70 sec. Mark, try to be further past 400m than they were short of during the 50/60 sec. run)
- Cool Down, Complete Rest
- Try to get your first 50/60 sec. mark

## WORKOUTS CONTINUED

- 350m (Workout is similar to the 50/60/50/60/70/60)
- Cover 350m at a faster pace than your 400m
- "But I could never finish the last 50m"
- Buy In: "How do you know you won't have more than the other runners" or "pride & adrenaline might take over".
- Run 3-4 of these with same recovery as the 50/60/50/60/70/60 workouts

## WORKOUTS CONTINUED

- 400's
- Most important piece to our workouts
- We start around our 5th meet of the season
- Start with 3-4 x 400m (Boys @ 60 sec./Girls @ 66 sec.) Close to full recovery between.
- Week of League Meet
- We drop to 2-3 x 400m
- Boys @ 56 sec. / Girls @ 63-64 sec.

## PLYOMETRIC DAYS

- Superbands - 4x40m
- Sprint Ladders - 4 times through
- Parachutes - 4x40m
- Resistance Trainer - 4x40m
- Box Jumps - 4 sets
- Hurdle Hops - 2 times forward-double leg 2 times sideways-double leg
- Power Sprinter - 2x100m @ 10% resistance-technique  
3x40m @ 20% resistance



## OVERSPEED BUNGE TRAINING

- Double-man Overspeed Bungees
- Approx. 50m
- 3 times pulling/3 times being pulled
- Don't lose your running form



## 20 | WORKOUTS

- Mon, March 1  
Tue, March 2  
Wed, March 3  
Thurs, March 4  
Fri, March 5  
Sat, March 6  
Sun, March 7  
Mon, March 8  
Tue, March 9  
Wed, March 10  
Thurs, March 11  
Fri, March 12  
Sat, March 13  
Sun, March 14  
Mon, March 15  
Tue, March 16  
Wed, March 17  
Thurs, March 18  
Fri, March 19  
Sat, March 20  
Sun, March 21  
Mon, March 22  
Tue, March 23  
Wed, March 24  
Thurs, March 25  
Fri, March 26  
Sat, March 27  
Sun, March 28  
Mon, March 29  
Tue, March 30  
Wed, March 31

## 20 | WORKOUTS CONTINUED

- Mon, March 29  
Tue, March 30  
Wed, March 31  
Thu, April 1  
Fri, April 2  
Sat, April 3  
Sun, April 4  
Mon, April 5  
Tue, April 6  
Wed, April 7  
Thu, April 8  
Fri, April 9  
Sat, April 10  
Sun, April 11  
Mon, April 12  
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Sat, April 30  
Sun, April 30

