Philosophy

- Develop a comfort zone
  - Enter with a good feel
  - Confidence in race plan
- 3 Components
  - Speed and Power
  - Pure Endurance
  - Special or Speed Endurance

Work Ethic

- Of Most Importance
  - Athlete
  - Coach
- Work Hard and Smart
  - Coach the quarter-miler not just the quarter

Solid Plan

- Don’t make things up as you go
- Incorporate speed from the beginning
  - Train all systems early
    - Maintain the unique balance of speed and endurance
    - Do not focus on one component and forget others

My Plan

- Fall Training
  - Base Period (8-10 weeks depending on athlete)
    - Achieve a base of speed, power, and endurance
      - Not running long and slow
    - Training balance guided towards desired race result
    - Maintaining balance allows for greater results in Pre-Competition Phase

My Plan Cont.

- Pre-Competition Phase
  - Build Upon Established Bases
  - Begin to Construct Race Model
    - Add Special or Speed Endurance Training
      - Helps develop race model
      - Achieve desired comfort zone in race situations
My Plan Cont.

• Competition Phase
  – Continue promoting the 3 critical areas
    • Allow the athlete some success in race situations
  – PATIENCE
    • Progress to running fast in championship situations
    • Don’t stress of panic if personal best are not set early
    • As long as you can see the natural progression, everything will be ok

Definitions

• Speed
  – Runs of up to 8 - 15 seconds in length
  – Viewed as simple and fundamental but very complicated
  – Key to 400 meter racing at a high level
  – Unmentioned endurance factor to speed
  – To deal with, control runs and promote technique while increasing volume
  – Train for speed but also to have the ability to perform these efforts on a consistent technical basis

• Endurance
  – Often incorrectly defined with long slow running
  – Runs of 200 to 800 meters with controlled rest intervals at a pace and rhythm that promotes a solid technical effort
  – Volume will range from 1200 to 2000 meters depending upon time of year and other components of the workout
  – Circuit training for endurance and total body fitness

• Special or Speed Endurance
  – Favorite as a coach, least favorite for athletes
  – Major physical and mental challenge
    • Best opportunity to teach in
    • Creates desired comfort zone
    • If not taken seriously leads to developmental problems with quarter-milers
  – Ask athletes to take seriously and to understand how critical the day is to their development

My Plan Cont.

• Championship Season
  – Emphasis on resting the athlete
  – Concentrate on technique
    • A rested athlete can more easily achieve the technical side of their efforts
  – Visualization and Rhythm Drills
    • Keys to championship racing

Definitions

• Strength Training (Weights)
  – Another critical factor for quarter-milers
    • To both training and racing
  – Achieve strength without adding mass
    • Athletes frequently strive to add mass or bulk instead of the elasticity and power that is critical
Weekly Training Cycles

• Fall Training (Base Period)
  Monday: Speed / plyo’s / weights
  Tuesday: Endurance (circuit training)
  Wednesday: Rest / Recovery / Weights
  Thursday: Longer Speed or Power / plyo’s
  Friday: Endurance (circuit training)
  Saturday: Active Recovery
  Sunday: Off (complete rest)

Weekly Training Cycles

• Pre-Competition Phase
  Monday: Speed (spikes) / plyo’s / weights
  Tuesday: Endurance (racing flats)
  Wednesday: General Strength / Weights
  Thursday: Special Endurance
  Friday: Endurance (racing flats) / Weights
  Saturday: Off (complete rest)
  Sunday: Active Recovery

Weekly Training Cycles

• Competition Phase
  Monday: Speed / plyo’s / weights
  Tuesday: General warm-up / General strength /
  Wednesday: Endurance / weights
  Thursday: General warm – up / light accells /
  Friday: Pre meet day / Light accells
  Saturday: Competition
  Sunday: Off (complete rest) Treatment
  – During off weeks train identical to Pre-Comp

Weekly Training Cycles

• Championship Phase
  – This phase is dependent upon the athlete and
    when there competition is taking place

Sample Workouts (400)

• Fall
  Monday: Stadium runs / Hill runs / a Basic Power Day
  Tuesday: Circuit Training During the Base Phase
  Wednesday: Recovery runs and General Strength Exercises
  Thursday: A day much like Monday
  Friday: Longer runs of 500 – 800 meters with a volume of
    2000 – 2400 meters. These runs are done on the grass.

Sample Workouts (400)

• Pre-Competition Phase
  Monday: Longer Sprints 80 to 150 meters
  Tuesday: Runs of 300 to 600 meters with a volume of 1200 to
    2000 meters (Circuit Training)
  Wednesday: Recovery runs and General Strength Exercises
  Thursday: Special Endurance runs related to the 400 race model
    These runs are 200 – 350 meter in length and the
    volume is general no more than 800 meters.
  Friday: Runs of 250 to 350 meters with a volume of 900 –
    1000 meters (With Shorter Recovery between runs)