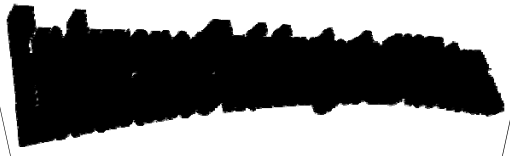

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Philosophy

- **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

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

- **Speed**
  - Runs of up to 8 - 15 seconds in length
  - Viewed as simple and fundament 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

Definitions

- **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

Definitions

- **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

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)