



Clyde Hart's Sample Workouts

Off Season (September – November)

Monday:

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|--------------------------|------------------------------------|
| 1. Warm-up: | 1 mile cross country run |
| 2. Flexibility exercises | |
| 3. 2 x 600 | Speed 60 sec. 400/ rest 15 minutes |
| 4. 3 x 300 | Speed 50 sec. /rest 1 minute |
| 5. 3 x 300 | Speed 40 sec./ rest 5 minutes |
| 6. Cool down: | 1 mile cross country run |
| 7. Weights | |

Tuesday:

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|---------------------------|--------------------------------|
| 1. Warm-up: | 1 mile cross country run |
| 2. Flexibility exercises | |
| 3. 10 x 200 | Speed 30 sec. / rest 2 minutes |
| 4. 6 x 150 long hill runs | Speed fast/rest, jog back |
| 5. Cool down: | 1 mile cross country run |

Wednesday:

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|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Warm-up: | 1 mile cross country run |
| 2. Flexibility exercises | |
| 3. 4 x 300(Event Run) | Speed 40 sec/ rest 5 minutes
(50 fast – 15 relaxes, 200 time 28 seconds – 100 picked up fast
– last 50 steady and keeping good form) |
| 4. 4 x 40/ rest 20 secs | |
| 5. Cool down: | 1 mile cross country run |
| 6. Weights | |

Thursday:

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|--------------------------|-----------------------------------|
| 1. Warm-up: | 1 mile cross country run |
| 2. Flexibility exercises | |
| 3. 600-400-200-400-600 | Speed 30 sec pace/ rest 5 minutes |
| 4. 6 x 100 strides | Speed medium/ rest 1 minute |
| 5. Cool down: | 1 mile cross country run |

Friday:

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|-----------------------------------|--------------------------|
| 1. Warm-up: | ½ mile cross country run |
| 2. Flexibility Exercises | |
| 3. 2-mile cross country timed run | |
| 4. Weights | |

Saturday:

No organized practice; encouraged to do 3 miles running

Sunday:

No organized practice; encouraged to do 20-minute fartlek

Pre Season (December – February)

Monday:

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|--------------------------|-------------------------------------------------------------------------------------------------------------|
| 1. Warm-up: | 1 mile in and outs (100 sprint/ 100 walk, 3 laps, faster each lap; 4 th lap run 200, 26 seconds) |
| 2. Flexibility exercises | |
| 3. 2 x 500 | Speed 56 seconds 400/ rest 15 minutes |
| 4. 2 x 200 | Speed 30 seconds/ rest 30 seconds |
| 5. 4 x 40 | Speed Quick/ rest 20 seconds |

Tuesday:

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|--------------------------|----------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 8 x 200 | Speed 28 seconds/ rest 3 minutes |
| 4. 6 x 150 long hills | Speed Quick/ rest jog back |
| 5. Weights | |

Wednesday:

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|--------------------------|------------------------------|
| 1. Warm-up: | 1 mile in and out |
| 2. Flexibility exercises | |
| 3. 4 x 300 (Event Run) | Speed 40/ rest 5 minutes |
| 4. 2 x 200 | Speed 30/ rest 30 seconds |
| 5. 4 x 40 | Speed Quick/ rest 30 seconds |

Thursday:

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|--------------------------|----------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 1 x 350 | Speed Quick/ rest 15 minutes |
| 4. 4 x 200 | Speed 26 seconds/ rest 5 minutes |
| 5. Weights | |

Friday:

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|-----------------------------|--------------------------------|
| 1. Warm up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 x 200 | Speed 30-29-28/ rest 3 minutes |
| 4. 1600 relay hand-off work | |

Saturday:

Meet

Sunday:

No organized workout, encouraged to do some light cross country running, about 20 minutes

Early Season (March – May)

Monday:

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|--------------------------|---------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 2 x 450 | Speed 52 seconds 400/ rest 15 minutes |
| 4. 4 x 40 | Speed Quick/ rest 30 seconds |
| 5. 2 x 200 | Speed 30 seconds/ rest 30 seconds |

Tuesday:

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|--------------------------|-----------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 6 x 200 | Speed 26 seconds/ rest 3 minutes |
| 4. 4 x 40 | Speed 30 seconds/ rest 30 seconds |
| 5. Weights | |

Wednesday:

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|----------------------------|---------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 4 x 350 | Speed (28) 49 seconds/ rest 5 minutes |
| 4. 8 x 100 short hill runs | Speed fast/ rest walk back |
| 5. 2 x 200 | Speed 30 seconds/ rest 30 seconds |

Thursday:

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|--------------------------|----------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 x 200 | Speed 30 seconds/ rest 30 seconds |
| 4. 8 x 150(build-ups) | Speed slow-medium-fast/ rest walk back |
| 5. Weights | |

Friday:

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|--------------------------|---------------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 x 200 | Speed 26 seconds/ rest walk 200 (Mid curve) |
| 4. 1600 relay hand offs | |

Saturday:

Meet

Sunday:

No organized practice; encouraged to do some cross country running, about 20 minutes

Late Season (June – August)

Monday:

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|--------------------------|---------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 4 x 40 | Speed Quick/ rest 30 seconds |
| 4. 1 x 450 | Speed 50 seconds 400/ rest 15 minutes |
| 5. 2 x 200 | Speed 30 seconds/ rest 30 seconds |

Tuesday:

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|--------------------------|---------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 x 350 | Speed (24) 44 seconds/ rest 5 minutes |
| 4. 2 x 200 | Speed 30 seconds/ rest 30 seconds |
| 5. Weights | |

Wednesday:

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|------------------------------|-----------------------------------|
| 1. Warm-up | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 1 x 320 (Quality Run) | Speed fast/ rest 15 minutes |
| 4. 3 x 200 | Speed 30 seconds/ rest 30 seconds |
| 5. 5 x 100 meters short hill | Speed fast/ rest walk back |

Thursday:

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|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 sets speed makers | Speed fast/ rest jog
(60 meter all out sprints – 40 meter swing down – 40 meter slow jog – repeat until 4 all-out sprints are done) 3 minute rests between sets |
| 4. Weights | |

Friday:

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|--------------------------|---------------------------------|
| 1. Warm-up: | 1 mile in and outs |
| 2. Flexibility exercises | |
| 3. 3 x 200 | Speed 26 seconds/ rest walk 200 |
| 4. 1600 relay hand-offs | (Mid curve) |

Saturday:

Meet

Sunday: No organized practice, encouraged to do a little cross country running, about 20 minutes.

** These workouts can be applied to all levels of 400 meter runners, but performance times given in this sample are for a potential 46-second quarter miler so adjustments should be made accordingly.

EXERCISE	BRIEF DESCRIPTION	BENEFITS	SEASON
Endless Relay	Baton is kept moving, rest and run are controlled	Endurance, stamina and exchange work	All
Australian Pursuits	Sprints and slow jogging for total of 3 minutes	Endurance, speed and kicking drill	All
Long hill	100 meters or more, slow runs	Endurance, stamina and knee lift	Fall/ Early
600 meters	Pace 400, pick-up last 200	Endurance, stamina	Fall/ Early
500 meters	Pace 400, pick-up last 100	Endurance, stamina and knee lift	Early/ Mid

EXERCISE	BRIEF DESCRIPTION	BENEFITS	SEASON
350 meters	Quality and training distance add 5 – 7 seconds to 400 time	Mental preparation, endurance and stamina	Early/ Mid/ Late
300 meter event	200 meters slow pace, last 100 meters faster	Mental preparation, endurance, running efficiency	Early/ Mid/ Late
450 meters	Pace 400 and pick-up relaxed last 50 meters	Mental preparation, endurance, stamina and knee lift	Mid/ Late
Short Hill	Less than 100 meter fast runs	Speed, leg drive and stamina	Mid/ Late

EXERCISE	BRIEF DESCRIPTION	BENEFITS	SEASON
Flying 100s	Repeat 100s with jogging	Speed, strength and running efficiency	Mid/ Late
320 meters	Quality distance, add 10-12 seconds for 400 time	Mental preparation, speed and running efficiency	Mid/ Late
Speedmaker	Short 60 meter sprints jogging	Speed, strength and running efficiency	Mid/ Late
150 meter Build Up	50 meter $\frac{1}{2}$ speed, 50 meter $\frac{3}{4}$ speed, 50 meter near full speed	Running efficiency, speed, endurance and mental preparation	Early/ Mid/ Late