

400 Meter Training

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Fall Conditioning – 8 to 10 Weeks

Monday

AM – 2 mile run with accelerations.

PM - Strength/endurance training.

Circuit Day

Our objective here is to focus on fitness. We teach and do continuous warm up, with drills, etc. and runs of 50 -75 meter between each exercise

For example: We do 6-8 exercises at 12 reps with a 50-75 meter run in-between. We will do 2-3 sets of that with a 5 min run between each circuit. We do this barefoot to strengthen the foot and the foot/ankle joint.

Fall Conditioning – 8 to 10 Weeks

Tuesday

Speed Development and Acceleration is our focus here and we start with 10 meter acceleration with lots of focus on technique and sprint mechanics, working up to 75 meters

Wednesday

We do morning runs with acceleration and the afternoon off.

4 x 100 meter build ups working to 10 x 100 build ups after each morning run throughout the fall conditioning phase.

Thursday

Speed Development – looks a lot like Tuesday.

Fall Conditioning – 8 to 10 Weeks

Friday

AM – 2 mile run with accelerations.

Strength/Endurance training.

We train at the intramural field or trails with volume about to 3000 meter total with runs as far as 1000 meters. No matter what, our focus is on maintaining proper mechanics. (i.e.) 3x1000 or 1000-800-600-400-200; the efforts are solid but only the recovery is timed.

We rest Saturday and Sunday. If they feel they need to do something I encourage a 25-30 minute run with grass accelerations.

Weekly Training Cycles

Monday

Endurance

Continuous warm up (20 min) with efforts of 300 – 800 meters.

Example: 800 →

400 →

200 →

600 →

400 →

Recovery is timed only.

(From time to time we do this uphill.)

or

200

200

600 3 min.

200 rec.

200

Again, a great effort is required but recovery is timed only. This is done on cross country course or golf course/ Intramural fields.



Weekly Training Cycles

Wednesday

Pool/Recovery run of 20-25 minutes/or rest.
They choose or sometimes I choose for them.

Thursday

Speed Endurance

3-5 x 250 @
(90 sec. rec.)



or

6-9 x 150
3 min rec

This is vital in preparing the 400 meter runner to handle rounds and prepare them mentally to double during Championship season.

2-3 x 300 (Race Model)
12 min. rec.

Weekly Training Cycles

Friday

Endurance Training

Purpose here is to help them flush the system, aids in recovery, and continue to fortify the base that was built in the beginning of the first 8 weeks.

Split 500 or 400 x 3-4 sets.

300/200 w/ 90 sec/7 min between sets

250/250 300/100

400/100 or 250/150 same rests

350/150 200/200

Saturday and Sunday – off. Or, if I think it is necessary, I encourage them to go for a run on the grass with accelerations.

Competition Phases

Monday

- ◆ General warm up.
- ◆ Block starts in turn. 30-50 meters 75%.
- ◆ Focus is not speed here; just execute drive acceleration technique.
- ◆ We do 3 efforts this day but we never exceed 1500 meters.
For example: we might do 3 x 500 @ 15 sec. intervals, with 15 min. rec. or 3 x 400 meter with 5 min. rec. or 2 x 300 meters/ walk 50/ sprints 50/ x 4 with 8 minutes between efforts.
End the day with 40 meter wind sprints.

Tuesday

Block starts again at 30-50. For us, speed is the focus here. We do a workout where we sprint 80 meter, walk 100, sprint 100 x 4 sets w/ 5 min. between sets.

Wednesday

- ◆ 20 - 30 minute run (easy).
- ◆ 10 x 100 (4 x 4 relay style)
- ◆ Focus on moving stick through the zones
- ◆ Core work/Med. Balls
- ◆ Cool down
- ◆ Massage/Ice Tub.

Competition Phases

Thursday

Shake out/

1 – 3 efforts of

Flying 100 or 150's or 100 – 250 – 100

5 min. rec.

5 min. rec

(according to the time of season we are in)

Friday

AM shake out.

Standing 3 point starts. 30-50 meters x 4 cool down.

Flex, massage, ice tub

Saturday

Morning shake out/Breakfast before 8 am

Wake the body up 3-6 hours before competition.

Sunday - off

400 Meter Race Model

Key Elements

- ✦ Rhythm (establish early) within first 150 meters, as smoothly as possible.
- ✦ The distribution of energy in the early phases of the race must be specific. You want to delay the onset of lactic as much as possible.
- ✦ Once the athlete commits they must do it with everything they have. You want to embrace that discomfort gradually but confidently. There should be a differential of 1.5-2.5 seconds between the first and second 200 meter to allow for a smooth race and consistent finish. Anything faster could be detrimental in the latter stages of the race itself.

As your athlete matures and they improve in their strength levels, you should work towards a faster differential between the first and second 200 meters; more like 1.0 -2.0 seconds. As their 200 meter time improves their 400 times should get faster as well.

Again, some here might say that this is not what they would do; but, this is what I do and it works. We have been pleased with the results we have had over the years.

God bless you all!

