Off Season (September – November)

**Monday:**
1. Warm-up: 1 mile cross country run
2. Flexibility exercises
3. 2 x 600
4. 3 x 300
5. 3 x 300
6. Cool down: 1 mile cross country run
7. Weights

**Tuesday:**
1. Warm-up: 1 mile cross country run
2. Flexibility exercises
3. 10 x 200
4. 6 x 150 long hill runs
5. Cool down: 1 mile cross country run
6. Weights

**Wednesday:**
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:**
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:**
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:
1. Warm-up:
   1 mile in and outs (100 sprint/100 walk, 3 laps, faster each lap; 4th lap run 200, 26 seconds)
2. Flexibility exercises
3. 2 x 500
4. 2 x 200
5. 4 x 40

Tuesday:
1. Warm-up:
   1 mile in and outs
2. Flexibility exercises
3. 8 x 200
4. 6 x 150 long hills
5. Weights

Wednesday:
1. Warm-up:
   1 mile in and out
2. Flexibility exercises
3. 4 x 300 (Event Run)
4. 2 x 200
5. 4 x 40

Thursday:
1. Warm-up:
   1 mile in and outs
2. Flexibility exercises
3. 1 x 350
4. 4 x 200
5. Weights

Friday:
1. Warm up:
   1 mile in and outs
2. Flexibility exercises
3. 3 x 200
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:
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
5. 2 x 200

Tuesday:
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:
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:
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:
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 some cross country running, about 20 minutes
Late Season (June – August)

Monday:
1. Warm-up: 1 mile in and outs
2. Flexibility exercises
3. 4 x 40
4. 1 x 450
5. 2 x 200

Tuesday:
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:
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 x100 meters short hill Speed fast/ rest walk back

Thursday:
1. Warm-up: 1 mile in and outs
2. Flexibility exercises
3. 3 sets speed makers (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:
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.
<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>BRIEF DESCRIPTION</th>
<th>BENEFITS</th>
<th>SEASON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endless Relay</td>
<td>Baton is kept moving, rest and run are controlled</td>
<td>Endurance, stamina and exchange work</td>
<td>All</td>
</tr>
<tr>
<td>Australian Pursuits</td>
<td>Sprints and slow jogging for total of 3 minutes</td>
<td>Endurance, speed and kicking drill</td>
<td>All</td>
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<tr>
<td>Long hill</td>
<td>100 meters or more, slow runs</td>
<td>Endurance, stamina and knee lift</td>
<td>Fall/ Early</td>
</tr>
<tr>
<td>600 meters</td>
<td>Pace 400, pick-up last 200</td>
<td>Endurance, stamina</td>
<td>Fall/ Early</td>
</tr>
<tr>
<td>500 meters</td>
<td>Pace 400, pick-up last 100</td>
<td>Endurance, stamina and knee lift</td>
<td>Early/ Mid</td>
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<tr>
<td>350 meters</td>
<td>Quality and training distance add 5 – 7 seconds to 400 time</td>
<td>Mental preparation, endurance and stamina</td>
<td>Early/ Mid/ Late</td>
</tr>
<tr>
<td>300 meter event</td>
<td>200 meters slow pace, last 100 meters faster</td>
<td>Mental preparation, endurance, running efficiency</td>
<td>Early/ Mid/ Late</td>
</tr>
<tr>
<td>450 meters</td>
<td>Pace 400 and pick-up relaxed last 50 meters</td>
<td>Mental preparation, endurance, stamina and knee lift</td>
<td>Mid/ Late</td>
</tr>
<tr>
<td>Short Hill</td>
<td>Less than 100 meter fast runs</td>
<td>Speed, leg drive and stamina</td>
<td>Mid/ Late</td>
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<tr>
<td>Flying 100s</td>
<td>Repeat 100s with jogging</td>
<td>Speed, strength and running efficiency</td>
<td>Mid/ Late</td>
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<tr>
<td>320 meters</td>
<td>Quality distance, add 10-12 seconds for 400 time</td>
<td>Mental preparation, speed and running efficiency</td>
<td>Mid/ Late</td>
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<tr>
<td>Speedmaker</td>
<td>Short 60 meter sprints jogging</td>
<td>Speed, strength and running efficiency</td>
<td>Mid/ Late</td>
</tr>
<tr>
<td>150 meter Build Up</td>
<td>50 meter ½ speed, 50 meter ¾ speed, 50 meter near full speed</td>
<td>Running efficiency, speed, endurance and mental preparation</td>
<td>Early/ Mid/ Late</td>
</tr>
</tbody>
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