MAXIMIZING POTENTIAL IN THE 400M SPRINTER

MYLES PRINGLE

FASTEST EVER

NATIONAL MEET RECORD | ASHLAND RECORD | ROBERT W. PLAGER CENTER RECORD
7TH FASTEST IN THE UNITED STATES IN 2018-19 | 11TH FASTEST IN THE WORLD IN 2018-19

COACH ERNIE CLARK
ELITEHURDLESPEED.COM
ASHLAND UNIVERSITY
400M SUCCESS

• 2016: Ashland University, Year 1 - broke 3:20 one time
• 2017: Ashland University, Year 2 – 3:12.59
• 2018: Ashland University PR 3:07.66 NCAA DII National Champs
  • 10 second drop in 2 seasons
  • 3 freshman and 1 junior on the relay
  • 2 freshman split 46 point in 2018 season
  • Junior 44 point split
  • Last guy only broke 50 once in his HS career, split 48.0 frosh
• 2019: Ashland University PR 3:06.12
  • NCAA DII National Runner-Up
400M SUCCESS

- Trevor Bassitt, Ashland University
- QUALIFIED for NCAA DII Championships, 400m/IH
- 49 point 4x400m Split in High School
- 4x400m Split of 46.02 Soph year
- 400mIH NCAA DII Champion
- NCAA DII 4x400 NCAA Champion
- USA Championships Semifinalist in the 400mIH, 50.84
- Dec 6th, 2019, First Indoor meet, Lifetime PR 46.88
400M SUCCESS

• Channing Phillips, Ashland University
• QUALIFIED for NCAA DII Championships 2x by Soph
• 48.59 in High School
• 4x400m Split of 46.99 Frosh Year
• Sophomore year, 400m open this past season 47.14
• NCAA DII Championships, 10th Place
• NCAA DII 4x400 NCAA Champion, 46.99
400M SUCCESS

- Myles Pringle, Ashland University
- 47.30 in High School
- 6x IND. NCAA DII CHAMPION
- 2x NCAA DII National Record Holder, Indoor
- Indoor PR 45.67, NCAA RECORD
- Outdoor PR 45.35
- 4x400m Split, 44.69

- USA Championships finalist in the 400m, 8TH place
- USA Team, NACAC Games
2016
- 4x400m PR - 3:17.69

2018
- 4x400m PR – 3:07.66

2019
- 4x400m PR – 3:06.12

NCAA All-Americans
NCAA Runner-Ups
NCAA Champions
Coach Ernie Clark’s Best List 400m

Women:
54.19  Irene Skinner
55.94s  Cassidy Newburg
56.28  Madi Yingst
57.87  Rachel Miller
58.08  Cheyanne Davis

Men:
44.69s  Myles Pringle
46.02s  Trevor Bassitt
46.38  Derrick Morgan
46.99s  Channing Phillips
47.42s  Keshun Jones

Join us on our quest to be the best...

2 - USTFCCCA NATIONAL COACH OF THE YEAR AWARD
8 - NCAA CHAMPIONS IN 400M RACES
5 - YEARS IN A ROW OF USA QUALIFIERS AT 400M&400H
WHO DO YOU RECRUIT?

• I am typically signing Midwest athletes that are genetically slower than your athletes, at least our biggest comp on the national stage (60m-200m)

• Speed Based Training VS Volume/Fitness Training
  • Some people have genetically "fast" athletes from across the world. I have athletes from the Midwest that are not necessarily genetically fast.

• KEEP THIS IN MIND WHILE I TALK TODAY, I HAVE to make them faster or their fitness/"strength" becomes irrelevant.

• I am a SPEED based coach always pushing limits with speed training because....
REALITY OF THE 200M & 400M EVENTS

• Faster sprinters make faster sprinters
• YES 400m is a SPRINT
WHEN I TOLD MY 6 MONTH OLD DAUGHTER....
WHY SPEED IS KEY OVER FITNESS OR “STRENGTH”

M. Johnson
1st 100m: 11.10
2nd 100m: 10.12
3rd 100m: 10.44
4th 100m: 11.52
OLD WR: 43.18

W. Van Niekerk
1st 100m: 10.70
2nd 100m: 9.80
3rd 100m: 10.50
4th 100m: 12.03
NEW WR: 43.03
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<th>Last 100m:</th>
<th>Final Time</th>
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<td>23.2 / 25.0</td>
<td>13.1</td>
<td>48.14</td>
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### Split Breakdowns

- **Salwa Eid Naser**
  - 200m: 23.2 / 25.0
  - Last 100m: 13.1
  - Final Time: 48.14

- **Shaunae Miller-Uibo**
  - 200m: 23.6 / 24.8
  - Last 100m: 12.7
  - Final Time: 48.37

- **Marita Koch**
  - 200m: 22.47 / 25.13
  - Last 100m: 13.38
  - Final Time: 47.60

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**400 Splits (rounded up to the nearest tenth):**

- **Salwa Eid Naser**
  - 12.1 - 23.2 - 35.1 - 48.14
  - 12.1 + 11.1 + 11.9 + 13.1 (+25.0)

- **@Hey_ItsShaunae**
  - 12.1 - 23.6 - 35.7 - 48.37
  - 12.1 + 11.5 + 12.1 + 12.7 (+24.8)

- **Marita Koch**
  - 11.70 - 22.47 - 34.22 - 47.60
  - 11.70 + 10.77 + 11.75 + 13.38 (+25.13)
WHY A SPEED PHILOSOPHY, THERE’S MORE!

• Coaching Points/Goals
  • Speed is the NUMBER ONE indicator of potential, know your athletes’ speed, and make them FASTER
  • HAVE fast athletes in the 400m, and still make them FASTER
  • Develop their 30m Fly
  • Develop their 100m
  • Develop their 200m
  • GET THEM to 200m times that set them up for 200m SPLITs that = 400m succes
AND...

- Simple. The athletes first 200m split will immediately dictate the final 400m time. (Same at 100m mark for the 200m DASH!)

- We MUST get the athletes to the 200m split mark in a time that gives them a chance to hit big performances (relative to themselves)

- Make them faster in 200m dash, then 200m split becomes more reasonable

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SPEED PHILOSOPHY: FAST TO 200M SPLIT

• Goal: First 200m split of 400m is within 0.5-1.0 off athletes 200m Dash PR.

• KEY to my teaching. 21.5 guy goes out in 22.00-22.50!

• What performances do you HOPE your athletes can hit this year?

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## WEEK BREAKDOWN

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## Week Breakdown

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<th>Sunday</th>
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<td>Conditioning “Hard” Day Ext. Tempo Lactic Acid Ladders 100-300/600m</td>
<td>Acceleration Resistance Block Tech Touch Max Vel 150-200m max 90%-100%</td>
<td>Active Recovery 4x4 HO Drills</td>
<td>Tech/Drills Max Velocity Technique 90% + 150-200m max Meet week alt</td>
<td>Race Prep/Sim Timed Runs Time Trials Meet Prep</td>
<td>Off/Meet Day</td>
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MY #1 GOAL AS A 400M COACH?

• Make them FASTER from 30m to 200m
SPEED DEVELOPMENT: HOW?

• Warmups, your FIRST opportunity
  • Warmup Drills
  • Technique Drills, SPRINTING is a SKILL
  • If you’re not coaching warmup then you’re missing a huge opportunity, especially with RAW YOUNG ATHLETES
    • Improving posture
    • Coordination
    • Dorsi flexion
    • Arm Drive
    • Leg Movement patterns, Foot Strike

Doing JUST this will drastically improve in speed if instructed daily
Warm Ups

Every Day
Jog Laps (2-4)
Heel to Toe Skips w/ switch arm circles, 50m
Ballerinas 50m
Leg Swings 1-2x12

Group:
**Eagle Warm Up:**
Hurdle Walk Thrus
Scoops
Walking A, Knee Push Down
Zombie Walks/into Lunge
Lateral Shuffle, Slow/Meal
Lateral Single Leg Hop
Reverse Quick Skip
A Skip, holds, match leader
High Knee Cross Over
Combo
Reverse Run + Forward Accelerate x3

**Power/Speed Day:**
Step Over Lunge, running arms
Reverse Walk (new)
Leg Cradle OR Walking SLRDL
Walking Quad, raise opposite arm
Quick Skip
A Skip
Straight Leg Bound Small/Big
Bounds x3
Quick Bound into Spring (30m)
4x Sprint

**Sprint Tech Warm Up:**
Step Over Lunge, running arms
Reverse Walk (new)
Spiderman Walk w/ T-Reach
Walking Quad, raise opposite arm
Quick Skip
A Skip
Lateral High Knee, switch halfway
Butt Kick
Fast leg left/right
Combo Drill
Combo to Sprint (40m)
2x Sprint

**Dorsiflexion Day:**
Step Over Lunge, running arms
Reverse Walk (new)
Walking Windmill
Walking Quad, raise opposite arm
Quick Skip
A Skip
C Skip
Double HK Carioca
Pogo Jumps
Alt. Fast Leg
4x Sprint

**Recovery Day:**
Prisoner Lunge
Spiderman Walk w/ T-Reach
Reverse Walk
Walking Windmill
Walking Quad, raise opposite arm
Zombie Walk
Zombie to Lunge
Lateral Shuffle
4x Build up, each rep faster

**All Day. Every Day.**
Coach Every Drill.
Every Day.
SPEED DEVELOPMENT: WARMUP ACCELERATIONS
SPEED DEVELOPMENT

• EVERY warmup ends with Acceleration/Sprints, coached! (video)
• Speed Workouts are 30m – 150m in rep length in my program
• Any longer is no longer speed, “SPEED WORK”
• Shortest rest in these workouts is 4 minutes, USUALLY longer to keep QUALITY and TECHNIQUE high
• Coach at Practice: Its not how fast you run, its how you run fast. –Coach Clark (“Planes” the movie)
• Meet Day: Don’t think. Go fast! (too many people try to coach at MEETS, BRUH...it’s too late)
SPEED DEVELOPMENT: WORKOUTS (TUES/THURS)

• **SAMPLE WORKOUTS** (directly from my workout sheets)

• Wall Claws, Max Velocity Drills, 3x 80, 3x60m, 2x150m @ 90%, walk back rest 4 min rest

• 3x10m partner pushes, 2x80, 2x60, 2x30 (100% but relaxation focus) 4+ min rest, 2x150 @ 18, 21 or faster (TIMES REFLECTIVE OF YOUR GROUP)

• 2x 3x30m Flys, 3x 150m @ 17/19, 3x150m Tech Buildups 90% at line, Band Exercises/Hurdle Walk Thrus (WHAT’s a Tech Buildup?)

• 5x30m Flys, 3x150m @ 90% 4 min rest, Tech Focus, no time

• 1x 60m, 50m, 40m, 4x100 Hand Offs or 3x150m @ 95%+
EXAMPLE OF PROGRESSING SPEED WORKOUTS, TUES

• Week 1: 6x10m hill start, 2x80, 2x60, 2x30 (90% but relaxation focus) 3+ min rest, 2x150 @ 18, 21 or faster

• Week 2: 8x10m hill start, 2x80, 2x60, 2x30 (95% but relaxation focus) 3+ min rest, 3x150 @ 18, 21 or faster

• Week 3: 10x10m hill start, 2x80, 2x60, 2x30 (100% but relaxation focus) 3+ min rest, 3x150 @ 17, 20 or faster

• Week 4: 5x10m hill start, 3x60, 3x40 (100% but relaxation focus) 3+ min rest, 2/3x150 @ 16, 19 or faster
FINISHING THE 400M DASH

• The SECOND 200m split
  • Training to get men within 2.0 seconds of first 200m split
  • Training to get women within 3.0 seconds of first 200m split
MY #2 GOAL AS A 400M COACH?

• Make them maintain speed for longer periods of time and FINISH through the line
  • AKA stay technical and refuse to give up
400M FINISH MINDSET

- Athletes need to KNOW
- Find one more level/burst/effort
- Speed off the ground
- Fast technical arm drive
- Good posture, look like it don’t hurt
- Mental toughness before physical toughness
- Handle pain better than everybody else
- Refuse to LOSE mentality
- Attack through the finish line
400M FINISH PHILOSOPHY, MONDAY WORKOUTS

- Design workouts to prepare athletes to finish in 200m split times needed for goal 400m time
  - SIMPLE EXAMPLE, Female athlete to 57.00 (27/30)
  - Create workouts to sprint a 30 sec 200m fatigued/tired

- Do workouts to progress THERE or you need to BE THERE.

- Running times/paces that make a good 800m/1600m athlete doesn’t make sense to me...so I wont do that.
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400M FINISH WORKOUTS, MONDAYS

• 4x200 3 min cycle (28/32) + 4x200m 3 min cycle (28/32) 5 min rest between sets, Cool Down: 3x forward/reverse runs, (THIS IS PRE-Season Conditioning, progress workout)

• Progressive 200’s - 3x 3x200m (M 30, 27, 24/W 36, 33, 29) 1min/7min, Scissor Jumps 1x26, 22 (Super FAV workout)

• LS: 50s/60s, 40s, 30s Run, 2 min rest, 8 min rest 2x200m M:24/25 | W:29 (EARLY)

• LS: 2x 300, 200, 150: 3 min rest (200 finish pace) Scissor Jumps 2x24, 3x150 Build Ups

• Men: 3x3x150m 1min/7min (18) 3 MIN 200m bust, Women: 3x200+200 (30) 1min/7min 3 MIN 200m bust, Scissor Jumps 1x24/20

• 2x 200+200 1.5 min rest | 8 min rest (Myles 3 sets)
EXAMPLE OF PROGRESSING WORKOUTS: FINISH

• Week 1: 4x200 3:30 min cycle (28/32) + 4x200m 3:30 min cycle (28/32) 6 min rest between sets, Cool Down: 3x forward/reverse runs

• Week 2: 4x200 3:30 min cycle (27/31) + 4x200m 3:30 min cycle (27/31) 6 min rest between sets, Cool Down: 3x forward/reverse runs

• Week 3: 4x200 3:00 min cycle (27/31) + 4x200m 3 min cycle (27/31) 5 min rest between sets, Cool Down: 3x forward/reverse runs

• Week 4: 4x200 3:00 min cycle (26/30) + 4x200m 3 min cycle (26/31) 5 min rest between sets, Cool Down: 3x forward/reverse runs

• Week 5: 4x200 3:00 min cycle (24/29), Cool Down: 3x forward/reverse runs
400M RACE STRATEGY

• Take control with speed, immediate, **ATP first 4 seconds**
• **USE speed early, USE it OR lose it**
• 200m split time, .5 - 1.0 off of 200m PR (95% win race by 200m)
• Coaching Key/Cue, fast but relaxed, efficiency/technique
• Maintain speed to 300m mark, 99% win the race by 300m
• Finish with competitiveness, desire, training, and toughness!
• Maintain speed off the ground and be technical
• Refuse to Lose (AKA do not give up)
QUESTIONS

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- Instagram: @coachernieclark
- Youtube: Coach Ernie Clark
- Facebook: Ernie Clark
- Email: eclark10@Ashland.edu or ernie.clark.coach@gmail.com
- Website: elitehurdlespeed.com

Ashland University
SEE IT IN ACTION?