

**Workout  
Progressions  
for the 200/400  
Runner**

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**1<sup>st</sup> 3-Week General Prep Cycle  
August 31-September 21**

- M: 3x1000 concentrate on 400 time
- M: 400/73-75 W: 83-85 w/5'ri
- Strength Training
- T: 10xFootball field diagonals w/partner
- W: Circuit training: 5x5 pullups, pushups, dips, sit-ups, 8-count lunges, run 400
- T: 6x150 on hills
- F: Kettle bell Friday and cross country run

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**2<sup>nd</sup> 3-week Gen Prep Cycle  
September 21-October 11**

- M: 3x900 concentrate on 400 time
- M: 400/69-71 W: 79-81 w/5'ri
- Strength Training
- T: 15 football fields down and back w/partner
- W: Circuits w/swiss ball, med ball, jump rope accelerations: fall starts, 3-pt starts,
- T: 6x150 hills, 6x100 on flat
- F: Kettle bell Friday and cross country run

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**15<sup>th</sup> 1-Week OD Competition Cycle**  
**April 19-25**  
**Conference**

M: 3x300  
5xblock starts  
T: 4x200  
4x400 ho  
W: Speedmakers  
Strength Training  
T: Premeet  
F: Conference  
S: Conference  
S: Strength Training

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**16<sup>th</sup> 3-Week OD Late Comp. Cycle**  
**April 26-May 16**

M: 3x350: time 200/100/push 50  
M: 200/28,100/12, 50/strong  
W: 200/31, 100/14, 50/strong  
Blocks  
T: 6x200  
4x400 ho  
W: 50/60 sec run  
3x80-90-100  
4x100 ho  
T: 7x100 w/50 walk back  
F: Pre meet  
S: Meet  
S: Strength Training

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**17<sup>th</sup> 1-Week OD Late Comp. Cycle**  
**May 17-23**

M: 3x300: 200/100, 300/100, 200/100  
M: 200/26, 100/12  
W: 200/29, 100/14  
M: 300/38, 100/all out  
W: 300/43, 100/all out  
Block  
T: 4x200  
4x400 ho  
W: Speedmakers  
4x100 ho  
T: 5x150  
F: Pre meet  
S: Meet  
S: Strength Training

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18<sup>th</sup> 1-Week OD Late Comp. Cycle  
 May 24-29

M: 1x300,200, 150  
 Blocks

T: Travel

W: 3x150  
 4x400 ho/4x100ho

T: Nationals

F: Nationals

S: Nationals – Celebration Time Oh Yeah!!!!

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Warmup  
 Sample

Jog 400

Joint flexibility

Jog 100-stride 100-jog 100-stride 100

Hurdle mobility

Buildup 150 – walk 150 – repeat

Stretch right belts

Run 200 M: 30 W: 33

Dynamic Flexibility

Running Drills

5x70 each getting faster(70-75 -80-85-90)

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Continuous Warmup  
 Sample

Walk w/knee squeezes

Inchworm

Spiderman

3-step w/leg swing forward

3-step w/leg swing backward

3-step lunge-lunge w/trunk twist

3-jog step jump-swing through

Hurdle mobility

Skips/Slides/Cariokas/Backward running– include dynamic flexibility

A series/B series/Shuttle run/Shuttle bound/Fast leg  
 (use technique drills to go into buildups)

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**Sample Cooldown**

Barefooted:  
jog 400-800 alt skipping slides backward  
stretch: lower back stretches - hamstring –  
quad – calf – trunk

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**Sample Workouts**

7x100 w/50 walk back: start at starting line run100 walk  
back 50 – do this and you will finish at the finish line.

Speedmaker: sprint 50 hold 50 jog 50 walk 50

Beat the Clock: figure how many sec for each 200 for  
each runner – they must beat the clock

Pre-meet: good warm-up, 3xblock starts on curve, 4x400  
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