Building Your Sprint Programs Through 400 Meter Training

- The 400 meters is an endurance, speed, and power event.

- 400 M race brings a high level of mental focus, attitude, and toughness.

- For some athletes these qualities are natural, for others they are present, but need to be strengthened.

1994 arrived at Wartburg, Coach Johnson, head cross country and track and field coach had built a solid tradition in distance events

This was a culture that athletes wanted to be a part of. That tradition and culture are stronger today than they were back then. (2012 Cross Country National Runners-Up)

1997 I took over as head track and field coach, I made a conscious effort to think about what tradition I wanted to establish to contribute to what Coach Johnson had created.

After falling short of a team championship at the conference meet during the 1997-1998 and 1998-1999 seasons and evaluating performances, I realized the stress of winning a championship was put on our distance runners.

Coaches need to decide what their base method of training for all of the events we coach.

As track and field coaches we all have the understanding, commitment, and passion that coaching multiple events is what we do.
When I took over the job at Wartburg
- Coach Johnson: Distance Coach, High Jump
- Myself: Sprints, Hurdles, Long Jump, and Triple Jump, Pole Vault
- Volunteer Assistant: Throws

I discovered through the events that I coached, they all to some degree had components of endurance, speed, and power.

I may have developed this philosophy because of the coaching position I was placed in.

Recruiting – had to focus attention on athletes that could do multiple events and not just be event specific

With a 400 M/400H they have the ability and range to go up and go down

### Ability of Range

**400 Meters**
- 400 – up 600 – 800
- 200
- 100 (4×100) (4×400)

**200 Meters**
- 200 – up 400 – 600 (800?)
- 100 (4×100) (4×400)

**400 Hurdles**
- 400H – up 600 – 800
- 400M (4×400)
- 200 (4×100)
- 100 (depending on 100H speed)

**100 Hurdles**
- 100H – up 200–400–up 400H
- 100 (4×100)

**100 Meters**
- 100 – up 200 – up ?
- 4×100
Athletes’ Example of Range

Miradieu Joseph – recruited as a hurdler
- 100M 10.79
- 110HH 14.51
- 200M 21.20
- 400M 47.61
- 400MH 51.30
- 4x100
- 4x400
- 800M (we tried)

Nevada Morrison – recruited as a 400M runner
- 100M 11.95
- 200M 23.84
- 400M 53.58
- 600M 1:28.10
- 800M 2:08.59
- 4x100
- 4x400

Training the 400M

- Focus on two types of runners
  - Speed and power runners
    - Will get out hard, maintain, works to hold on during last 100M
  - Strength and endurance runners
    - Get out slower, but has ability to increase speed with the least amount of effort. Getting stronger as the race gets longer. As this runner matures, the 800M could become their better event w/more mileage and over-distance training

Key Factors in 400M Training

- 2005 American Track and Field Magazine published an article written by Andy Friedlander about legendary Coach Clyde Hart on the 400 (Train Slower to Race Faster)
  - This article completely changed my way of thinking when developing my training plan for my 400M runners.

- Developing a 400 mindset
- Developing an endurance base
- Developing a speed base
- Developing a strength base
- Technique (how to run it)
- Pace and positioning
- How to handle physical stress
- The understanding of increasing speed with the least amount of effort (being able to finish)
Breaking Down the Complete 400 Race

1. 1st 100M is a push out of the blocks
2. 2nd 100M is a control
3. 3rd 100M is maintaining and positioning
   Next 75M is focus/finish, the ability to increase speed with the least amount of effort
   Last 25M is attitude, drive, passion; some just have it and others can be taught it

Weekly Workout Schedule

Monday –
1. Speed endurance: 100, 200, 400, 110H/100H
2. Speed endurance/Tempo endurance: 400/400H/800

Sample Workout:
200’s – working on a 10 week schedule

Week 1 – 12x200’s in or under 45 min
Week 2 – 11x200’s in or under 40 min
Week 3 – 10x200’s @ 30 men, 33 women
Week 4 – 9x200’s @ 29 men, 32 women
Week 5 – 8x200’s @ 28 men, 31 women
Week 6 – 7x200’s @ 27 men, 31 women
Week 7 – 6x200’s @ 26 men, 29 women
Week 8 – Conference Week
Week 9 – National Qualifying Week
Week 10 – Nationals Week

* Note at week 5: 400MH/400H/800 are running broken 400s and focus is hitting our time on 1st 200M and 2nd 200 M is a good tempo finish

Wednesdays – A Power Speed Day

100, 200, 400, 110H/100H will run nothing longer than a 200

400/400H/800 starts practice with a temp run of 15 minutes, 25 minutes, 35 minutes. Will run nothing longer than a 400
Sample Workout
100 – 200 – 400 – 110H/100H
Sprint Speed Ladder

<table>
<thead>
<tr>
<th>Indoors</th>
<th>Outdoors</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x60M</td>
<td>4x40M</td>
</tr>
<tr>
<td>4x115M</td>
<td>2x100M</td>
</tr>
<tr>
<td>4x145m</td>
<td>2x150M</td>
</tr>
<tr>
<td>1x200M at the Monday time</td>
<td>200M at the Monday time</td>
</tr>
<tr>
<td>4x40M</td>
<td>2x150M</td>
</tr>
<tr>
<td>800 Cool down</td>
<td>2x100M</td>
</tr>
<tr>
<td></td>
<td>4x60M</td>
</tr>
<tr>
<td></td>
<td>800 Cool down</td>
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</tbody>
</table>

Sample Workout for 400M, 400H, 800M

300M repeat workouts
500M repeat workouts

Minute repeat workouts (25 ½ minutes)
- 3 minutes with a 1 minute pace pick-up (x3)
- 2 ½ minutes with a 30 second pace pick-up (x3)
- 2 minutes with a 1 minute pace pick-up (x3)
- 1 minute with a 30 second pace pick-up (x3)
(rest is dictated by grouped athletes)

Mid-Season Workout – broken 600s with focus being on our 400 split (800M race)

Tuesday/Thursday

- Strength Training
  - 30 to 45 minutes of Olympic lifts
- Speed Development/Block Work
- Technique Work for Hurdles
- Relay Handoffs
- Rest and Recovery/Video Day
  - Team warm up/easy temp run
  - Training room treatment
  - Pool workout
  - Video, watch event from previous week’s meet

2012 Division III Women’s Outdoor National 400M Final Results

1. Nevada Morrison SR Wartburg 54.15
2. Skye Morrison SR Wartburg 54.28
3. Mary Mahoney JR Mount Union 54.59
4. Ashante Little SO Wheaton (Mass.) 54.82
5. Kendra Kregel JR Wartburg 55.36 4
6. Faith Burt SR Wartburg 55.49
7. Alyssa Rasmussen JR Wis.-River Falls 55.96
8. Lauren Alpert SR Illinois Wesleyan 56.09