
The 400m: Bend don't Break!



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Quartermiler Trivia:

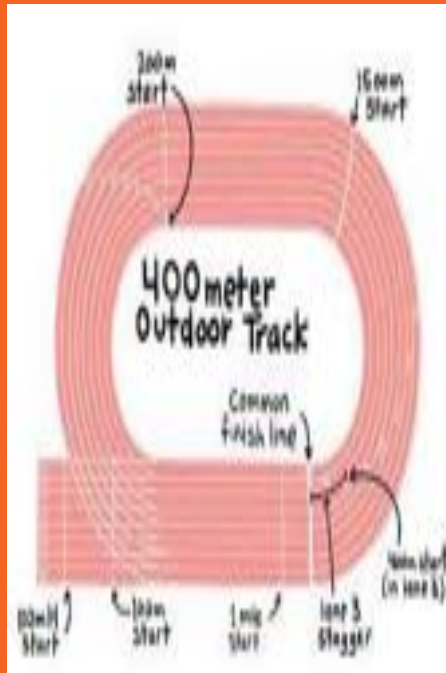
Who is the current state meet record holder for the high school girls 400m dash?

Who is the current state meet record holder for the high school boys 400m dash?



400m Influencers:

**UH, Baylor, LSU, A&M
and Coach Jack
Sands**



Bend Don't Break

- Bend so you don't break. If you insist in standing your ground as a stubborn tree, the wind will eventually break you, but if you are able to twist and turn with the wind you will see yourself grow in new directions and taking new shapes.
- Execution vs Lack of Execution



- Don't complicate things
 - "Run fast, turn left and get back in a hurry."
- Repetition/Simulation
- Cues
- Priming: to prepare or make ready for a particular purpose

K.I.S.S

Keep It Simple Stupid

"Great advice. Hurts my feelings every time." - Dwight



Keep it simple stupid

Important Cues

- First six seconds, use it or lose it.
- Set it up
- Push

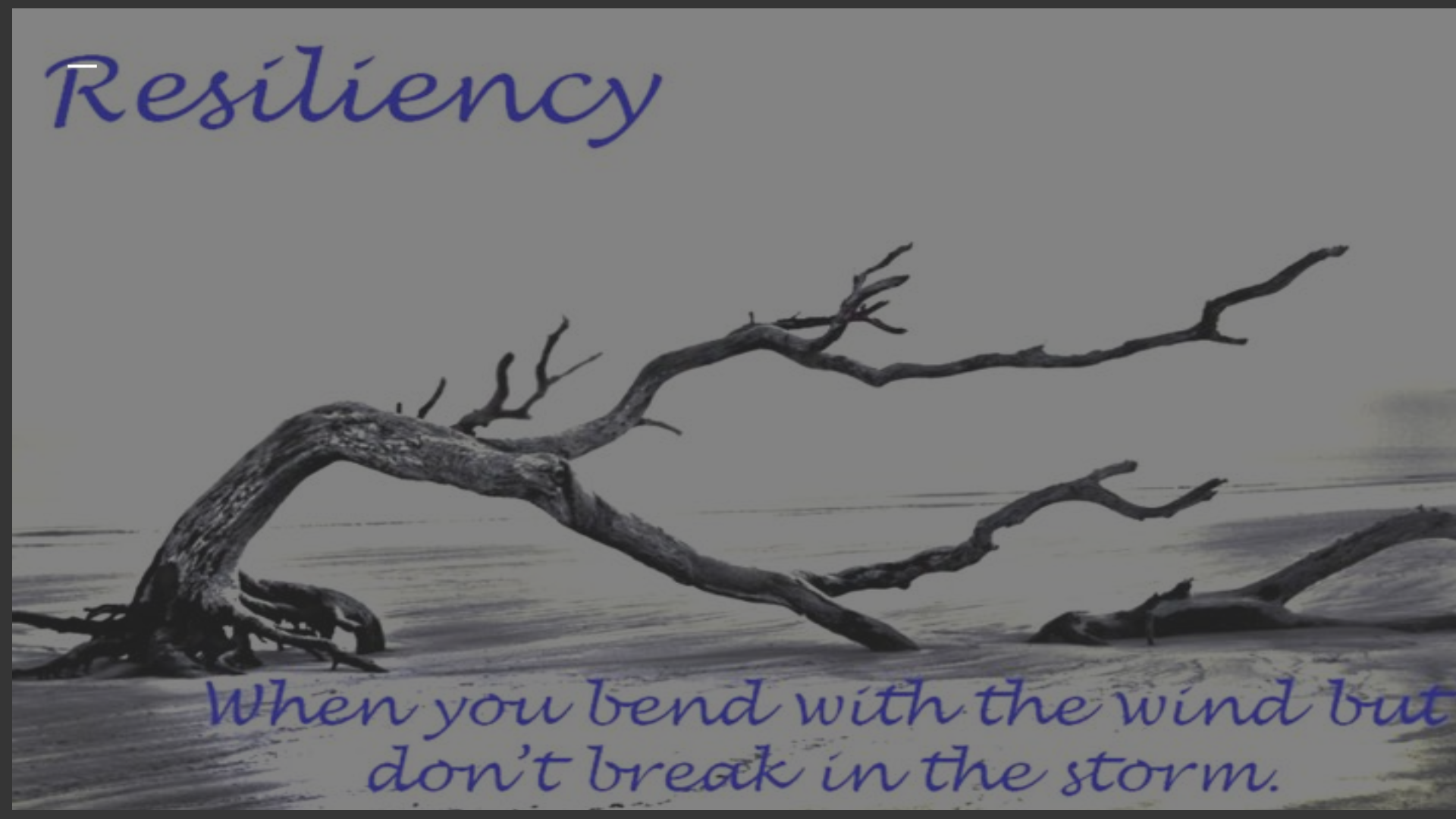
- Carry Speed (not float)
- Work the curve
- Run downhill
- You're too relaxed

- Go to the arms
- Power home (140m straightaways)

2021 Pentathlon Testing

	Underhand Front	PTS.	Flying 30	PTS.	Standing Triple Jump	PTS.	Standing Long Jump	PTS.	35 Second Run	PTS.	TOTAL POINTS
Davis	15.2	547	3.52	680	9.51	868	3.17	1085	289	867	4047
Jacobs	12.93	395	3.41	790	9.89	919	3.05	1025	305	915	4044
Gibson	13.42	428	3.34	860	9.05	807	2.97	985	310	930	4010
Kanu	13.57	438	3.49	710	9.01	801	3.2	1100	294	882	3931
Neal	12.29	353	3.31	890	8.23	697	2.97	985	285	855	3780
Paquette	11.88	325	3.35	850	8.3	707	3	1000	289	867	3749
Jackson	15.52	553	3.58	620	8.38	717	3.01	1005	277	831	3726
Lopez	12.61	374	3.43	770	8.44	725	2.96	980	290	870	3719
Cook	13.44	429	3.74	540	9.24	832	3.08	1040	283	849	3690
Bradley	13.32	421	3.49	710	8.47	729	2.84	920	301	903	3684
Ayarzagoitia	13.75	450	3.46	740	8.23	697	2.83	915	292	876	3678
Oyelude	12.94	396	3.59	610	8.6	747	3	1000	285	855	3608
Martinez	13.67	445	3.74	540	9.18	824	2.97	985	270	810	3604
Todd	13.26	417	3.61	590	8.09	679	2.95	975	280	840	3501
Berry	11.5	300	3.46	740	8.13	684	2.84	920	283	849	3493
Nwokeji	14.98	532	3.58	620	8.27	703	2.72	860	247	741	3456
Chang	12.96	397	3.71	560	8.17	689	2.98	990	254	762	3399
Brent	12.17	345	3.58	620	7.94	659	2.76	880	288	864	3367

Resiliency



*When you bend with the wind but
don't break in the storm.*

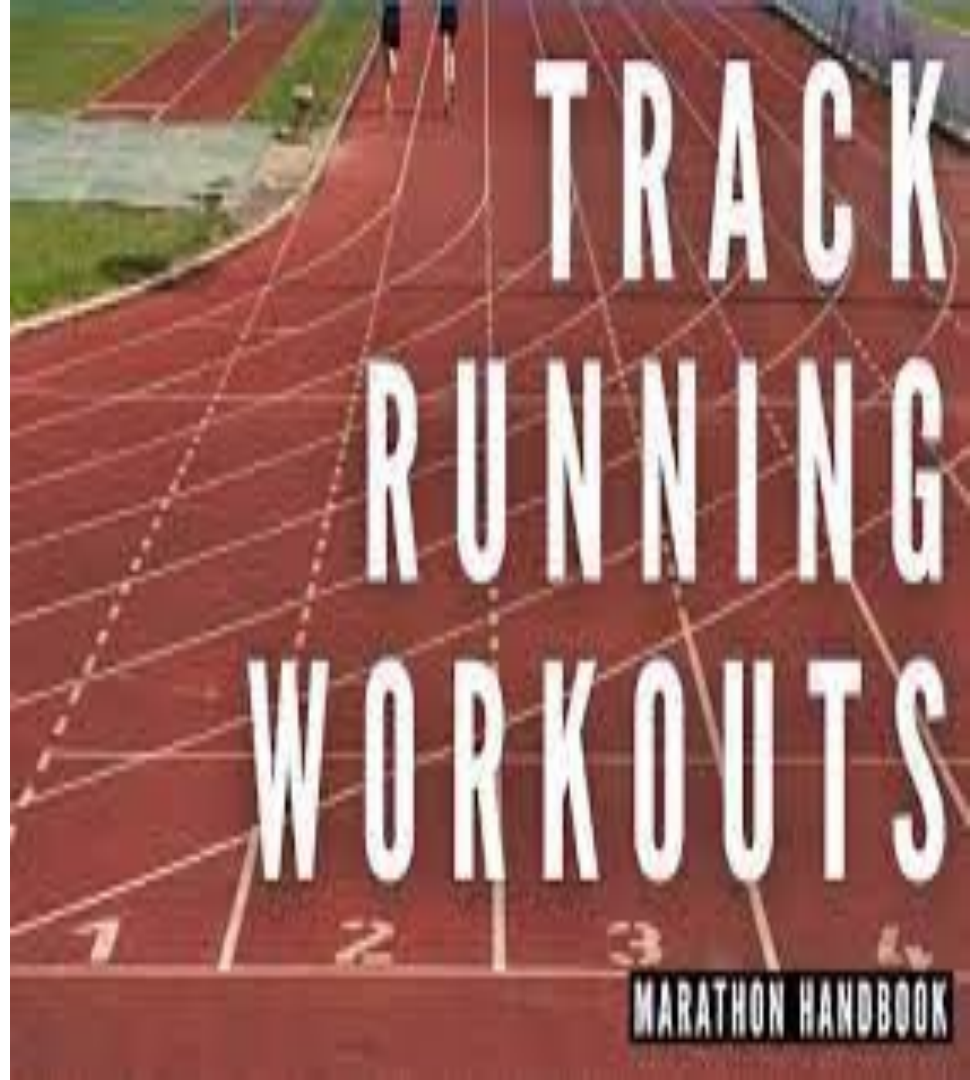


Important Training Sessions

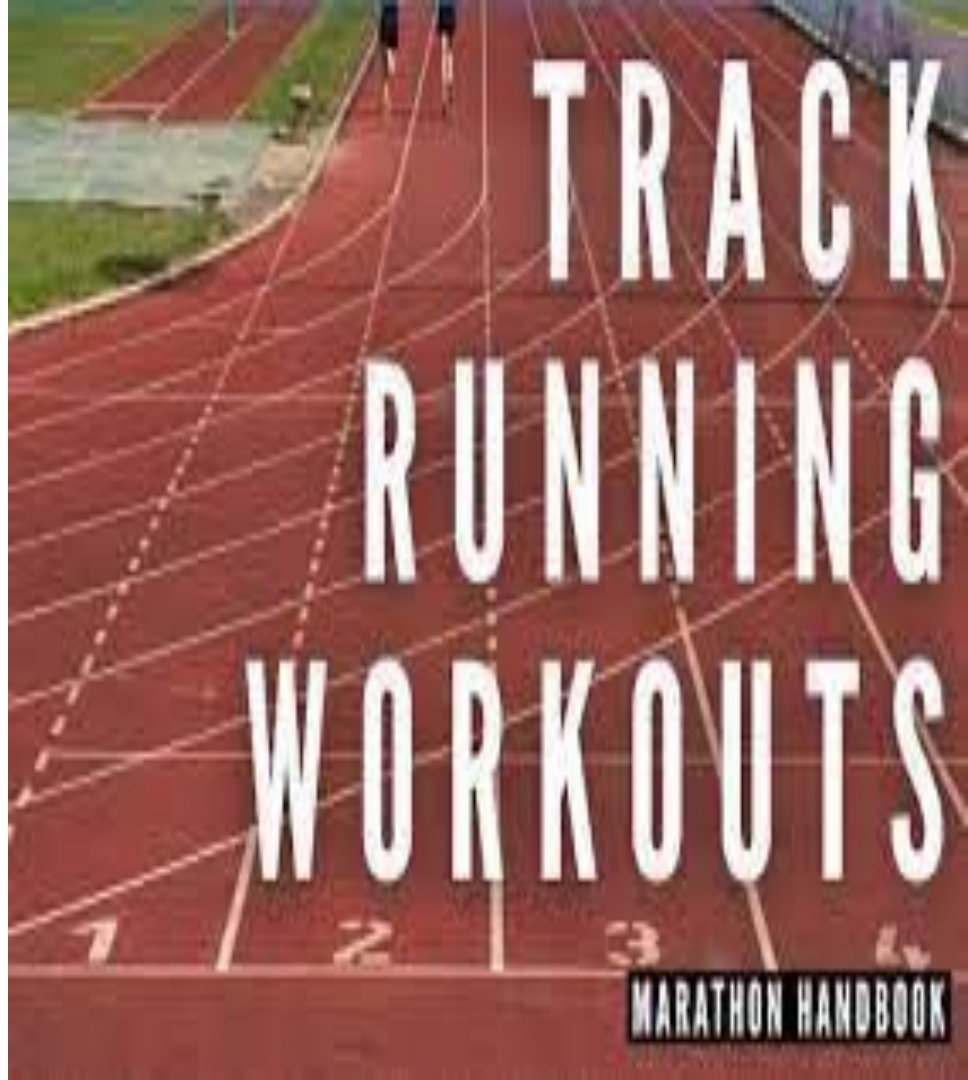
- Hill Sessions
- Resistant (Parachute, Sleds, Bullet Belts, Bungee Cords)
- Plyometrics
 - Hurdle Hops, Bounding, Micro/Macro Hops (Long Jump Pit)/Depth Jumps
- Weight Room
 - Fast movements
 - Bar moving fast
 - Single Leg Lifts
- Circuits
 - Med Ball
 - Kettle Bell
 - Dumbbell
 - Stretch or Roller



- **Mon:** Speed (med)
- **Tues:** Endurance (hard)
- **Wed:** Easy (varies)
- **Thurs:** Speed Edurance (medium)
- **Fri:** Varies



- **Mon:** 120m, Block Starts 3 X 20m, 2 X 40, 1 X 60m, Sprint Relay, FE
- **Tues:** Breakdowns, Ladders, Broken Efforts
- **Wed:** Turf/Grass Runs, 4X2/4X4, Technical Work, FE, Sprint Relay
- **Thurs:** 200's, 250's, 120m/90m/60m
- **Fri:** Varies, FE, Teaching, Sprint Relay





Repetition/Simulation

Both approaches are vital to the athletes development.

→ **Repetition:**

200m, 250m, 300m

Variation: fast (longer recovery),
moderate (short recovery) .

Holding top end speed

→ **Simulation:**

35 sec run, 45 sec run, 50 sec run,
500m fast

Video for analysis purposes (corks are
revealed)

Identifies top quartermilers and relay *





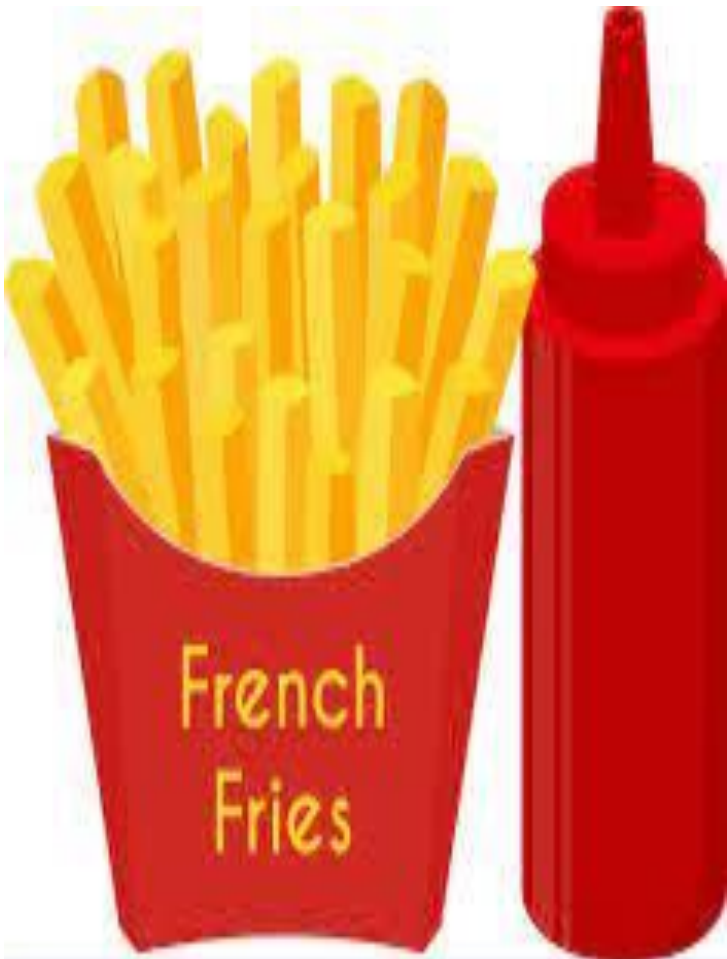
Philosophy

- Identify early and often
- Work on both strengths and weakness
- Don't over race (championship season)
- Availability is the best Ability
- Survive and Advance (the 300m should be the same)
- Tapering (don't overthink it)



400m Simulation

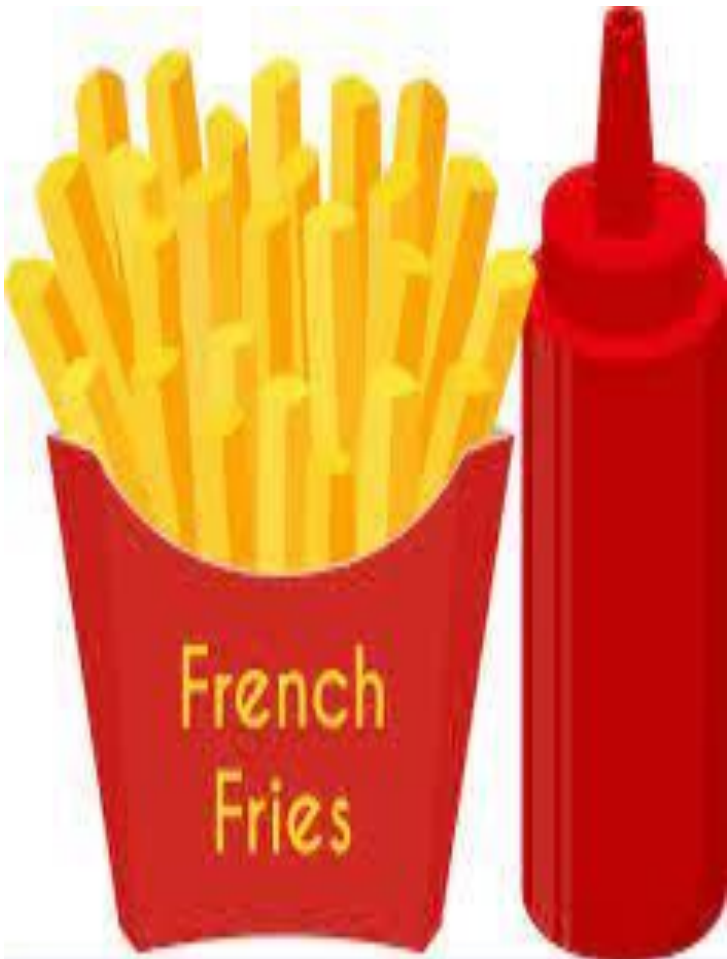
- Last third of the season when fitness is optimal
 - Zone Distance can vary to fit the athlete need
 - Initially walk the zones with the athletes to go over expectation and visualization
 - Effort should simulate zone
 - Coach giving cues
 - Tricky speed and speed endurance
-



Ketchup



- 200m target time
- 3rd 100 meters
- 300m target time



FRIDAY 5:30 PM | 1ST ROUND
Men's 400m

RESULTS RECORDS

Results

Top 3 + next 2 fastest to final

200m Splits 100m Splits 50m Splits

PLACE	ATHLETE	RESULT	100M	200M	300M	400M	HEAT	LAPS
1	Charlie Bartholomew Oklahoma State University	45.99	11.34 PL 2	22.01 18.67 PL 2 ***	33.49 11.49 PL 1 (1)	45.99 12.51 PL 1 ***	2 (1)	4
2	Ashton Schwartzman Texas A&M University	46.25	11.58 PL 3	22.28 18.71 PL 3 (2)	33.70 11.42 PL 2 (1)	46.25 12.56 PL 3 ***	2 (2)	5
3	Steven McElroy Cincinnati	46.85	11.41 PL 1	22.52 11.52 PL 1 ***	34.29 11.77 PL 1 ***	46.85 12.56 PL 1 ***	1 (1)	7
4	Brandon Battle Arkansas	47.35	11.42 PL 3	22.36 10.94 PL 4 (1)	34.16 11.80 PL 4 ***	47.35 13.20 PL 3 (1)	2 (3)	8
5	Devin Clark Cobb P&L	47.46	11.51 PL 4	22.53 11.02 PL 5 (1)	34.52 11.99 PL 5 ***	47.46 12.95 PL 4 (1)	2 (4)	6
6	Darius Rainey The Wings Track Club	47.55	11.61 PL 3	22.87 11.26 PL 3 (1)	34.69 11.83 PL 2 ***	47.55 13.86 PL 3 ***	1 (2)	8

SATURDAY 6:25 PM | FINAL
Men's 400m

RESULTS RECORDS

Results

Top 3 + next 2 fastest to final

200m Splits 100m Splits 50m Splits

PLACE	ATHLETE	RESULT	100M	200M	300M	400M	LAPS
1	Steven McElroy Cincinnati	44.93 	11.37 PL 3	21.98 10.62 PL 4 (1)	33.23 13.25 PL 2 (2)	44.93 11.70 PL 1 (1)	5
2	Ashton Schwartzman Texas A&M University	45.16	11.42 PL 6	21.88 10.46 PL 1 (3)	33.11 11.24 PL 1 ***	45.16 12.06 PL 2 (1)	6
3	Charlie Bartholomew Oklahoma State University	45.40	11.43 PL 7	21.90 10.48 PL 2 (3)	33.37 11.47 PL 3 (1)	45.40 12.04 PL 3 ***	4
4	Darius Rainey The Wings Track Club	45.92	11.25 PL 2	21.99 10.74 PL 3 (2)	33.44 11.46 PL 4 (1)	45.92 12.48 PL 4 ***	7



The Finish

- Gradual Increasing Efforts (feeling faster at the end)
- 140m straightaways (80% max)
- Turn and Go
- Broken Efforts (300-50m)
- Emphasizing that the importance of the last 20 meters
- Efficiency: form, covering ground, arms

Story for illustration purposes only





Question

- Should developmental quartermilers do easy runs?
- When should you work on speed?



Any Questions?





Thank You!

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