

400m Training



Presented by Desmond Dunham

Base Phase

**Pre-Competitive/
Competitive Phase**

**Race Specific
Training &
Strategies**

Base Phase

400m Training Plan is predicated on a fitness base – strong foundation critical to handle event training and to prevent injuries

Off-Season (summer/fall)

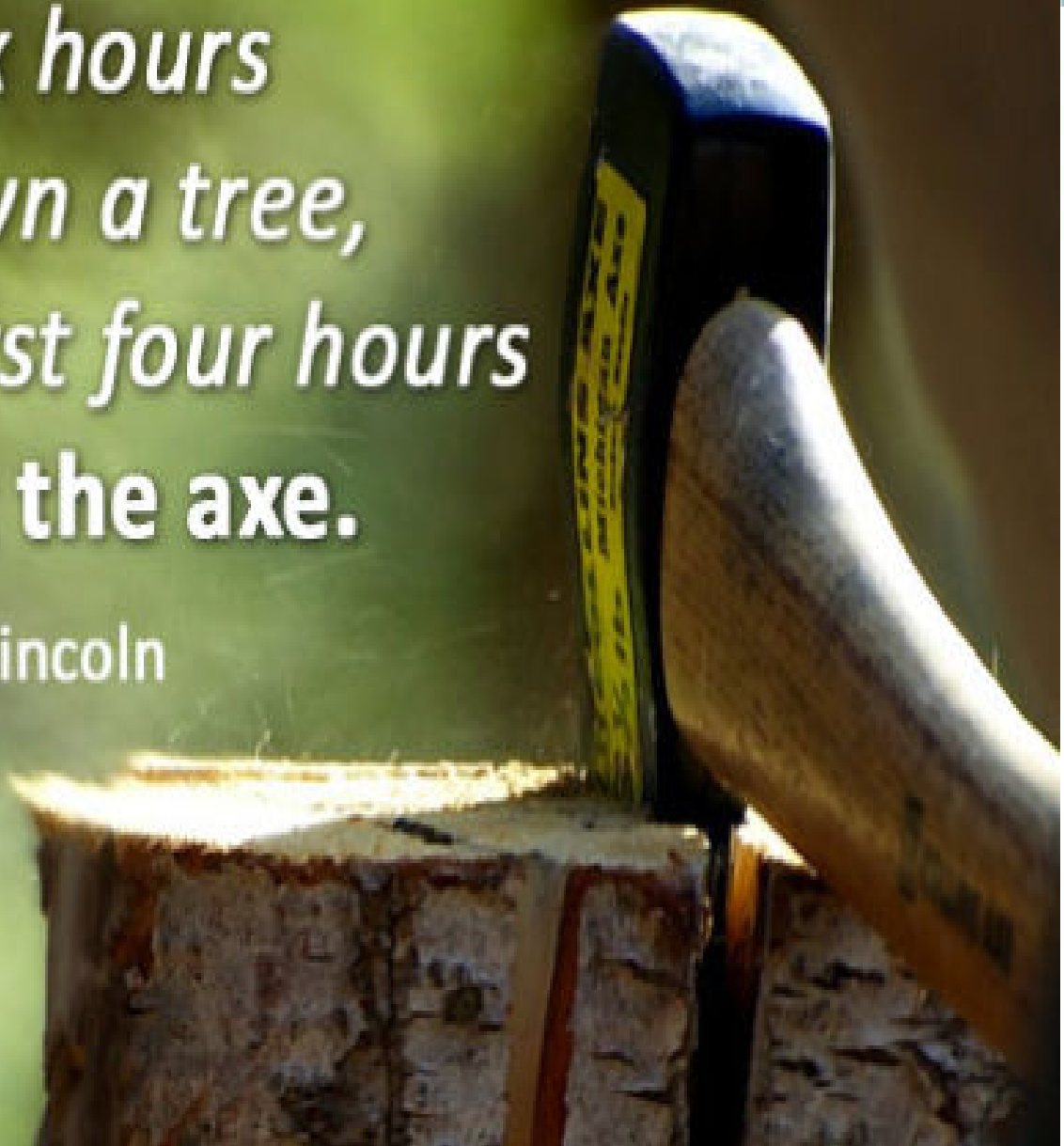
➤ *Focused on being fit:*

5 HEALTH RELATED COMPONENTS

- 1. Muscular Strength (secondary)**
- 2. Muscular Endurance**
- 3. Cardio-respiratory System**
- 4. Flexibility**
- 5. Body Composition**

*If I had six hours
to chop down a tree,
I'd spend the first four hours
sharpening the axe.*

~ Abraham Lincoln



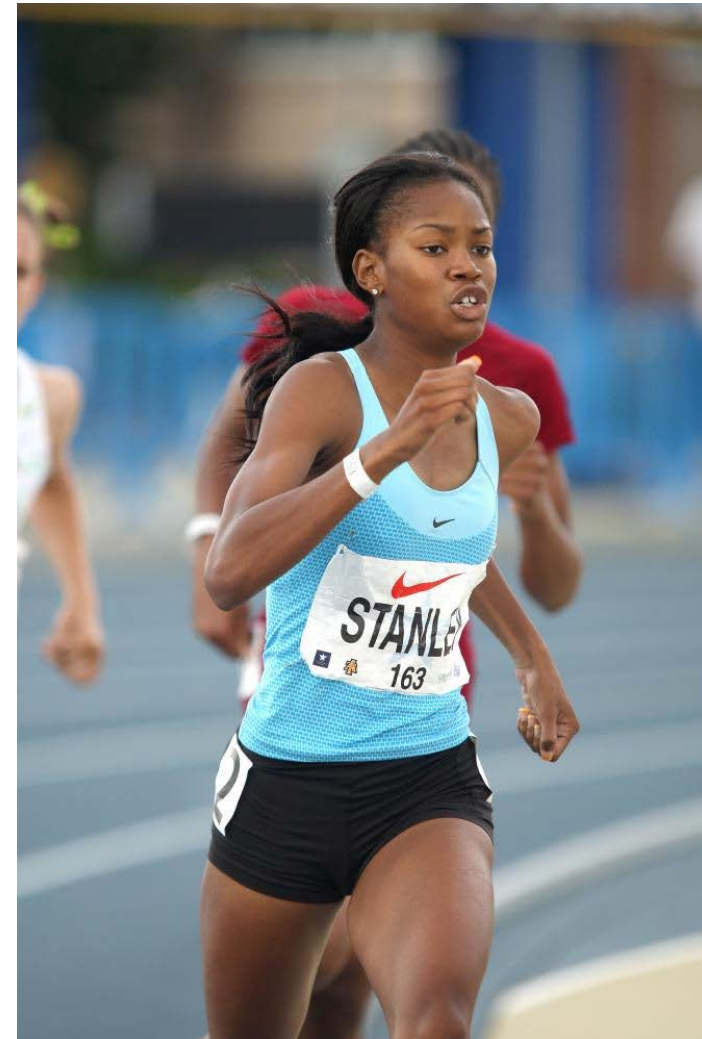
FIVE HEALTH RELATED COMPONENTS

Muscular Endurance

- Full Body Circuits
- Weights -- low weight/high reps
(summer/early fall)
- Mini-Band Drills
- Hurdle Drills
- Hills (100-150m repeats)

MUSCULAR STRENGTH

- Hill Repeats – 30m-60m
- Plyos
- Weights
 - Moderate lifting in fall
3-4 x 10-12 reps
 - Heavy in winter/early spring
3-4 x 6-8 reps
1-3 rep max



Cardio-Respiratory

Aerobic Workouts:

1. Short runs – Tempo pace/short recovery
ex. 10 x 30-90sec w/ 1-2min recovery
2. Moderate runs – Tempo pace/ short recovery (2-3min)
ex. 6-8 x 2-3min w/ 2-3 min recovery
3. Long (Quality) Run – Steady/tempo pace
ex. 5-10min w/ 3-5 min recovery (30min total)
4. Fartlek (Speed Play) – up to 30 min – soft flat and/or slight inclines
 - Ex. 1-1-2-2-2-2-1-1 (1min recov) = 19min
 - Ex. 1-1-2-3-3-2-1-1 (1min recov) = 21min
 - Ex. 1-1-2-2-3-3-2-2-1-1 (1min recov) = 27min
5. Easy Run – Up to 30min (2/400m)/ Up to 45min (4/800m)

After fitness levels improve:

1. Add 15-40sec repeats on the tail end w/ 30-60 sec rest
2. Ins and Outs – 4-3-2-1 laps of jog curve/fast stride straights
3. Longer Warm-Ups and Cool Downs

Flexibility

- All dynamic pre-workout (warm-up)
- All static post-workout (cool down)

Additional stretching aids:

- Foam Roller
- Massage Roller
- Deep Tissue w/ softball, lacrosse ball, golf ball, etc.
- Stretch Band

400m Training Template



Sample Template

November 23 th – December 23 rd (4 weeks)	Fitness	1-2 days speed / technique 2 days speed endurance (low to moderate intensity / stress) 2 / 2 days weights 2 days plyometrics
December 25 th – January 20 th (4 weeks)	Fitness	2 days speed / technique 2 days speed endurance (medium to high stress) 2 / 2 days weights 2 days plyometrics 1 day rest 1 day competition
January 22 nd – February 20 th (4 weeks)	Rest / Sharpening Phase Virginia Tech Invite Penn State Invite State Championships	2 days speed / technique 2 days speed endurance (longer recoveries) 1-2 days weights (maintenance) 1-2 days rest / recovery 1-2 days competition
February 21 st – February 28 th (1 week)	Rest / Refreshing Cycle	2 days speed / technique 1 day speed endurance (light) 1-2 days weights (maintenance) 2-3 days rest or light activity

March 1 st – March 30 th (4 ½ weeks)	Focus 1. Speed Endurance 2. Speed / Technique 3. Power	2 days speed / technique 2 days speed endurance (high) 2 / 2 days weights (high intensity ↓ 6 reps) 2 days high impact plyos 1 day rest 1 day competition
April 2 nd – April 27 th (4 weeks)	Arcadia Invite Mt. Sac Invite Penn Relays	2 days speed / technique 1 day speed endurance (fast, long recoveries; avoid high fatigue); 1-2 days weights (maintenance) 2 – 3 days rest/travel/light 1-2 days competition
April 30 th – May 12 th (2 weeks)	Rest / Refreshing Cycle	2 days speed / technique (light) 1 day speed endurance (light) 1-2 days weight (maintenance) 2-3 days rest or light
May 14 th – May 26 th (2 weeks)	Outdoor States	2 days speed and technique 1 day speed endurance (fast, long recoveries; avoid high fatigue) 1-2 days weights (maintenance) 2-3 days rest/travel/light 1-2 days competition

<p>May 28th – June 2nd (1 week)</p>	<p>Rest / Recovery</p>	<p>2 days speed / technique (AN) 1-2 days speed endurance (AN) 1-2 days weights (maintenance) 2-3 days rest / light</p>
<p>June 4th – June 16th (2 weeks)</p>	<p>Peaking for Nationals</p>	<p>2 days speed / technique 0-1 day speed endurance 0–1 days weights (maintenance) 2-3 days rest/travel/light 2-3 days competition</p>
<p>June 18th – June 23rd (1 week)</p>	<p>Maintenance of Peak / Rest for Jr. Champs</p>	<p>Same as above</p>

Speed Endurance

Low Anaerobic Stress

- **3-4 x 150, 3-4 x 100, 3-4 x 50 to 90%**
 - *w/ 1-2 min b/w reps...2-4 min b/w sets*
- **8 x 200 fast and relaxed**
 - *w/ 100 walk 100 jog as rest (1-2 min)*
- **10 x 150 accelerations to 90%**
 - *w/ 1-2 min rest*
- **5-6 x 300 build-up & 5x200m moderate & quick**
 - *w/ 1-2 min rest (for 300's) & w/ 3 min rest (for 200's)*
- **6-12 x 400 fartlek**
 - *100 walk, 100 jog, 100 stride, 100 sprint – 90%*
- **3-4 x 300-200 – 1 min b/w 300 & 200 fast & relaxed**
 - *3 -5 min b/w sets*

Moderate to High Anaerobic Stress

- 3-4 x 300 (5-8 min rest)
- 1 x 600, 1 x 500, 20-30 min rest, very fast
- 500-300-200 progressive rests – 5-8 min / 8-12 min
- 500-300-200 (5 min rest)
- 3 x 200 full speed w/ 10 min rests
- 1 x 300 (10-20 min rest), 1 x 200 full speed
- 300-300-200-200 w/ 5 min rests

High Anaerobic Stress

- 300-200 at race pace for 400 w/ 1 min rest, 20 min rest – repeat or 200-200
- 1 x 500, 20 – 30 min rest, 1 x 300 at full speed
- 1 x 600 full speed
- 1 x 500 full speed
- 1 x 450 full speed

Short sprinters – 1 x 200 , 3 x 100, 3 x 50 at full speed - all with 5 min rest

Speed

- Off Season – Stimulate neuromuscular system all year round...at least once every 10 days
- You can only develop speed when the body is fresh
- Progressively work up to full speed



Samples of **Speed Workouts**

- ~200-500m of total work
- Flyin' 30-60m
- Dead start 10-60m (work on reaction time as well)
 - Single leg blocks
 - Laying in prone/supine position
 - Push Up
- Downhill (flyin') 30-60m
- Ins and Outs (speed & acceleration)
 - 20-20-20-20-20 or 30-30-30 (blast – coast – blast...)
- Power Speed
 - Parachute (2 x 100-150 w/ parachute followed by 2 x 100m w/o parachute)
 - Harness/sled (2 x 20-40m w/ harness or sled followed by 2 x 30-50m sprints)

Predicting 400m Time

- Take top 3-5 average best 200m times
 - Goal Time – Double avg best and add ~4sec

Goal is to run 1st 200m within 1-1.5 sec of average best

Dissecting the 400m

How do you look at the 400m???

- 100-100-100-100
- 100-150-150
- 50-150-100-100
- 50-200-150



Find The Race At Practice

Broken 400's (~Race Pace)

- 200m fast-jog across field-200m fast
- 300m fast- jog 100 - 100m fast
- 100m fast- jog 100 – 300m fast

250m simulations x 3-4

100m Push

100m Pace

50m Power

Race Execution Model

- Drive phase
- Comfortable sprint
- 2nd effort
- Relax – Focus on technique and committing to the effort



Conclusion

- The 400m run is a controlled sprint
- It is one of the toughest races in track & field
- For novice – allow a trial and error period



Coach Desmond Dunham
St. John's College HS, Washington DC
Boys and Girls Track & Field

desmond@runpacers.com

www.facebook.com/desmond.dunham.9

202-262-1634