



# 400m Training

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*Professional Track and Field Athlete*

*World Champion, Olympic Medalist*

*Trinidad & Tobago*



# AGENDA

- Introduction
- Types of Quarter milers – Strength vs Speed
  - What is the difference and how do you identify the difference?
  - What it means for Race Structure
- Strength vs Speed – Workout Examples
- Season Adjustments
- Recovery



# INTRODUCTION

Albuquerque Native, La Cueva and UNM Alumni  
Trinidad & Tobago

*World Champion – 2017 – 4x400m*

*Olympic Bronze Medalist - 2012 - 4x400m*

*Caribbean Champion & Gold Medalist - 2013- 400m & 4x400m*

*Commonwealth Games Finalist - 2014 - 400m*

*Commonwealth Games Bronze Medalist - 2014 - 4x400m*

*World Championships Silver Medalist - 2015 - 4x400m*

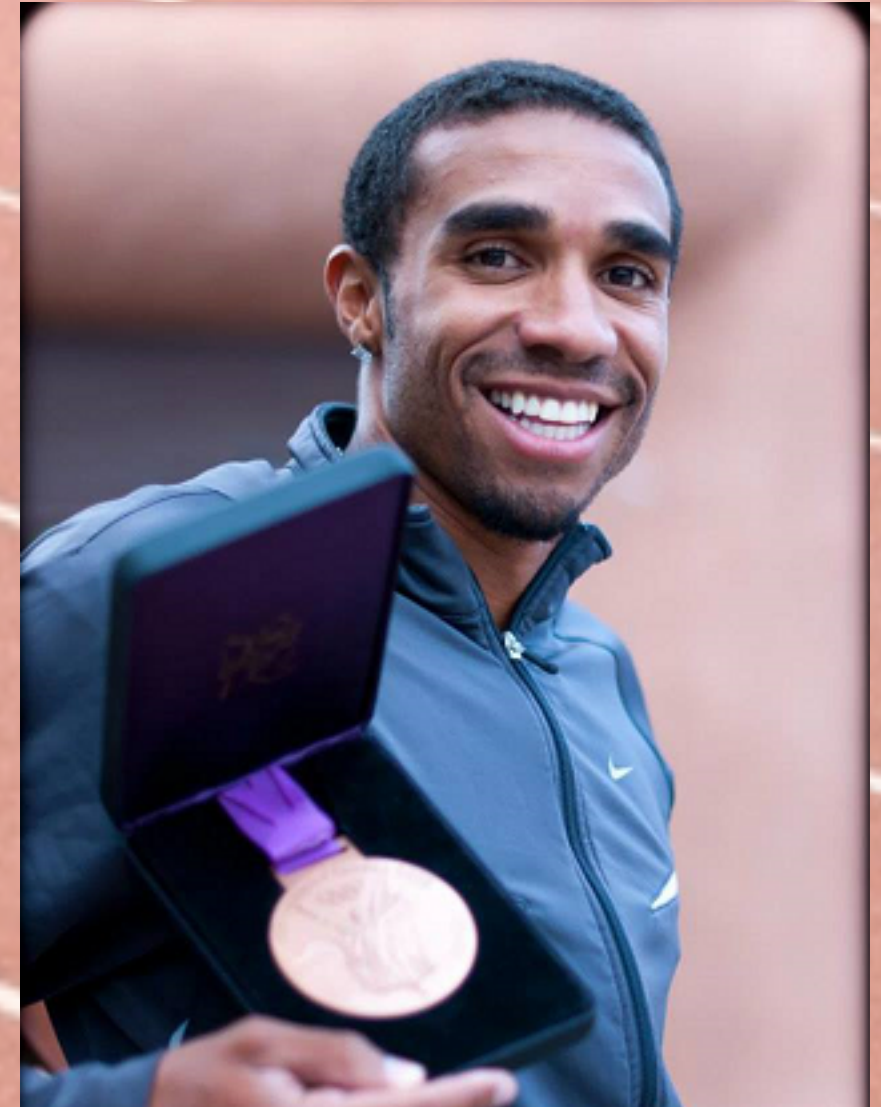
*Pan American Games Finalist - 2015 - 400m*

*Pan American Games Gold Medalist - 2015 - 4x400m*

*World Indoor Championships Bronze Medalist - 2016 - 4x400m*

*Caribbean Record Holder - 500m Indoor - 1:01.84*

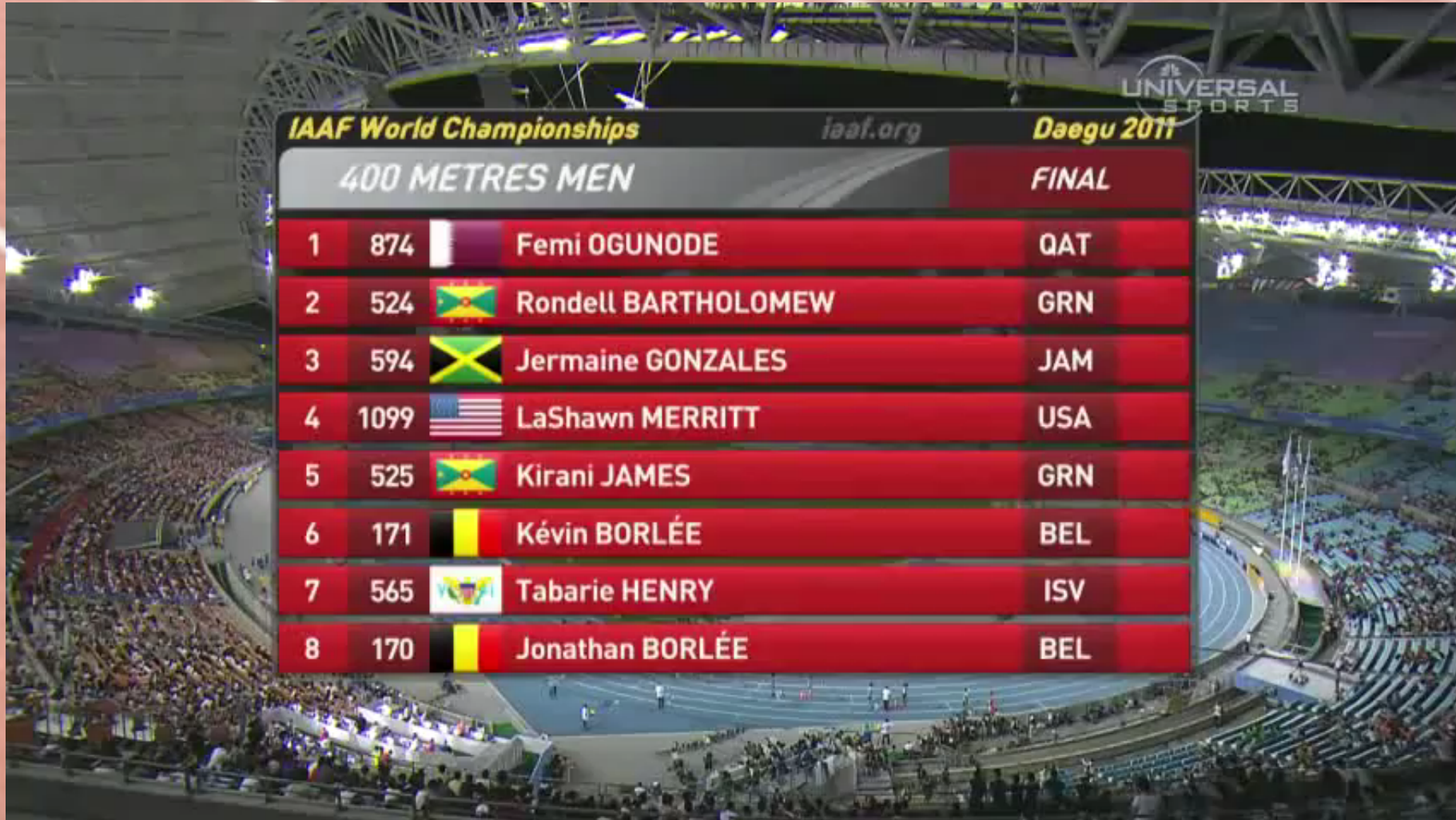
*Personal Best - 400m - 44.98*



JARRIN SOLOMON











# *TYPES OF QUARTER MILERS : STRENGTH VS SPEED*



IAAF World Championships [iaaf.org](http://iaaf.org) Daegu 2011

400 METRES MEN FINAL

1	874		Femi OGUNODE	QAT
2	524		Rondell BARTHOLOMEW	GRN
3	594		Jermaine GONZALES	JAM
4	1099		LaShawn MERRITT	USA
5	525		Kirani JAMES	GRN
6	171		Kévin BORLÉE	BEL
7	565		Tabarie HENRY	ISV
8	170		Jonathan BORLÉE	BEL

UNIVERSAL SPORTS



# *TYPES OF QUARTER MILERS : STRENGTH VS SPEED*

## **What is the difference?**

- The motor they use to get around the track
- Quick off the line (speed) vs building during race (strength)

## **How do you identify the difference in an athlete?**

- Mixing workouts and seeing how they respond
- How do they finish? What recovery time do they need in between reps?

## **Race Structure**

Speed 400m runners will get out fast and attempt to hold that momentum throughout the end of race. They will get out faster than a strength runner.

Strength 400m runners will often continue to build and will have a faster last 100m than a speed based runner because they have the strength to continue to build.



# **WORKOUT EXAMPLES : STRENGTH VS SPEED**

## **STRENGTH**

**Pre-Season: (Grass)**

**600m, 400m, 300m, 300m**

**Rest = 6 min**

**In Season:**

**400m, 200m, 400m, 200m**

**Rest = 8 min \* Higher Tempo**

**Championship Season:**

**300m, 250m, 200m, 150m**

**Rest = 12 min \* 95% effort**

## **SPEED**

**Pre-Season: (Grass)**

**450m, 450m, 200m, 200m**

**Rest = 6 min**

**In Season:**

**350m, 300m, 250m, 120m**

**Rest = 8 min \* Higher Tempo**

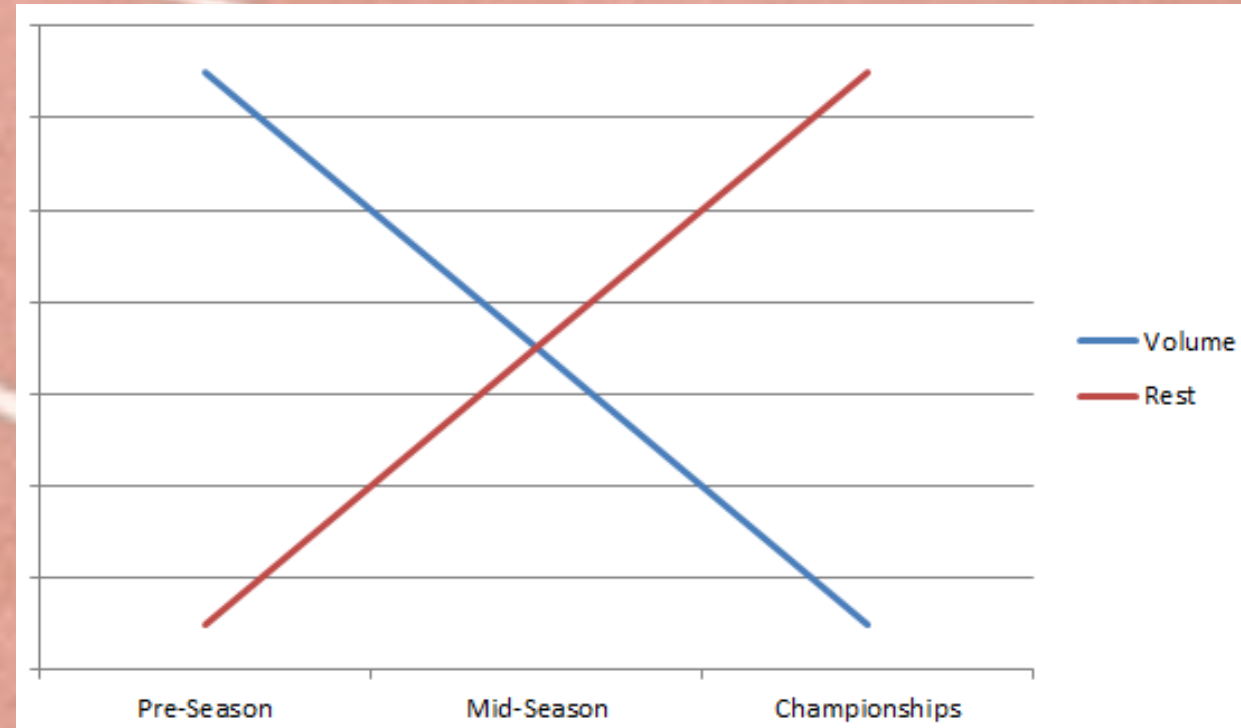
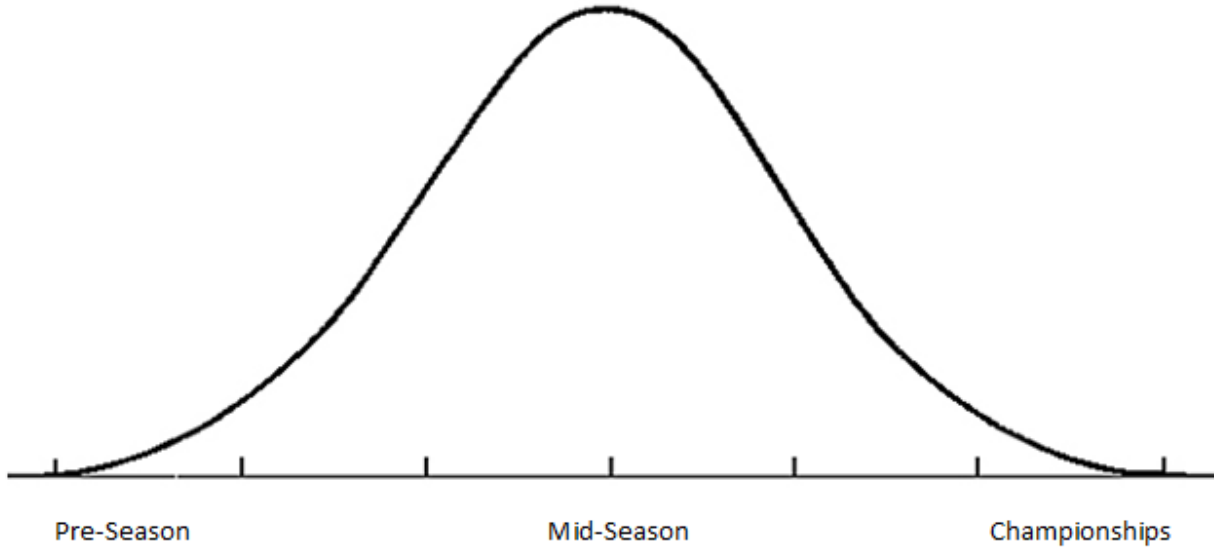
**Championship Season:**

**250m, 200m, 150m, 150m**

**Rest = 12 min \* 95% effort**

# SEASON ADJUSTMENTS

Building and Tapering Workouts





# **RECOVERY**

**Tends to be the most neglected part of an athlete's training!**

**Why is it so important?**

**What are the types of recovery that should be utilized?**

**How do you implement recovery into training?**





*QUESTIONS?*