400 Meter Training

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Developing an Attitude

- Hard work beats talent when talent doesn't work hard
- Use the 4x400m relay to develop runners
  - Run more than one team
  - Make it a glory event.
- Don't force them to run the Open 400m
- Never run any type of 400m interval in practice

Training Base

- Use the first two weeks of practice to develop a training base.
- Use a variety of over distance and change of pace runs
  - Change it up
  - Have fun! – this is when lose sprinters
    - Develop a Training Base ala-cart
    - Modify based on weather and type of kids

Training Base Ala-Cart

- Tempo Run
- 10-10-20-20 – (hard)
- Continuous Relays
  - Introduce open hand offs
- Bus Loops
- Stations – (great for indoor practice)
- Timed run
- 400 the hard way – (Speed endurance)
### Work – Out Plan
- I create a season long work–out plan
- Hard – Easy – Hard – Easy – Meet
- Hard days are interval days
- Easy days are technique and speed days
  - Develop a speed day ala-cart
- Mini Peak Week (KU Relays)

### Work outs
- **Weeks 1-2**  Base Weeks
- **Weeks 3-4**  70%
- **Weeks 5-6**  75%
- **Week 7**  80%
- **Week 8**  Mini Peak Week
- **Week 9**  85%
- **Weeks 10-11**  90% (City/League)
- **Weeks 12-13**  95% (Regional/State)

### Speed Day Ala-Carte
- **Pure Speed**
  - Acceleration Lines
  - 20’s, 30’s, 40’s (blocks)
  - Ladders
  - In & Outs
  - 4x100 Handoffs
  - 400 the hard way
  - Abdominal Circuit

- **Resistance Training**
  - Harness Tows
  - Stadium Runs
  - Parachute Runs
  - Abdominal Circuit

- **Assistance Training**
  - Bungee Pulls

### Weeks 3-6
- **Hard Days include intervals that approach 1600m with 3 minutes recovery.**
  - Intervals are ran at 70-75% pace
  - Last interval is 150m full speed
  - Working coming off the curve
- **Easy Days include Speed Day activities from my Speed Day Ala-Cart.**

- **During spring break do a 400m Trainer workout.**
400 Meter Trainer Work-Out
- 7x100 meters at race pace
  - Have them wear spikes
- Teach them how you want them to run the race.
  - First 70 meters is use it or lose it.
  - Stay relaxed
  - Run your race

Week 8 (The Mini Peak)
- Monday – Intervals
  - (High Intensity/Low Reps)
  - 4x200m at 90% with 5 minutes recovery
- Tuesday – True 400 1-2 reps
- Wednesday – 2x4 150m
  - Coming off the curve
- Thursday – Modified Speed Day
  - Handoffs

Weeks 7
- Hard Days include intervals that approach 1200m with 4 minutes recovery.
  - Intervals are ran at 80% pace
- Easy Days include Speed Day activities from my Speed Day Ala-Cart.

Week 9
- Hard Days include intervals that approach 1200m with 4 minutes recovery.
  - Intervals are ran at 85% pace
- Easy Days include Speed Day activities from my Speed Day Ala-Cart.
Week 10-11

- Hard Days include intervals that approach 800m with 5 minutes recovery.
  - Intervals are ran at 90% pace

- Easy Days include Speed Day activities from my Speed Day Cart
  - Add in 2-3 bungee pulls in spikes

Week 12-13

- Hard Days include intervals that approach 800m with 5 minutes recovery.
  - Intervals are ran at 95% pace

- Easy Days include Speed Day activities from my Speed Day Cart
  - Add in 3-4 bungee pulls in spikes

- Thursday – warm-up and go home!!