

### 400/800 The Mixed Zone Events!!!!



### Coaching History



**USATF**

- USATF LEVEL I
- LEVEL II Sprint, Hurdles, and Relays 2007
- LEVEL II Endurance 2008
- Olympic Training Center Emerging Elite Coach

**USTECCA**

- Technical Certification

**Altis**

- Apprentice Coach's Program (ACP)

**Girls Track and Field Spring 03 to present (14yrs)-Head Coach**  
**109 records (Fr, Soph, JV, V)**

- 4 top 5 state championship team finishes 2008, 2009, 2016, and 2017.
- District champs 2007, 2008, 2009, 2015 and 2016.
- Conference Champion 2015, 2016, and 2017. Five district runner-up finishes 2011, 2012, 2013, 2014 and 2017.

**Individual Statistics**

- 2 State Records 4x800 09 and 3200 09, 14 nationally ranked events,
- 57 all-state performances (Track and XC),
- 11 runners up, 10 state champs, 108 state qualifying events/individuals qualifying events, 180 state semifinalists (sectionals), 195 top ten performances.

**Leadership**

- MTECCA President 2015, Vice President 11-14, MTECCA Panel Member 08-09 and 12, and 19, MTECCA Guest Speaker 2008 and Mizou Track and Field Camp Coach 08, MSHSAA advisory board Girls Track and Field 09, and GreatSouthwest Classic Team Missouri selection head 09-11.
- Blogger on [www.elitecoach.com](http://www.elitecoach.com), [speedendurance.com](http://speedendurance.com), [just fly sports.com](http://justflysports.com), presenter at the World Speed Summit, invited to Altis and the Olympic Training Center as an emerging elite coach.

### The Long Sprints 400 and 4x400



- |                                   |                     |
|-----------------------------------|---------------------|
| 1. Lizzie DeJoie 56.36 SR 2017s   | 1. 3:54.80 2008 FAT |
| 2. Khadijha Beyah 57.5 JR 2008    | 2. 3:55.79 2009 FAT |
| 3. Eddrena Littleton 57.5 JR 2003 | 3. 3:59.79 2017 FAT |
| 4. Lauren Johnson 57.7 SO 2007    | 4. 4:00.31 2015 FAT |
| 5. Miana Lee 58.5 JR 2008         | 5. 4:01.05 2016 FAT |
| 6. Anyaku Okapara 59.4 SO 2012s   | 6. 4:04.04 2010 FAT |
| 7. Eliana Liebman 59.5 SO 2017s   | 7. 4:04.18 2007     |
| 8. Imani Myton 59.6 JR 2010s      | 8. 4:05.96 2014 FAT |
| 9. Chyna Moore 59.7 SO 2016s      | 9. 4:08.17 2011     |
| 10. Katie Jost 59.7 JR 2010s      | 10. 4:09.53 2012    |

### The Long Sprints 800 and 4x800



- |                                    |                  |
|------------------------------------|------------------|
| 1. Emily Sisson 2:12.0 JR 2009s    | 1. 9:06.89 2009  |
| 2. Lizzie DeJoie 2:12.82 SR 2017s  | 2. 9:33.20 2016  |
| 3. Diane Robison 2:13.7 SR 2009s   | 3. 9:33.57 2015  |
| 4. Sarah Madsen 2:14.85 SR 2016    | 4. 9:34.84 2008  |
| 5. Kathleen Thompson 2:16.5 SR 09s | 5. 9:39.75 2010  |
| 6. Lauren Johnson 2:18.9 JR 2008   | 6. 9:41.44 2017  |
| 7. Taylor Burlis 2:23.22 JR 2014   | 7. 9:53.47 2014  |
| 8. Annika Sisson 2:23.73 FR 2011   | 8. 9:54.23 2013  |
| 9. Kara Stark 2:24.5 JR 2016s      | 9. 9:54.69 2012  |
| 10. Brooke Hilton 2:25.43 FR 2017s | 10. 9:56.47 2011 |

### Prepare an Athlete to Do Both



- The over-under principle
  - Week to week
  - Day to day
- Long Term Plan
  - Case Study Sarah Madsen
    - Moving her down
  - Case Study Lizzie DeJoie
    - Moving her up



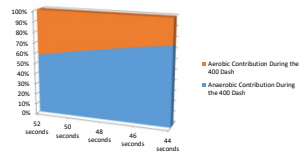
### Providing a Simple Plan of Attack



- Rotate Events
  - Large Stables of Talented Athletes
  - Get to know what is actually their best event
  - Can link races up with weekly themes of speed, and power.
- Try a positive 1<sup>st</sup> experience.
  - Open
  - Relay
- Race Model
  - 400 version
  - 800 version
- Unique Training Idea
  - Deficit Running
  - Baylor Group
  - One coach staggered rest
  - Split Run

## Frequently Asked Question

- Don't I need to build a base?
- Won't the high volume ruin my sprinter's speed?
- What should my workouts look like?



AFC/CP Development	Daily Volume in Meters Performed in Season	Percentage of Intensity
Acceleration	500-700 / 700-900	90-98%
Maximum Velocity	400-500 / 500-700	90-98%
Speed Endurance	600-2000	80-89%
Energy System Training	Dark Theme in Meters	Percentage of Intensity
Special Endurance 1	2000-3000 / 1300-2000	70-80%
Special Endurance 2	1300-2000 / 1000-1800	80-90%
Endurance to Maximal Aerobic Work	1400-2000 / 1200-1000	70-79%



Phase 1

**Monday Week 2**

Warm Up: 2 Dynamic laps 1 lap jog ver. 1 **Suppleness:** Leg series 1 **Drills:** Banta Drills 1

**Workouts:** Men: 1x1200m F/S, 1x400m F/S, and 1x3200m. Women: 1x2x200m F/S, 1x2x400m F/S, and 1x2x200 F/S. Rookie: 1x2x200m F/S, 1x400m F/S, and 1x2x200 F/S.

Note: Workout is to be done continuously without breaks except for hydration. "F" stands for fast and "S" stands for slow. The workout essentially is on on the track/furfield. For each "fast" interval it typically is followed by a "slow" interval. The effort if you see a set of sprints that is 1x1200m F/S that actually is a total of six 200 meter runs. Half being fast and the other half being slow. It can be done on grass or have the athletes run on the turf if 200 meters can be repeated on a loop each time.

**Cool Down:** A 1600 meter run at conversation pace **Psychological:** Understanding how even pace does not mean even effort.

**Prehab/Restoration:** Partner Stretching **Goals:** Maintain pace through the length of the entire workout

**Tuesday Week 2**

Warm Up: 3 Laps of In and Outs **Suppleness:** Banta's Static Stretch **Drills:** Banta Drills 2

**Workouts:** Plyometric- In place jump module Sprints- 8x200 @ 70% w/30sec recoveries Weight Room- Bantapeed Posture Butterflying

**Cool Down:** 7x100 descending pace striders **Psychological:** Maintaining form while fatigued

**Prehab/Restoration:** Relaxation Massage **Goals:** Aerobic development in conjunction with great biomechanics

**Wednesday Week 2**

Warm Up: 2 Dynamic laps 1 lap jog ver. 1 **Suppleness:** Leg series 1 **Drills:** Banta Drills 1 Goody Hands

**Workouts:** 7xFlying 20m w/20m acceleration, 20m deceleration zone, and 3min rec. each rep. Followed by men 35 min run and female 30 min run at aerobic pace.

**Cool Down:** Foam Roll Module **Psychological:** Practice positive self-talk on long runs. No talking for entire workout

**Prehab/Restoration:** Ice bath **Goals:** Develop resilience in practice. Figure out how to communicate without talking or dealing w/issues when it is you and your head.

**Thursday Week 2**

Warm Up: 3 Laps of In and Outs **Suppleness:** Banta's Static Stretch **Drills:** Banta Drills 2 Goody Hands

**Workouts:** Plyometric- In place jump module Sprints- 5x1700 2x(1350 w/45 sec. rec. 1x350) w/15 min recovery between sets. Treated like a race model Weight Room- Bantapeed Posture Butterflying

**Cool Down:** 7x100 descending pace striders **Psychological:**

**Prehab/Restoration:** Partner Stretching **Goals:**

Phase 1

**Friday Week 2**

Warm Up: 2 Dynamic laps 1 lap jog ver. 1 **Suppleness:** Leg series 1 **Drills:** Banta Drills 1 Curve

**Workouts:** 7x30m Mini-Hills Medium Grade w/3.5min rec. Followed by 40 min run and female 35 min run at aerobic pace.

**Cool Down:** Foam Roll Module **Psychological:**

**Prehab/Restoration:** Partner Stretching **Goals:**

**Saturday Week 2**

Warm Up: 3 Laps of In and Outs **Suppleness:** Banta's Static Stretch **Drills:** Banta Drills 2 Grass

**Workouts:** Plyometric- In place jump module. Sprints- 5-6x30 meter block starts. 3.5min 5-6x150m Flying w/walk back recoveries. Weight Room- Bantapeed Posture Butterflying

**Cool Down:** 7x100 descending pace striders **Psychological:** Review film of past races. Then use film for ideal race pattern.

**Prehab/Restoration:** Relaxation Massage **Goals:**

**Sunday Week 2**

Warm Up: 2 Dynamic laps 1 lap jog **Suppleness:** Leg series 1 **Drills:** Walking warm-up module

**Workouts:** Active Recovery Hurdle Mobility Seriesx2

**Cool Down:** Ice bath **Psychological:** Coach led session on visualization.

**Prehab/Restoration:** Foam Roll Module **Goals:** Practice visualization on perfect race.

Phase 2

**Monday Week 4**

Warm Up: Sprint Endurance Warm-up **Suppleness:** Banta Static Stretch 2 **Drills:** Banta Mid-Season Quick

**Workouts:** Men- 2x1600m w/10min rec., 1x1200 w/10min rec., and 4x200 5.5min rec. Women- 1x1600m w/10min rec., 2x1200 w/10min rec. and 2x200 5.5min rec. All of these runs are at a high intensity. For paces based off of Date Pace using RunningTrax or McMillan Charts.

**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** Positive self-talk worksheet with a focus a Mantra

**Prehab/Restoration:** Contrast bath **Goals:**

**Tuesday Week 4**

Warm Up: 1 lap jog 3 laps dynamic 1 lap jog Ver. 2 **Suppleness:** Leg Series 2 **Drills:** Banta Mid-Season Power

**Workouts:** Plyometrics- Jump Rope Variants Run- 10x200 @ 70% w/30sec rec. Weight Room- Bantapeed Hypertrophy Routine

**Cool Down:** 9x100 barefoot descending pace striders **Psychological:** Breathing control during sprinting and recovery between intervals

**Prehab/Restoration:** Partner Stretching **Goals:** Building the aerobic capacity while maintaining biomechanics simultaneously

**Wednesday Week 4**

Warm Up: Sprint Endurance Warm-up **Suppleness:** Banta Static Stretch 2 **Drills:** Banta Mid-Season Quick w/Goody Hands

**Workouts:** Hurdle Mobilityx2 followed by Men 35 min run and Women 25min run.

**Cool Down:** Foam Roll **Psychological:** Review positive self-talk sheet and Mantra for effectiveness.

**Prehab/Restoration:** Relaxation Massage **Goals:** Recovery.

**Thursday Week 4**

Warm Up: 1 lap jog 3 laps dynamic 1 lap jog Ver. 2 **Suppleness:** Leg Series 2 **Drills:** Banta Mid-Season Power w/Goody Hands

**Workouts:** Plyometrics- Jump Rope Variants Run- 6-8x40m accelerations from 3 point stance 4.5min recovery. Followed by 3x350 using 400 meter race model w/15min recoveries at near maximal efforts. Weight Room- Bantapeed Hypertrophy Routine

**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** Practice positive self-talk and mantra.

**Prehab/Restoration:** Contrast bath **Goals:** Learn to correctly attack the 400 race model.



Phase 1

**Friday Week 4**

Warm Up: Sprint Endurance Warm-up **Suppleness:** Banta Static Stretch 2 **Drills:** Banta Mid-Season Quick on the curve

**Workouts:** Pre-meet 4-5x200 meet @75 effort runs are meant to stimulate not to fatigue. Recoveries can take as long as necessary but not shorter than 3.5mins.

**Cool Down:** 9x100 barefoot descending pace striders **Psychological:** Practice 24 hour psychological taper

**Prehab/Restoration:** Partner Stretch **Goals:** Prime the mind and body for the first races of the phase.

**Saturday Week 4**

Warm Up: x **Suppleness:** x **Drills:** Coach Merriman Warm-up

**Workouts:** Race- First Leg of the 4x800 and open 400 Dash

**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** Visualization training using a perfect 800 race as inspiration

**Prehab/Restoration:** Contrast bath **Goals:** Clearly execute different phases of the race through race model.

**Sunday Week 4**

Warm Up: Functional Mobility Warm-up **Suppleness:** x **Drills:** Banta Mid-Season Power on the grass

**Workouts:** Hurdle Mobilityx2

**Cool Down:** x **Psychological:** Watching film of previous day's training and match it up w/ideal race model

**Prehab/Restoration:** Relaxation Massage **Goals:** After film the athlete should create goals they wish to work on in the following weeks

Phase 3

**Monday Week 8**

Warm Up: Static Stretch/Dynamic Warm up Combo **Suppleness:** x **Drills:** Nirvana 2 on grass

**Workouts:** 900m @ 95% effort (Spin 600m w/45 sec then 300m all out) w/15min rec. 2x800m @ 95% effort (600m w/45 sec then 200m all out) w/12min rec. and 2x200m @ 95% effort. Using RunningTrax Charts for Paces.

**Cool Down:** 9x100 descending pace striders barefoot **Psychological:** Develop "Psych up" strategies as seen in Ch. 9 w/coach for upcoming events. **Prehab/Restoration:** EMS for power **Goals:** Improve special endurance around the 800m.

**Tuesday Week 8**

Warm Up: 1 lap jog, 4 lap's dynamic 1 lap job **Suppleness:** Leg Series 3 **Drills:** Nirvana 1

**Workouts:** Plyometrics- Endurance Bounding Run- 11x200m @85% 2.5min rec. Weight Room- Stability Training Phase Routine

**Cool Down:** 15min elliptical, row machine, or bike **Psychological:** Review "Psych up" strategies with coach.

**Prehab/Restoration:** Contrast bath **Goals:** Peak work capacity workout of the phase.

**Wednesday Week 8**

Warm Up: Static Stretch/Dynamic Warm up Combo **Suppleness:** x **Drills:** Nirvana 2

**Workouts:** Men- 40min aerobic run Women- 55min aerobic run

**Cool Down:** 9x100 descending pace striders barefoot **Psychological:** Visualization training led by your coach.

**Prehab/Restoration:** Relaxation massage **Goals:** Aerobic maintenance

**Thursday Week 8**

Warm Up: 1 lap jog, 4 lap's dynamic 1 lap job **Suppleness:** Leg Series 3 **Drills:** Nirvana 1 w/goody hands

**Workouts:** Plyometrics- Endurance Bounding Run- 6x50m accelerations w/5.5min rec. 3x350 run as a 400 race model w/13min rec. 95% effort. Weight Room- Stability Training Phase Routine


**Cool Down:** 15min elliptical, row machine, or bike **Psychological:** Visualization using "Psych up" strategies athlete led

**Prehab/Restoration:** EMS for power **Goals:** Developing speed reserve through the first lap of the 800.



Phase 3

**Friday Week 8**  
**Warm Up:** Static Stretch/Dynamic Warm up Combo **Suppleness:** x **Drills:** Nirvana 2 w/goofy hands  
**Workouts:** 10x40 accelerations (half as 4x400 and half like 4x800). 10 Laps of In and Outs.  
**Cool Down:** 9x100 descending pace striders barefoot **Psychological:** 24 hour taper  
**Prehab/Restoration:** Contrast bath **Goals:** Prime the athlete for competition.




**Saturday Week 8**  
**Warm Up:** x **Suppleness:** x **Drills:** Coach Merriman competition warm-up  
**Workouts:** 400 prelim and 400 finals  
**Cool Down:** Two laps outside goal post when all races are done.  
**Psychological:** Use positive self-talk/mantra during warm up, tapping protocol when in holding area, and breathing techniques to promote optimal arousal right before the race.  
**Prehab/Restoration:** Relaxation massage **Goals:** Look to set a personal record.

**Sunday Week 8**  
**Warm Up:** x **Suppleness:** Leg Series 3 **Drills:** x  
**Workouts:** x  
**Cool Down:** Foam rolling **Psychological:** Review film from previous race and adjust process goals for the week  
**Prehab/Restoration:** EMS for recovery **Goals:** Passive recovery

Phase 4

**Monday Week 10**  
**Warm Up:** Functional Movement Warm-up **Suppleness:** PNF **Drills:** Transfer Speed Module  
**Workouts:** 800m @ 95% effort w/complete recovery, 1xSplit 800m @ 95% effort (600m w/45 sec then 200m all out) w/12min rec, 1xSplit 600 @95% effort (400m w/45 sec then 200m all out) and 2x200m @ 95% effort. Using RunningTrax Charts for Paces of total times per interval.  
**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** Ponder Risk Taking a Risk challenge protocol explained in psych chapter  
**Prehab/Restoration:** Contrast bath **Goals:** Attack with an effort in line w/championship phase and newly adjusted goals.




**Tuesday Week 10**  
**Warm Up:** 1 lap jog 2 laps dynamic 1 lap jog ver. 2 **Suppleness:** Leg Series 2 **Drills:** Santa Drills Championship  
**Workouts:** Plyometrics- Jump Throw Combination Module Run-6-8x200 @back end goal pace for 400 dash w/3.5 min rec. Weight Room- Speed/Power Acquisition Routine  
**Cool Down:** 7x100 descending pace striders barefoot **Psychological:** Visualization led by coach  
**Prehab/Restoration:** Relaxation for massage **Goals:** Hardwire goal back end pace for 400m.

**Wednesday Week 10**  
**Warm Up:** Functional Movement Warm-up **Suppleness:** PNF **Drills:** Transfer Speed Module  
**Workouts:** Men- 35min aerobic run Women- 30min aerobic run  
**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** Share out Risk Taking a Risk challenge w/team or training group plus contract  
**Prehab/Restoration:** EMS for recovery **Goals:** Active recovery and aerobic maintenance.

**Thursday Week 10**  
**Warm Up:** 1 lap jog 2 laps dynamic 1 lap jog ver. 2 **Suppleness:** Leg Series 2 **Drills:** Santa Drills Championship  
**Workouts:** Plyometrics- Jump Throw Combination Module Run 2x350m run as 400m race model w/complete recovery, 2x250 run as 400m race model, 10min recovery - Weight Room- Speed/Power Acquisition Routine  
**Cool Down:** 7x100 descending pace striders barefoot  
**Psychological:** Visualization reps and a visualization walk w/coach/athlete led for expected experiences  
**Prehab/Restoration:** Contrast bath **Goals:** Developing special endurance to improve speed reserve for the longer sprint events.

Phase 4

**Friday Week 10**  
**Warm Up:** Functional Movement Warm-up **Suppleness:** PNF **Drills:** Transfer Speed Module  
**Workouts:** 8x40 accelerations (Half from 4x400 and half like 4x800). 8 Laps of In and Outs.  
**Cool Down:** 1 lap jog, 1 lap walk, 1 lap jog **Psychological:** 24 hour taper  
**Prehab/Restoration:** Foam rolling **Goals:** To bring the body to a state of readiness without fatiguing the athlete



**Saturday Week 10**  
**Warm Up:** x **Suppleness:** x **Drills:** Coach Merriman competition warm-up  
**Workouts:** 4x800, 800, 4x400  
**Cool Down:** 2 laps outside the goal  
**Psychological:** Positive self-talk/mantra during warm up, tapping protocol in holding area, and breathing techniques to promote optimal arousal right before the race.  
**Prehab/Restoration:** Relaxation for massage **Goals:** Qualify to the next round.

**Sunday Week 10**  
**Warm Up:** x **Suppleness:** PNF **Drills:** Walking modules  
**Workouts:** Hurdle mobilityx2 **Cool Down:** Foam rolling **Psychological:** Review film, do a personal debrief, and do positive visualization  
**Prehab/Restoration:** Relaxation massage **Goals:** Recover. Find positive and negatives to exploit in week's training from film session