

## 400 meter Training

Simple approach to creating a well rounded athlete.

## 400m success

- \* Kyri Tabor – 54.26 in 2 seasons Hallandale, HS
- \* Dwight Davis- 46.89 from 49.01 2 seasons (High school)
- \* Terika Henry- 54.99, 23.16w,11.57
- \* Rian Robinson- 54.64 from 58.3 1 season
- \* Quick Stukes- 46.77 from 48.3 1 season
- \* Chennelle Ricketts- 55.29 from 59.3
- \* Deron Gordon-50.90 400h from 51.85
- \* 3:08. 53 (OUT) 3:11.70 (IN) collegiate men best
- \* 3:43.85(OUT) 3:47.16 (IN) collegiate women best
- \* 3:15.95 HS, 3:53.54 HS

## What does the coach bring to the Table?

- \* Work ethic ( athlete must learn from you)
- \* Understanding the physiology of the event
- \* Organized and progressive training approach
- \* Understanding todays athlete (Limit distractions)
- \* Desire to succeed
- \* Ability to look at your faults before the athletes
- \* Patience!!!!!!!

## Who are we working with?

- \* 200/400  
Can negotiate speed and power training  
May need lower volumes of capacity training  
200-350m VS 400-600m (psychological)
- \* 400/800  
Can handle long tempo session, easy runs etc  
Allergic to the weight room  
Cant touch the rim  
May need higher volumes of speed training IMO

## Bio-motor abilities

- \* **Speed-** Acceleration, Max v, Speed, speed endurance
- \* **Strength-** Weights, Multi jumps, Multi throws, General strength
- \* **Coordination-** General, Event specific
- \* **Flexibility-** Dynamic, Static, PNF, Small muscle, Pilates
- \* **Work Capacity-** Ext temp, Int temp, Special end, Circuits

## My Plan

- \* Train all 5 bio-motor abilities in a simple progression
- \* Speed short to long, Capacity long to short
- \* Prep phase 16 weeks (16 weeks for HS season)
- \* Pre-comp, Competition phase
- \* Volume High/intensity low, Volume down/intensity High





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