

Maximizing 400m Training for Championship Results



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GENERAL TRAINING

- ◆ Year round- 10-11 months of running or cross training
- ◆ Summer / Fall Training- Base Phase
- ◆ Weather conditions/mental barriers
- ◆ Indoor (Pre-Competitive Phase)
- ◆ Outdoor (Peak Season)
- ◆ Training through meets/expectations
- ◆ Pace work



GENERAL TRAINING

- ◆ 2-4/4-8 runners
- ◆ 200m Indicators
- ◆ Base Training (Muscular & Aerobic Strength / Speed Maintenance)
 - Hill Training
 - Aerobic Runs (30min)
 - Low Anaerobic Work
 - CP Speed / Low Impact Plyos
- ◆ Lydiard Circuit
- ◆ Weight Training / Strength Circuits
- ◆ Form/Technique
- ◆ Typical Early Spring Week

M- Speed Development / Plyos- Downhills

T- Anaerobic (400m)

W- Technical/Easy Run

Th- Event Specific (250m)

F- Easy Run

S- Time Trial or Plyos or Tempo Run

400m SPECIFIC TRAINING



Sample Workouts of 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 with 100 walk, 100 jog as rest (1-2 min) – fast and relaxed
- ✦ 10 x 150 accelerations to 90%, 1-2 min rest
- ✦ 5-6 x 300 w/ 1-2 min rest – quick w/ form / 5 x 200 with 3 min rest – moderate & quick
- ✦ 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, 3 -5 min b/w sets – fast & relaxed

Medium 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 at 99% w/ 10 min rests
- ✦ 1 x 300 (10-20 min rest), 1 x 200 at 99%
- ✦ 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 at 99%, 20 – 30 min rest, 1 x 300 at 99%
- ◆ 1 x 600 at 99-100%, go home
- ◆ 1 x 500 at 99-100%, go home
- ◆ For the short sprinter – 1 x 200 at 99%, 3 x 100 at 99%, 3 x 50 99% all with 5 min rest

Got Speed?

Speed & Plyos Program



PERIODIZATION

Sprint Training Program



TRAINING

End of Workout Sprints / Drills:

- ◆ Sprints: 40's, 60's, 80's
- ◆ All-out or build-up 150m
- ◆ Barefoot drills
- ◆ Sandpit Drills (*High Knees*)



OPTIMAL PERFORMANCES

- ◆ Finding the race in practice
- ◆ Strategies
- ◆ Training through meets
- ◆ Post meet runs
- ◆ Peak meets (selective meets)
- ◆ Over/Under theory
- ◆ Mental Toughness



“CHAMPIONS ARE MADE, NOT
BORN!!!”

