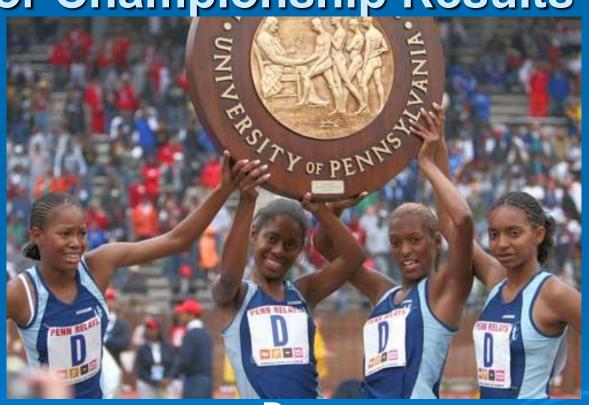
Maximizing 400m Training for Championship Results



By Desmond Dunham

GENERAL TRAINING

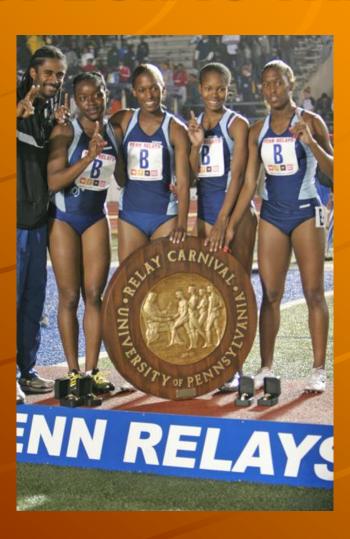
- Year round- 10-11 months of running or cross training
- Summer / Fall Training- Base Phase
- Weather conditions/mental barriers
- Indoor (Pre-Competitive Phase)
- Outdoor (Peak Season)
- Training through meets/expectations
- Pace work

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
- MentalToughness



"CHAMPIONS ARE MADE, NOT BORN!!!"

