

400 Dash: Centerpiece of Great Programs



Coaching History



USATF

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

USTFCCCA

- 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, 2017 and 2018.
- Six district runner-up finishes 2011, 2012, 2013, 2014, 2017 and 2018.

Individual Statistics

- 2 State Records 4x800 09 and 3200 09, 14 nationally ranked events,
- 62 all-state performances (Track and XC),
- 11 runners up, 10 state champs, 118 state qualifying events/individuals qualifying events, 195 state semifinalists (sectionals), 207 top ten performances.

Leadership

- MTCCCA President 2015, Vice President 11-14, MTCCCA Panel Member 08-09 and 12, and 12, MTCCCA Guest Speaker 2009 and Mizzou Track and Field Camp Coach 08-, MSHSAA advisory board Girl's Track and Field 09-, and GreatSouthwest Classic Team Missouri selection head 09-11,
- Blogger on www.elitetrack.com, speedendurance.com, just-fly-sports.com, presenter at the World Speed Summit and at ALTIS, Author of the Sprinter's Compendium.

PARKWAY Central Stats

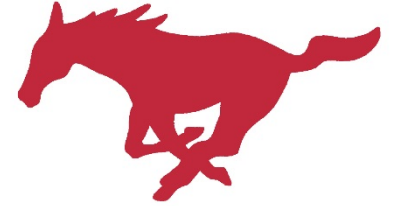
- 1260 ranked about 84-100th largest out of 500 schools
- Very diverse and affluent school.
- Phase three and ESOL students
- Compete in every sport MSHSAA contests

Sprinter's Compendium

- 763 Pages “The most comprehensive text written on the subject.”
- 50 Plus Contributors from around the world
- On Sale Now
 - www.sprinterscompendium.com



The Long Sprints 400 and 4x400

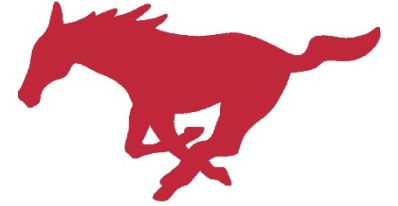


1. Lizzie DeJoie 56.36 SR 2017s
2. Khadijha Beyah 57.5 JR 2008
3. Eddrena Littleton 57.5 JR 2003
4. Lauren Johnson 57.7 SO 2007
5. Eliana Liebman 58.17 JR 2018
6. Miana Lee 58.5 JR 2008
7. Anyaku Okapara 59.4 SO 2012s
8. Imani Myton 59.6 JR 2010s
9. Chyna Moore 59.7 SO 2016s
10. Katie Jost 59.7 JR 2010s

1. 3:54.80 2008 FAT
2. 3:55.79 2009 FAT
3. 3:59.79 2017 FAT
4. 4:00.31 2015 FAT
5. 4:01.05 2016 FAT
6. 4:04.04 2010 FAT
7. 4:04.18 2007
8. 4:05.09 2018 FAT
9. 4:05.96 2014 FAT
10. 4:08.17 2011

*Since I have been there starting in 03

Why the 400?

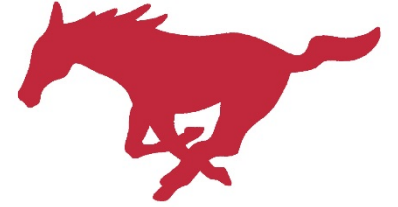


- Within arm's reach of the most events.
- Strength for multiple events.
- Rapid rate of improvement improves buy in.
- Developing grit

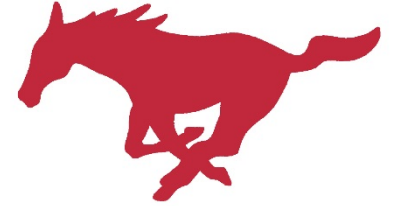


400 Training is Not

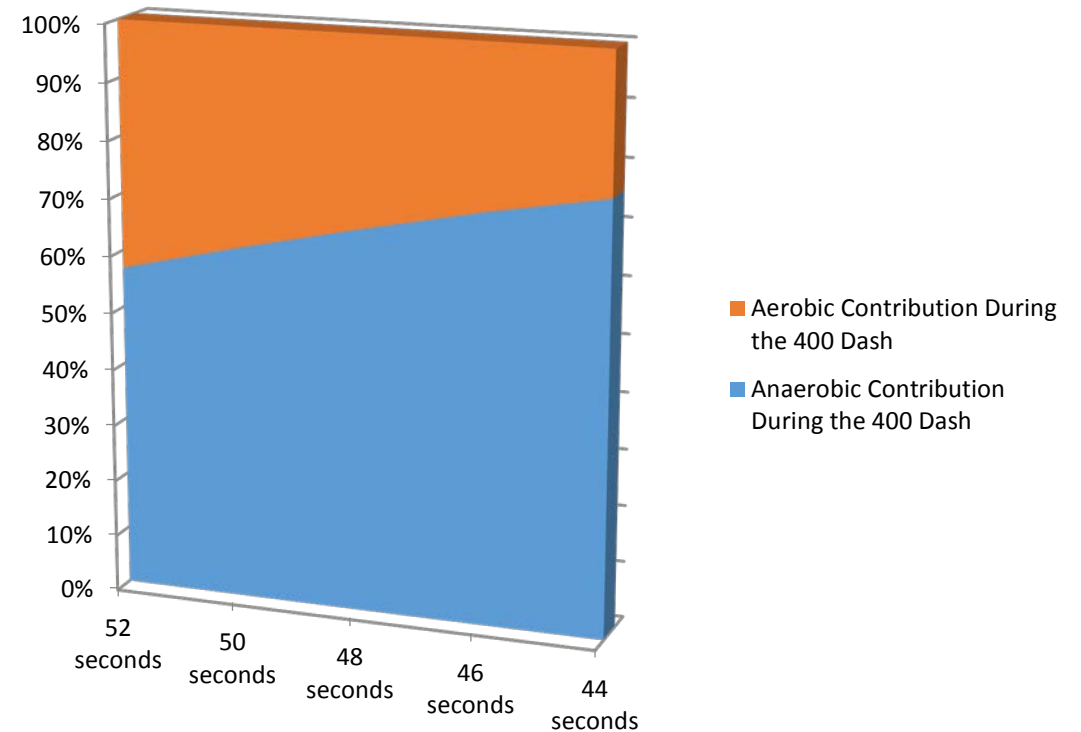
- 10x400
- Distance Running
- For your slower “tough kids”
- Punishment
- Submaximal
- A second class event
- Training without longer intervals



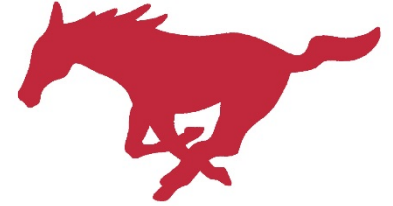
Who and What the 400?



- Testing
 - 45 second test
 - 350 or 450 time trial
- High motor kid in other sports
- Quick twitch oxidative
- Move the kid down
- Move the kid up
- Tough kids



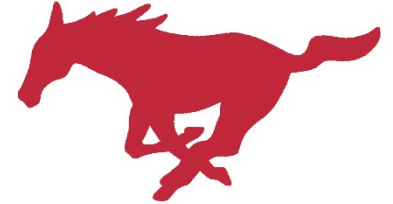
When & Where the 400?



- Monday
 - Complete recovery
- Shift days when kids
- Rotating race schedule
- Everyone runs it
- Must be prepared for it

ATP-CP Development	Daily Volume in Meters		Percentage of Intensity	
	Preseason	In Season	Preseason	In Season
Acceleration	500-700	700-900	90-98%	
Maximum Velocity	400-500	500-700	90-98%	
Speed Endurance	600-1000		93-97%	
Energy System Training	Daily Volume in Meters		Percentage of Intensity	
	Preseason	In Season	Preseason	In Season
Special Endurance I	2000-3000	1300-2000	70-85%	75-90%
Special Endurance II	1300-2000	1000-1800	80-90%	85-90%
Extensive Tempo-Aerobic Work	1400-2000	1200-2000	70-75%	77-85%

How the 400?



- Clyde Hart or Concurrent
- How to set up your week.
- Don't confuse speed or special endurance
- How to handle tempo
- Race Modeling
- Weight Room
- Peaking

2

Menu Print Season W/O Pace chart Quit Print Menu ? help You

Workout # 34 Date Thursday, June 7, 2018 Duplicate-Enter Workout #

Event Running
400 METERS

Enter Your Goal Time for the Event (Tab) ?

Group # 1 :45.4
Group # 2 :49.5
Group # 3 :50.5
Group # 4 :51.8

Warmup Drills
Metabolic mile
Hurdle Mobility

Enter % of Goal Pace
96 %
Enter the " per cent " from 30 to 100. ?

Enter pace chart variable (SPLITS)
Enter the # of cones for 400 meters. (Intervals)
8 ?

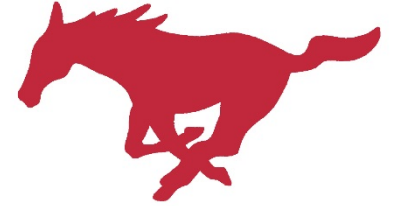
Coaching Notes
Dynamic in grass. first lap no shoes, Hurdle Mob, 2(300+4x50+200) @ 96% (r) 7/45/7, 8x100 in grass; 5x35 sec planks, 60x1P/JMPJ

Specialty Work
Starts 30 meter
5x40m A runs
Lat Hurdle skips
Hurdle Mobility

3 ? Training Distances

	Sets	Reps	Ladder Workouts				Ladder Workouts				Restart Time	Set Restart Time
			1	2	3	4	Time 1	Time 2	Time 3	Time 4		
Group 1	2	4	300	200	50	400	@ :35.41	:23.60	:05.90	:47.21	7:00	Full
Group 2	2	4	300	200	50	400	:38.61	:25.74	:06.43	:51.48	7:00	Full
Group 3	2	4	300	200	50	400	:39.39	:26.26	:06.56	:52.52	7:00	Full
Group 4	2	4	300	200	50	400	:40.40	:26.93	:06.73	:53.87	7:00	Full

Methods



- Themes of your days
 - Monday: Special Endurance
 - Tuesday: Intensive Tempo
 - Wednesday: Active Recovery
 - Thursday: Acceleration and Maximum Velocity
 - Friday: Extensive Tempo/Premeet
 - Saturday: Speed Endurance or Race
- 4 Week rollover
 - Speed, power, capacity, recovery

