



Iowa Track and Field



400 Meter Training

University of Iowa

No Whining

No Complaining

No Excuses



Iowa Track and Field



Ends to Middle Development

Hills, Sleds, Line Drills, Blocks: 10-30m

Speed

Flying runs, Assisted runs, In and Outs, Wicket drill: 30-60m

Speed Development

120(40 sprint float sprint) Repetition runs: 60-150m

Speed Endurance

300-600m

Special Endurance

Circuit training, reps of 200: 200-400m

Tempo Extensive

ESTABLISHING A TRAINING INVENTORY

- A. Evaluation of the Athlete**
 - A. Training age
 - B. Technical development
- B. Access Training Needs**
 - A. Will done in individual Meeting (one on one)
- D. Testing**
 - D. Will test regularly to evaluate progression of training

DEVELOPMENT OF TRAINING

INVENTORY

Speed

- Acceleration
 - 10,20,30/sled work/Hill work, resisted efforts
- Maximum Speed
 - Wickets/flying sprints/Assisted Runs/In and outs
- Speed Endurance
 - 60-150m, in various combinations, Ladder 60-150m

Strength

- Strength Lifts
- Olympic Lifts
- Auxiliary Lifts
- Multiple Throws
- Multiple Jumps
- Circuit Training
- General Strength

Coordination

- General
- Event Specific

Flexibility-Mobility

- Static
- Dynamic

Work Capacity

- **Circuit Training**
 - Using general strength activities with drills or running between stations
- Extensive Tempo
 - 2 x 3 x 100-200m @ 65% 90" active recovery 3' sets. circuit training using general strength activities with drills or running between stations
- **Intensive Tempo**
 - 5-6*200m Hill
 - 2*3,250,2*200
- **Special Endurance 1**
 - 60-300 runs various depends on emphasis
- **Special Endurance 2**
 - 300-600 runs various depends on emphasis

Testing

- Standing Long Jump
- Standing Triple Jump
- Overhead Back Shot Throw
- Between The Leg Throw
- 10/20 fly
- 30 standing
- 2*150m
- 45/90 second test

DEVELOPING A MICROCYCLE

Training Inventory for a Microcycle

- Running
- Strength Training
- Technique
- Multi Throws
- Multi Jumps
- General Strength
- Restoration

General Preparation Period

- Speed: Sprint related drills, acceleration mechanics, sand runs, sled pulls, hill runs
- Strength: Proper lifting technique, circuit training, general strength, jumping power
- Coordination: General, Sprint Drills
- Flexibility/Mobility: Static, Dynamic
- Work Capacity: Aerobic Capacity and Aerobic Power



General Preparation Training-

- ⦿ **Monday: AM- 20 minute run/Weights-Olympics+ Static**
PM: Warm up, Hurdle Mobility, Multi Jump, Accelerations (line drills/0-30m), Tempo Extensive work (2000m), Multi Throw, Cool down, Static Stretch
- ⦿ **Tuesday: AM-Weight-Bodybuilding**
PM: Warm up, Hurdle Mobility, Tempo Extensive (3000-4000 ex-10*300 or 10*400), General Strength Circuits, Barefoot run on grass (shin plus activities), Band Core work//Stretch
- ⦿ **Wednesday: AM-20 minute**
PM: Warm up, Core Circuit, Pool, Massage

- **General Prep cont.**
 - ⦿ **Thursday: AM-Weight-Olympics + Static**
PM: Warm up, Hurdle Mobility, MJ-Vertical emphasis, Speed Development(Stadium Stairs singles, doubles, triples), Med ball circuit, GS activities, Pillar Strength, BBS, Cool down, Static Stretch
 - ⦿ **Friday: AM-20 minute run**
Warm up, Hurdle Mobility, Tempo Extensive Circuit (2000 ex. Soccer field diagonals), Multi throw, Med Ball, Cool down, Static Stretch
 - ⦿ **Saturday: Warm up, Hurdle Mobility, Acceleration resisted (hills), General Strength Circuits, Bodybuilding Circuit**
 - ⦿ **Sunday: Complete Rest**

Specific Preparation

- » Speed: Acceleration mechanics, block starts, in & out runs
- » Strength: Maximum Strength, General Strength
- » Coordination: Event Specific Drills
- » Flexibility/Mobility: less emphasis on static stretching
- » Work Capacity: Anaerobic Capacity, Aerobic Power, Specific Endurance



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Specific Preparation Training

- ▶ **Monday: AM- 20 minute run/weights-Olympics/static**
PM: Warm up, Hurdle Mobility, Multi jump, Accelerations (lines), and 8*30m, Tempo Extensive (1000-2000m) Multi Throw, Cool down, Static Stretch
- ▶ **Tuesday: AM-Weights-Bodybuilding**
Warm up, Hurdle Mobility, Intensive Tempo(1000-2800 ex-6,5,4,3,2 3*150), Band core work, Barefoot run on sand, Stretch
- ▶ **Wednesday: AM-20 minute run**
PM: Warm up, Massage, General strength activities, Rehab

- **Specific Prep cont.**
 - ▶ **Thursday: AM: Weights-Combination**
 - ▶ **PM: Warm up, Hurdle Mobility, MJ-Vertical, Special Endurance 2(350,300,300) /MB-OHB/BLF ,Cool down, Static Stretch**
 - ▶ **Friday: Warm up, Hurdle Mobility, Tempo Extensive Circuit (10*200), Band Core work, Cool down, Static Stretch**
 - ◎ **Saturday: Warm up, Hurdle Mobility, Tempo Intensive(1000-2800),General Strength Circuits, Bodybuilding Circuit**
 - ◎ **Sunday: Complete Rest**

Pre-Competition/Competition

- » Speed: Blocks 20m-60m, runs from 30m-60m from stand, 3 point or fly
- » Strength: Power, General Strength
- » Coordination:
- » Flexibility: Dynamic Flexibility
- » Work Capacity: Speed Endurance, Lactate Tolerance, Race Tactics, Anaerobic Capacity

Competition Training

▶ **Monday: AM- 20 minute run/weights**

PM: Warm up, Hurdle Mobility, Multi jump, Accelerations (lines) rollover and 2-3*60, 2-3*120, 2*150 Multi Throw, Cool down, Static Stretch

▶ **Tuesday: AM:-Weights**

PM: Warm up, Hurdle Mobility, Special Endurance 1 or 2 depend on meet importance(200,600,200 5*60) Band core work, Barefoot run on sand, Stretch

- **Competition Training cont.**
 - ▶ **Wednesday: AM-20 minute run**
 - ▶ **PM: Active Recovery- Warm up, Trigger point, General strength activities, Rehab**
 - ▶ **Thursday: Warm up, Hurdle Mobility, Speed Endurance/Special Endurance (150,250,150), /MB-OHB/BLF ,Cool down, Static Stretch**
 - ▶ **Friday: Pre-Meet**
 - ▶ **Saturday: Race**
 - ▶ **NOTE: If no competition our week will resemble specific/pre-competition phase**

Testing GPP- Week 1/Week 5

- SLJ
- STJ
- Med ball throw between leg forward
- Med ball throw between leg backward
- 30m 3pt

SPP 1 Testing-Week 9

- SIJ
- STJ
- OBF
- BLB
- 10m fly
- 150*2

SPP 2 Testing-Week 13

- **Intro. to meet warm up**
- SLJ
- STJ
- OBF
- BLB
- 20m fly
- Inter-squad
 - 300/600m

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