

#### How we teach the 400m - Race Plan

- 1. Keep it Simple "The Disciplined Pursuit of Less" is so important
- 2. Run fast and intense not long and hard.
- 3. Sell it to your kids / Base of our Program
  - \*Give your kids input...Keeps them invested
  - \* "The Proof is in the Pudding" Top 10 Lists, Records Boards
- 4. Depends on how you base your training phases
- 5. 5 Easy Phases

### Keep it Simple

- Walk athletes around the track discuss plan
- Visual Cues / Cones
- Total Volume is always very low
- Usually 600 m or lessRun out of Blocks in Spikes
- Full Recovery

- It depends on how you progress your training phases. But
- General Prep Phases.. Early Season, focus on Base Building,

  - In SD we are sometimes in the gym & hallways for 3-4 wks
    We focus on Circuit Training, Plyometrics, Running Form / Block Work & the Drive Phase.

#### When to use it? - Continued

- In the General Prep Phase you can still make gains despite weather.
- Plus, you can have some aerobic fun as well!
- Mount McHardy / TEAM YOGA / RECOVERY DAYS

#### **Mount McHardy**







Race Plan - 400m

**Mount McHardy** 







Race Plan - 400m

#### GENERAL PREP - TEAM YOGA / RECOVERY DAYS





#### When to use it?

- Special Prep Phase Middle 4 weeks of the Season
- Trending toward more specific training at a faster pace and intensity.
- Teaching your kids how to run the turn.
- Running Intervals or rhythm runs at 100, 200m and 300m
- Teaching your runners what each segment of that race should feel like.

#### **Running the Turn**



#### When to use it?

- Championship Phase Last 4 weeks of the Season
- Gearing up for your Conference Meets, Special Meets - ie. Drake Relays, Howard Wood / Dakota Relays Relays and your State Meet.
- Now we're are "Race Modeling" developing/ tweaking your Race Plan for each runner.

#### **Example**

- Because now your runners have been taught/practiced what each segment of that race should feel like.
- For example, when you have that girl that wants to break 60, and you tell her she needs to split 28 @ the 200m & 43 @ the 300m mark
- She understands that, she knows what it feels like, because you have practiced and set yourself up

## How we teach the 400m - Race Plan

- Phase 1: 1st 5 Steps
- Phase 2: 0 m 50m
- Phase 3: 50m 200m / Float
- Phase 4: 200m 310m
- Phase 5: 310m 400m

Phase 1: The First Five Steps are all out 100% - like running the 100m Dash.

- It will get us locked into the rhythm & pattern we want, so we can relax on the back stretch and put us into a good position later in the race.
- Big Believer that it is much easier to maintain pace than to try to get it back later. Especially in a race, where we are thinking about conserving energy.
- Don't want to get on the back stretch and have to try to make up ground.

- Phase 1: The First Five Steps Continued
- Super Important to teach to young runners.
- Young runners get nervous/anxiety ridden before they run,
- Thinking they will conserve energy until that last 80m-100m. But its setting themselves up for failure.
- Important Reminder that the 1st 40-50m / (4-6) seconds of every race is free energy. Use it or lose it ....

Phase 2: 0 - 50m - Get up to "Race Pace" & sustain it up to 200m. Put a Visual Cue / Cone @ 50m

- "RACE PACE" = the Coach/Athletes' "Plan" the splits of the 2 or 3 segments of the race to get you to their desired time / goal.
- Example Senior Boy Goal to Break 50
   1st 200m sub 24 (36-37 at the 300m)
   2nd 200m sub 26 = 50 Flat or below
  - Example Freshman Boy Goal to Break 55
     1st 200m sub 26 / 2nd 200 sub 29

- Phase 2: 0 50m Get up to Race Pace & sustain it up to 200m.
- Example Freshman Boy Goal to Break 55 1st - 200m - sub 26 / 2nd - 200 sub 29
- We will work on this phase a lot early in the season.
- Want athletes to know what it feels like, so they can get locked into the that rhythm.
- This will set up the rest of the race.

#### Phase 2: 0 - 50m: Get up to Race Pace & sustain up to 200m.



#### Phase 2: 0 - 50m - Coaching Points / Race Modeling

- Run in spikes / from Blocks & Fill all 8 lanes if possible.
- Start each rep just like the start of the 400m.
   \* "Runners to you marks"
   \* "SET"
- Also a great opportunity (especially for younger athletes) to work on Whistle Commands Starts. (Something I need to do better)

Phase 2: 0 - 50m - Coaching Points / Race Modeling

- <u>Important Reminder</u> the 1st 40-50m / (4-6) seconds of every race is free energy. Use it or lose it ...
- This workout / works best with three to four coaches
- \* 1 Coach working with block fundamentals
  - \* 1 Coach / Starter / Timer
  - \* 1 Coach / Backstretch / Coaching Running -Cues also giving 200m splits

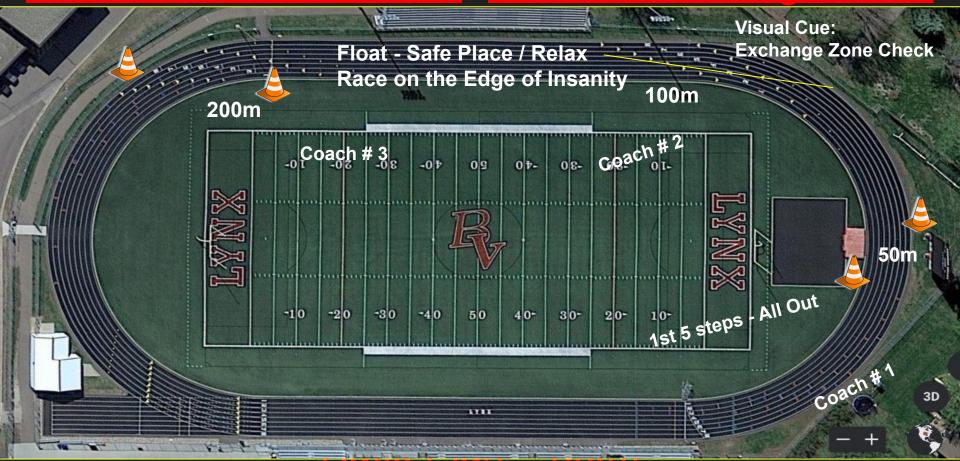
#### Phase 2: 0 - 50m: Get up to Race Pace & sustain up to 200m.



#### Phase 3: 50m - 200m - Float / Coaching Points

- Put a Visual Cue / Cone @ 100m mark
- Use the 4x100 exchange zones @ 100m as a visual guide to see where you are in the race in terms of the stagger.
- \* Example If you are in Lane 2 as you cross the 100m mark you will be able to tell if you are behind/behind or in the race.
  - At this point of the race...I tell our kids they need to be at least even with the rest of the pack.

#### Phase 3: 50m - 200m - Float / Coaching Points

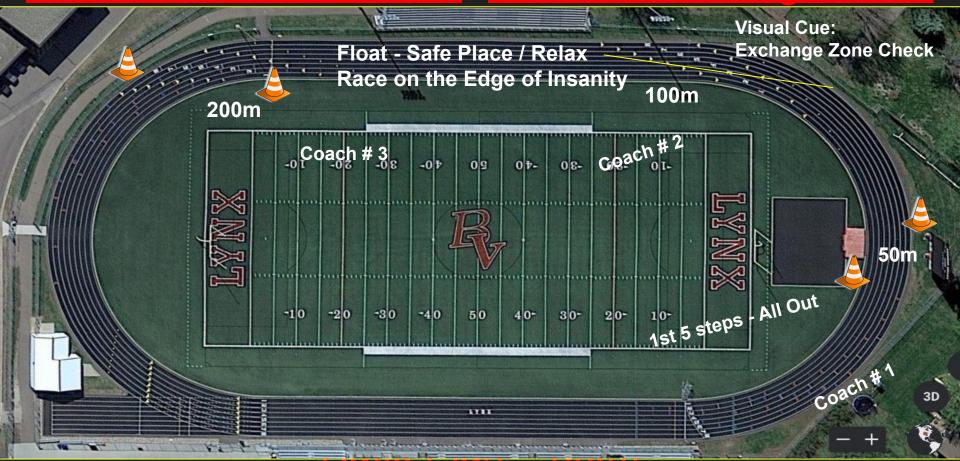


Phase 3: 50m - 200m - Float / Coaching Points / Continued

Once in the backstretch we will start our "FLOAT".

- Running just on the edge of Insanity...A skill that need to be learned to run a 400m.
- Runners have to figure out that fine line between having that Bear jump on your back and they rigor up.
- Or go out to slow & have to try to make it up at the last 100.
- My definition of FLOAT Car 0-80 mph Analogy
- Or you can use a Bike for those young kids that still don't drive

#### Phase 3: 50m - 200m - Float / Coaching Points

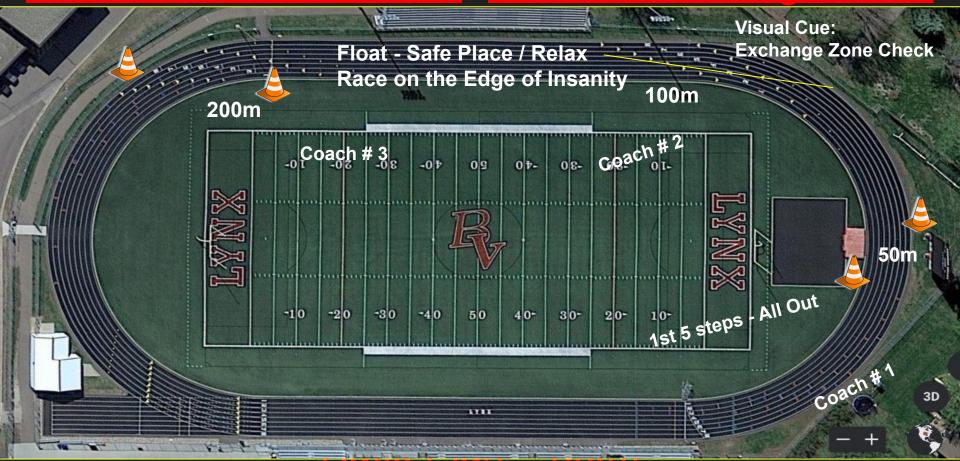


Phase 3: 50m - 200m - Float / Coaching Points / Continued

#### Coaching Cues / All Coaches use the same Verbiage

- Run nice and tall, Chin Up / Chest Up, Big Arms Step over the knee, Drive Down, Stay Relaxed
- This is our relaxation zone / safe zone during the race, as we gear up for the grind that starts at the 200m mark.

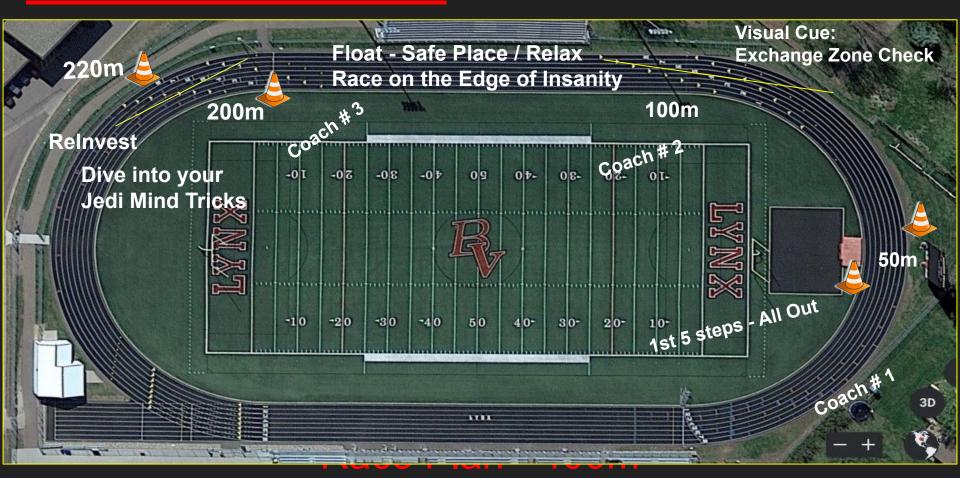
#### Phase 3: 50m - 200m - Float / Coaching Points



#### Phase 4: 200m - 310m Reinvest in the Race - Reaccelerate

- Put a Visual Cue / Cone @ 200m and at the 220m mark.
- Crucial part of the race. We need to try to stave off Deceleration at this point.
- We do that by trying to reinvest in the race / or trying to reaccelerate for 20m.
- There is a place in every 400m where you have to make a choice....
- The choice between telling yourself today is not your day...
- Or..Here comes the "Pain" and you dive into it & say Bring it on

#### Phase 4: 210m - 310m: Reinvest - Reaccelerate



#### Phase 4: 210m - 310m: Reinvest - Reaccelerate



#### Phase 4: 200m - 310m Reinvest in the Race - Reaccelerate

- This is not easy... Dive into your Jedi Mind Tricks ....
- Focus on Not Slowing Down.
- If you've done a good job of setting yourself up in the race early you can make a move if you need to.
- If you didn't set yourself up, kids will tie up in this 3rd 100m
- We have all seen this kids get all rigored up between the 200m and 300m mark. Blaze ...
- Good Visual Cue ... Try make up a stagger.
  - \* Example Lane 4 would now be even with Lane 5.

#### Phase 4: 210m - 310m: Reinvest - Reaccelerate



Phase 4: 200m - 250m: Rigor Mortis sets in

And if you haven't set yourself up well early in the race, you will lock up...

AKA ... "The Bear" jumps on your back.

We have all seen this kids lockup up between the 200m and 300m mark.

At BV we affectionately call those a... "Blaze Moment"



"Blaze Moment": Blaze Killion... one of our great success stories.

Blaze was that kid that wasn't really distance kid and not fast enough to sprinter.

10th - 4:50-1600m, 2:06 - 800m, 54 - 400m After Race Plan - and 4x4 every meet 12th - 4:29 -1600m, 1:57 - 800m & 50.3 - 400m



# Phase 4: 200m - 310m Reinvest in the Race - Reaccelerate

- Work that 3rd 100m / Focus on your running form.
- Run like you Run Uphill / Over Exaggerate Arms.
- people.Don't let them pass, Always hold them off....
- Especially in the 4x400 Relay
- Race Plan 400m

#### Phase 4: 210m - 310m: Reinvest - Reaccelerate



Phase 5: 310m - 400m - The Final 100m - Run to win!

## Did you follow your Race Plan?

- No real coaching that last 100m, other than to over exaggerate your arm action.
- Everything is shortening up: kids are tying up, the stride length is going to shorten, stride frequency is slowing down, and the range of motion is going down
- So we want to exaggerate the arm action to maintain good form and let them carry you through the last part of the race.
   Race Plan - 400m

#### Phase 5: 310m - 400m - The Final 100m - Run to Win!

- After the last turn everyone is slowing down...
- But the winner of the race, is the runner who slows down the slowest.
- How you set yourself up early, especially that first 50m-100m, will determine the amount of energy you have your last 100m.

#### Phase 5: 310m - 400m - The Final 100m - Run to Win!

- After the last turn everyone is slowing down...
- But the winner of the race, is the runner who slows down the slowest.
- How you set yourself up early, especially that first 50m-100m, will determine the amount of energy you have your last 100m.

# Brandon Valley Track & Field The Proof is in the Pudding Proven Results

- BV School Records / and BV Top Ten List
- South Dakota All-Time Top 10 List

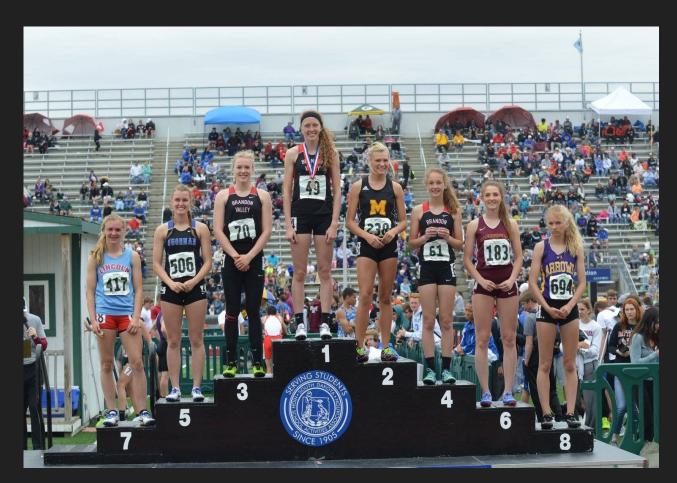
# Very Simply - This is how we run the 400m

If you have your sprinters run it like this or something similar to it, you will see results.

Because of this specific series of progressions that they are going through to be successful.

South Dakota Girls 400m All-Time State Record

Krista Bickley 54.08



Hannah Hedrick - 59 Haylee Waterfall - 59 Tanya Tingle - 58 Kriasta Bickley - 56

Girls 4x400m State Record
- 3:52.95
plus 3rd 4th 6th 8th 10th
ranked times - All-Time in SD



## Before Race Plan

Junior Julian Watson First 400 Split 51.70



South Dakota
Boys 400m
All-Time
State Record

Julian Watson 47.46



Jeremiah Donohoe - 49 Joey Anders - 51 London Watson - 50 Julian Watson - 48

Boys 4x400m School Record - 3:20.05



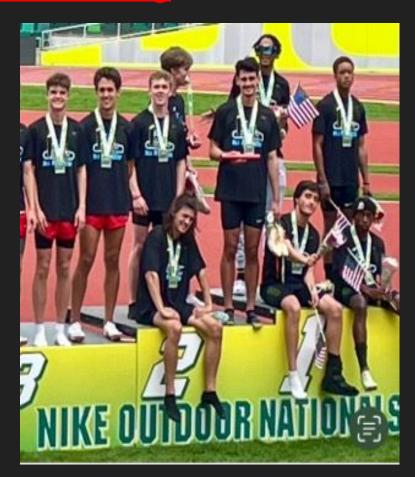
Jeremiah Donohoe - 50 Joey Anders - 52 Joey DeWitt - 49 Julian Watson - 47

South Dakota All-Time

Boys 4x400m State Record

- 3:18.09

2nd in the Nation 2022



Aiden Sturgeon (2010)

Has wanted to be a 400m runner

Since I took him to his

1st track practice with me.

His goal was to run a 60 in his 1st MS Meet.

-Won his heat, 2nd overall, ran 62 Not happy. Dad teach Race Plan - 400m

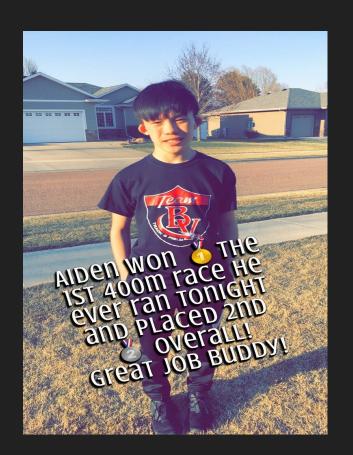


#### Aiden Sturgeon (2022)

His goal was to run a 60 in his 1st MS Meet.

-Won his heat, 2nd overall, ran 62 Not happy. Super Competitive...

Dad Teach the Race Plan

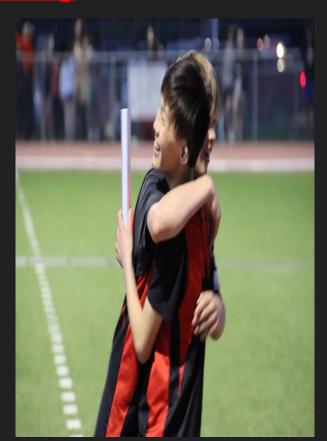


<u>Aiden Sturgeon - 2nd Meet</u>

Next meet 5 days later,

Anchored the 4x400 relay to a win, And split a 59.92.

He is sold ...



# Brandon Valley Track & Field 400m race Plan

But in the End....

























It's all about your team culture and the relationships that you build with your kids... Great things can happen...



