

# Brandon Valley Track & Field



Race Plan - 400m









# Brandon Valley Track & Field

## 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

## Race Plan - 400m

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## Mount McHardy



Race Plan - 400m

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## Mount McHardy



Race Plan - 400m

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## GENERAL PREP - TEAM YOGA / RECOVERY DAYS



# Race Plan - 400m



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## 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.

## Race Plan - 400m

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## Running the Turn







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## 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

Race Plan - 400m

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









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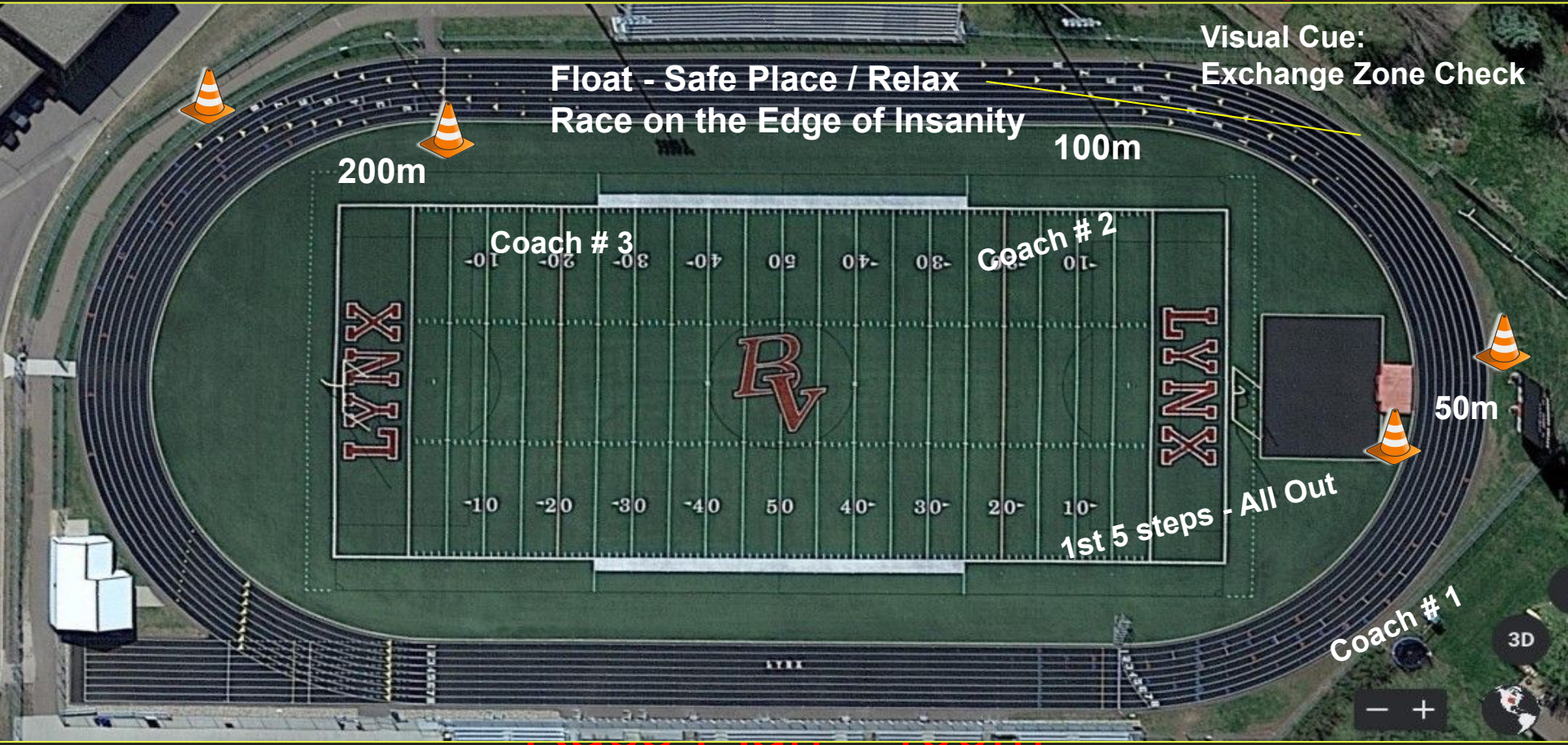


Race Plan - 400m





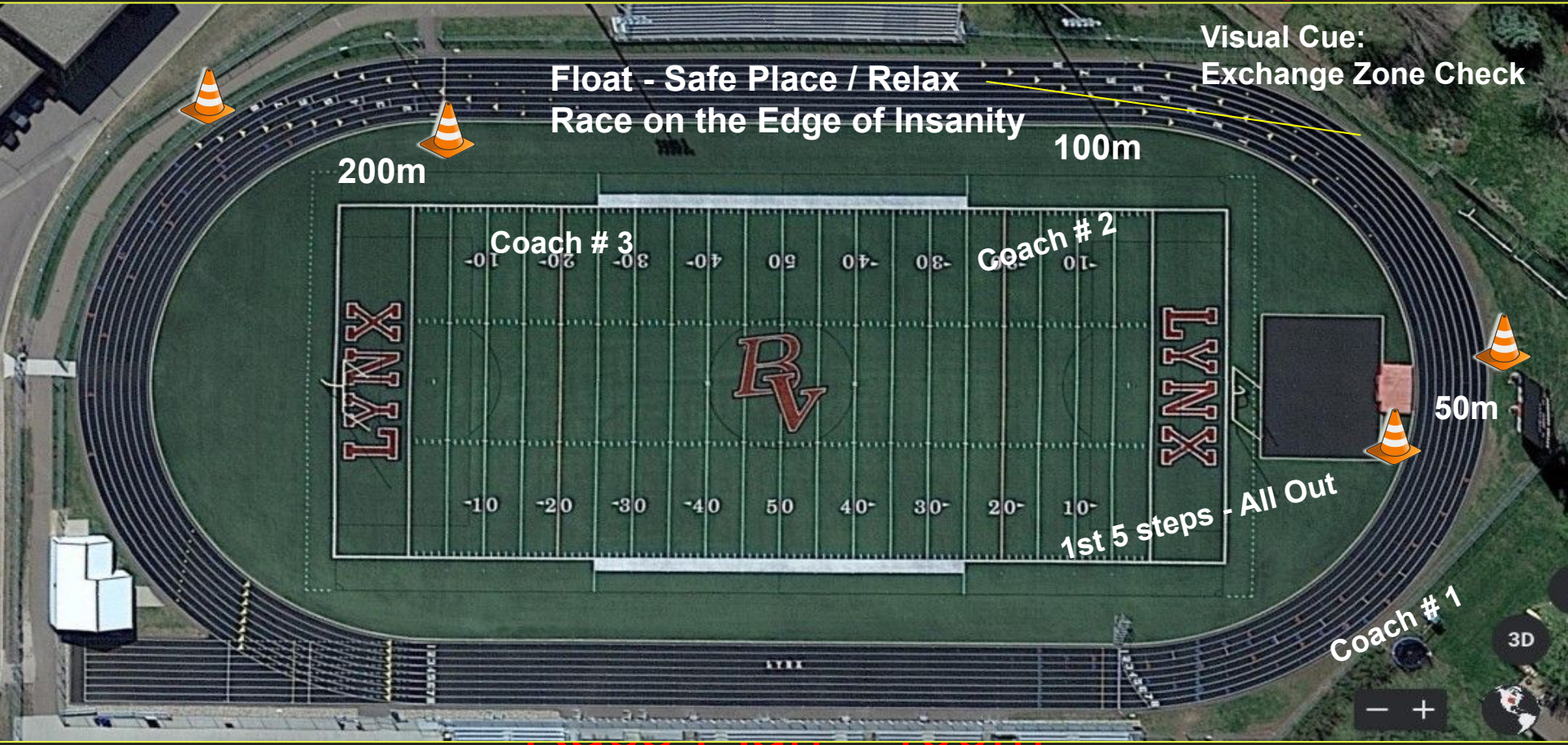
# Phase 3: 50m - 200m - Float / Coaching Points







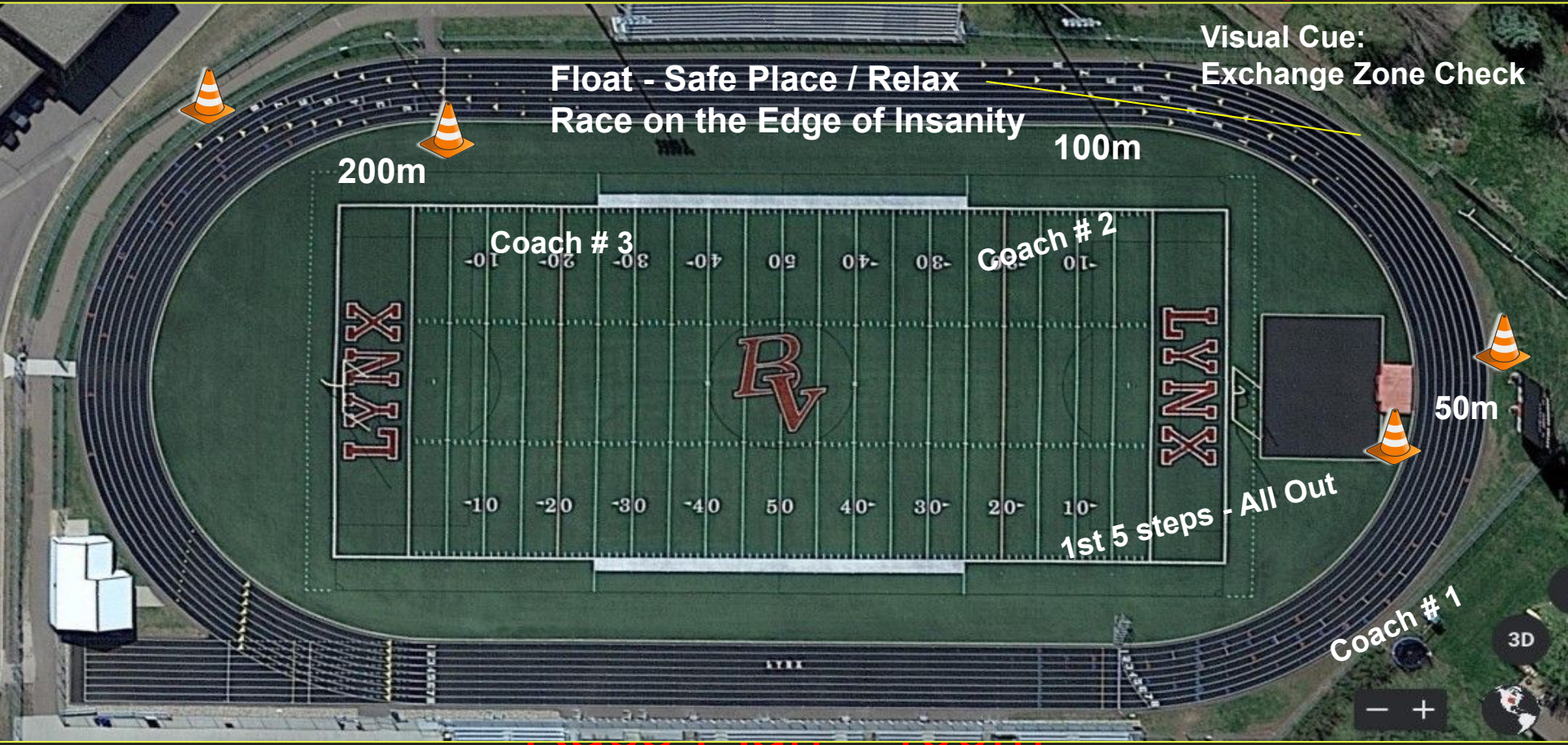
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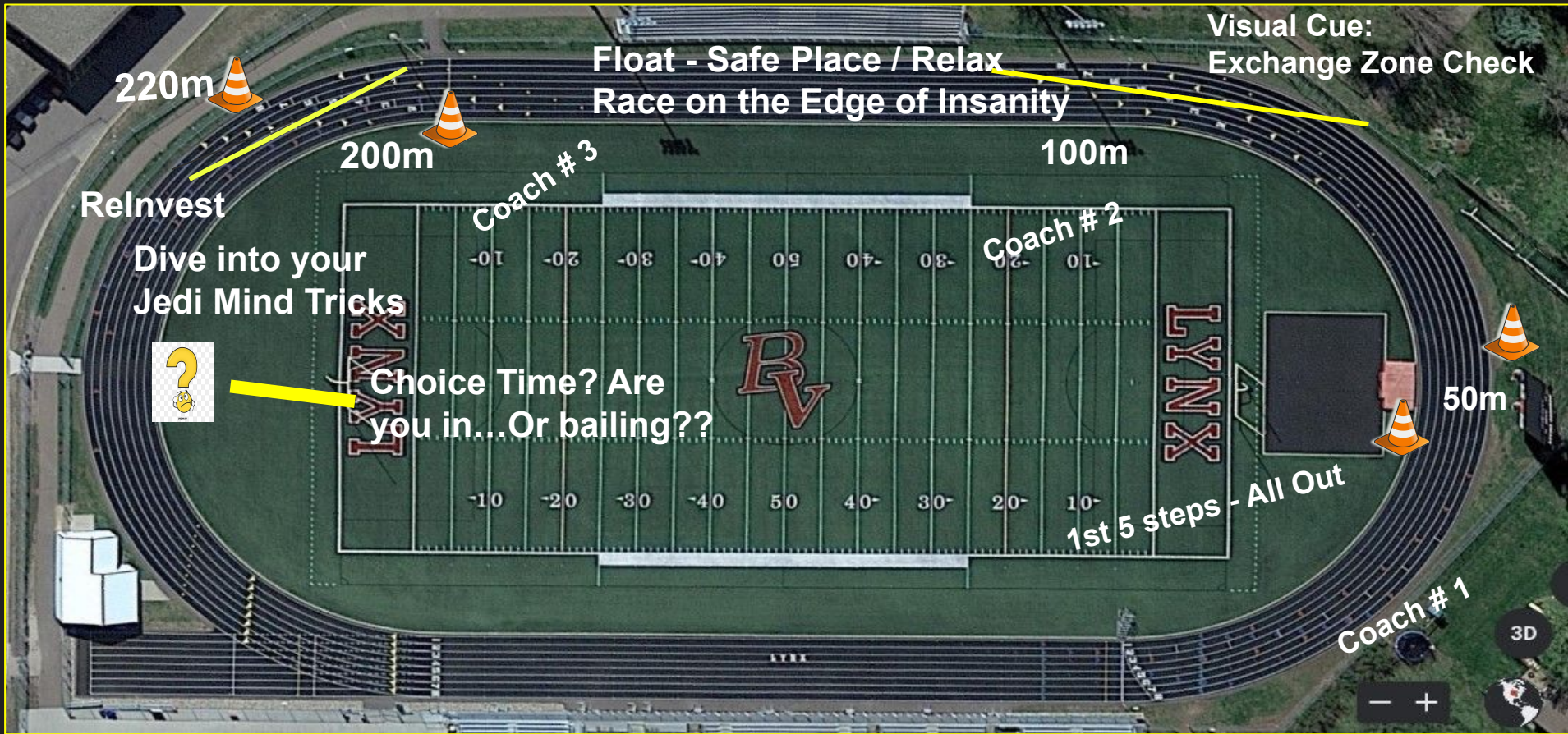




# Phase 4: 210m - 310m : Reinvest - Reaccelerate



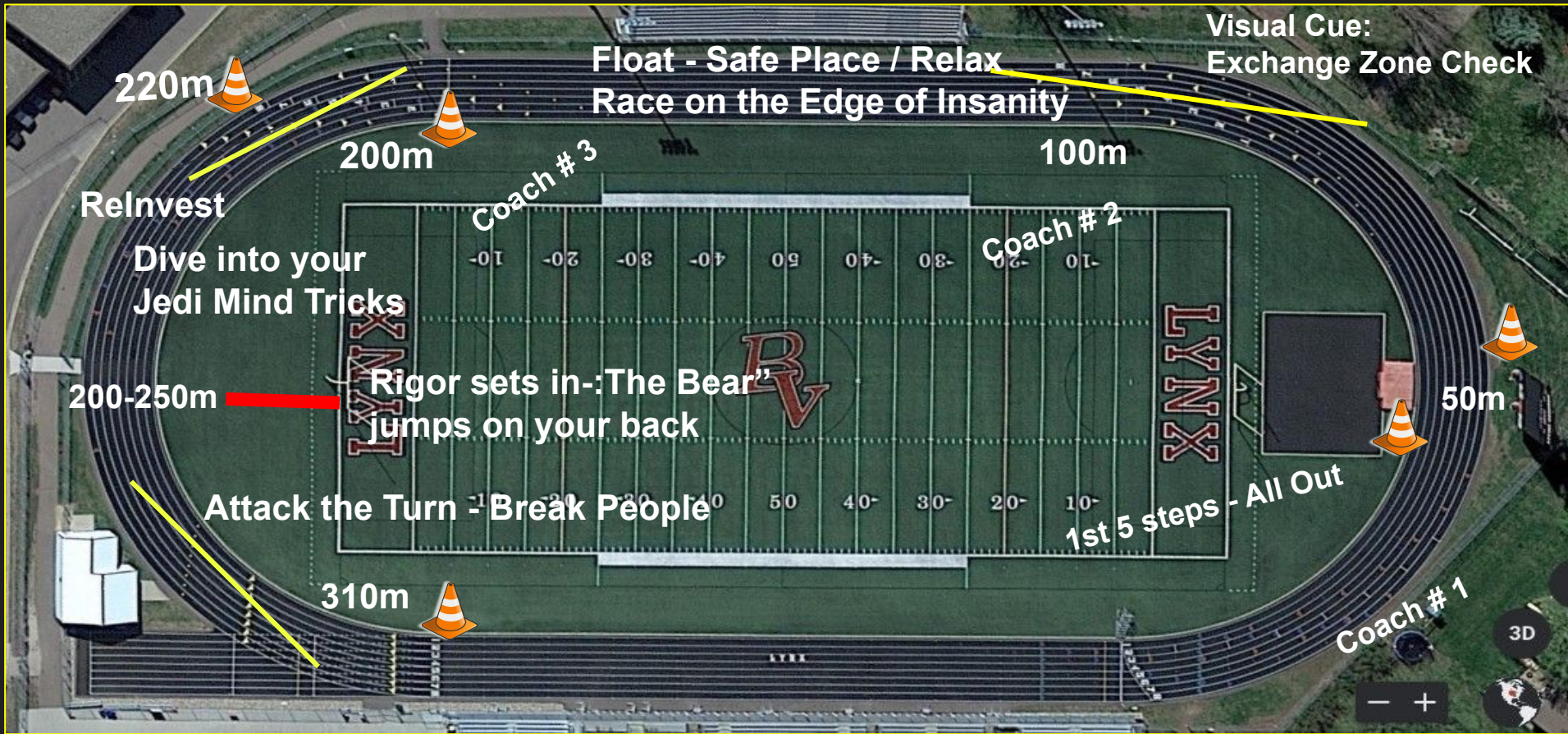








# Phase 4: 210m - 310m : Reinvest - Reaccelerate



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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”

Race Plan - 400m





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"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

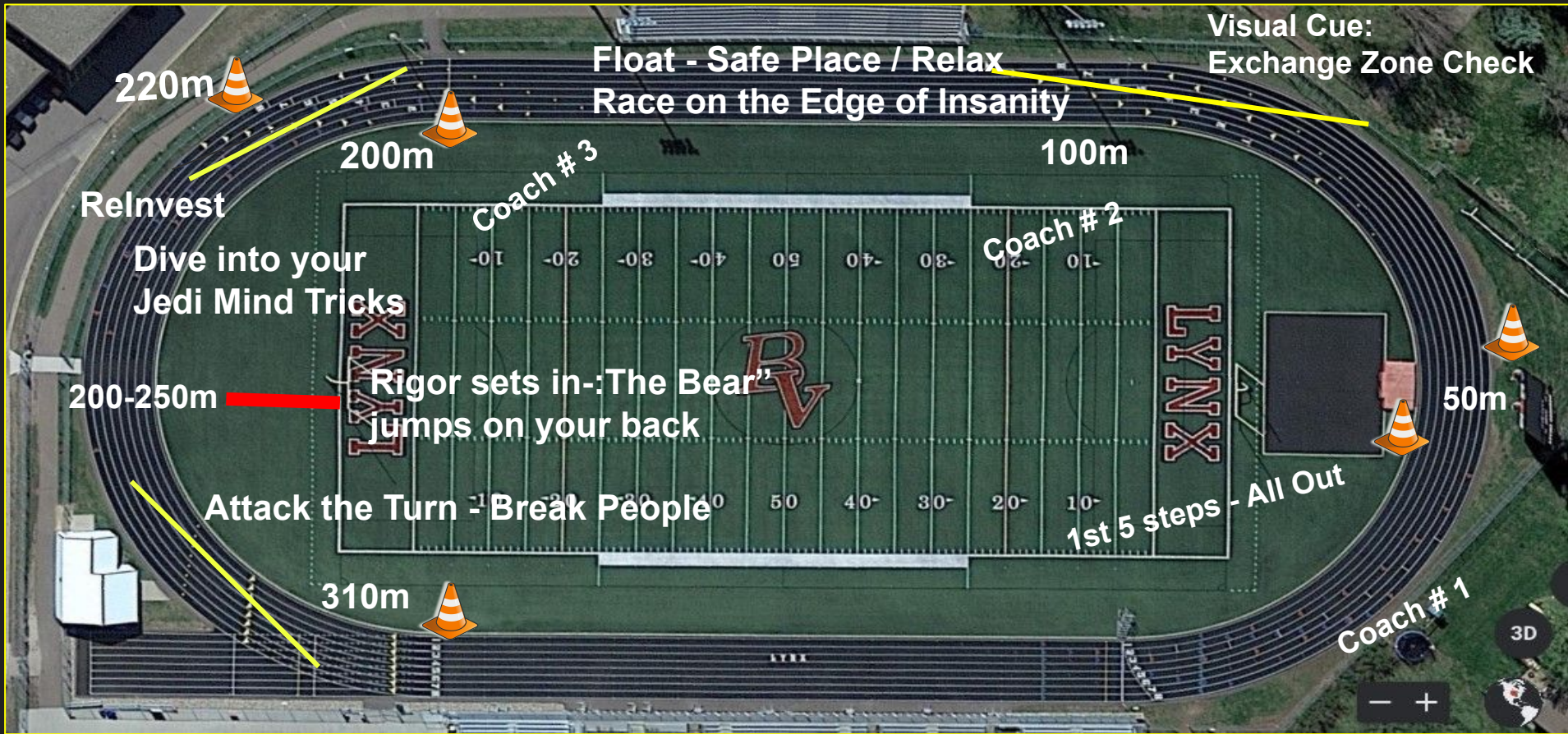
Race Plan - 400m







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















# The Proof is in the Pudding

South Dakota  
Girls 400m  
All-Time  
State Record

Krista Bickley  
54.08



## The Proof is in the Pudding

# Hannah Hedrick - 59

# Haylee Waterfall - 59

# Tanya Tingle - 58

# Kriasta Bickley - 56

## Girls 4x400m State Record

# Race Plan - 400m



## The Proof is in the Pudding

### Before Race Plan

Junior  
Julian Watson  
First 400 Split  
51.70



Race Plan - 400m



# The Proof is in the Pudding

South Dakota  
Boys 400m  
All-Time  
State Record

Julian Watson  
47.46



Race Plan - 400m

## The Proof is in the Pudding

Jeremiah Donohoe - 49

Joey Anders - 51

London Watson - 50

Julian Watson - 48

Boys 4x400m School Record  
- 3:20.05

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## The Proof is in the Pudding

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

Race Plan - 400m



# The Proof is in the Pudding

## 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



# The Proof is in the Pudding

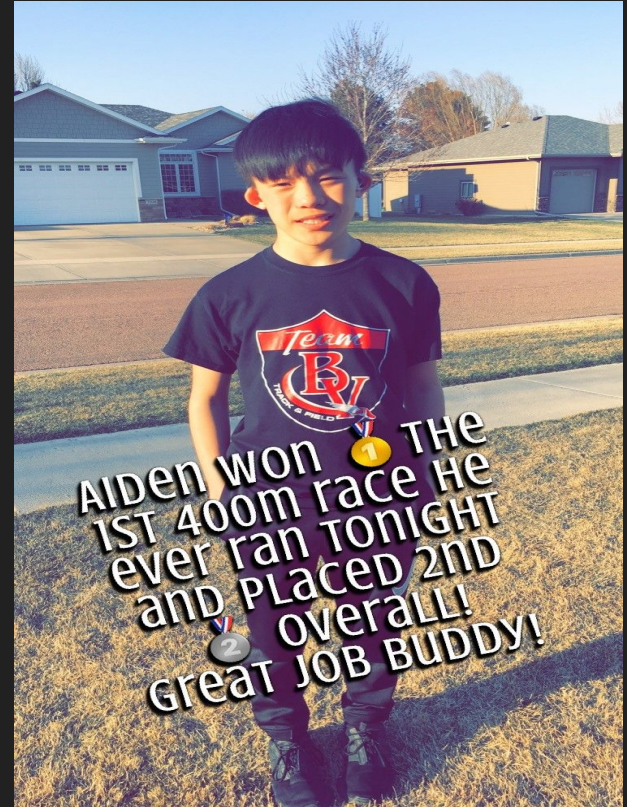
## Aiden Sturgeon (2022)

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

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# The Proof is in the Pudding

## Aiden Sturgeon - 2nd Meet

Next meet 5 days later,

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

He is sold ...

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



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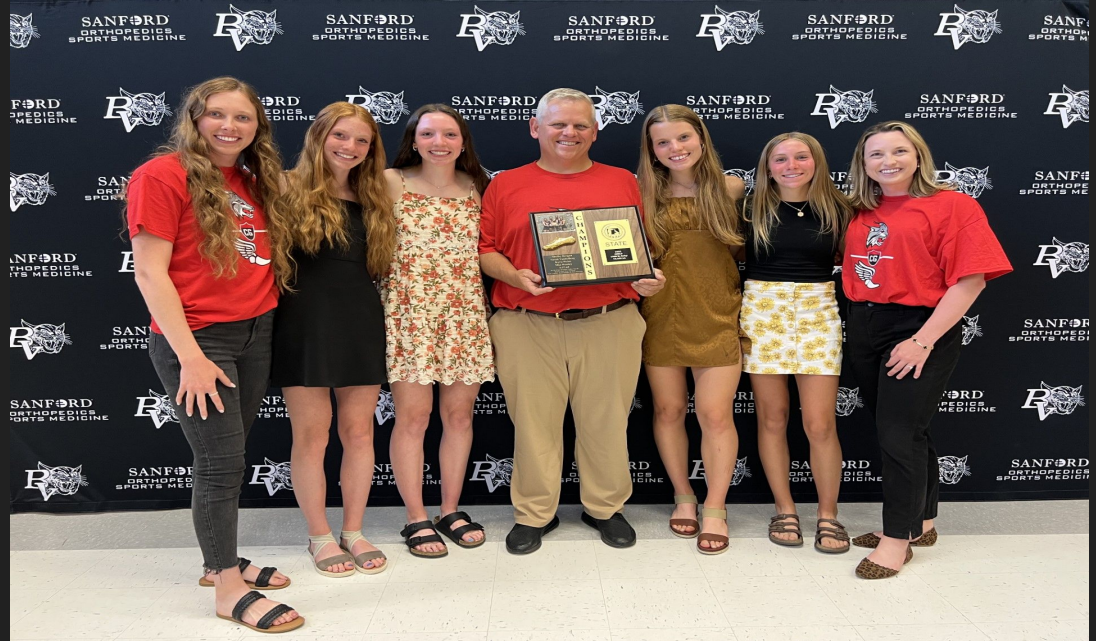
It's all about your team culture and the relationships that you build with your kids...





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

