

# The Truth About 400m Training

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- Latif Thomas CSCS, USATF II  
(Sprints, Hurdles, Relays)
  - [www.AthletesAcceleration.com](http://www.AthletesAcceleration.com)
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# 2 Primary Approaches

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1. Speed Based Model

2. Endurance Based Model

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# The Endurance Model

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- Foundation built on aerobic base work
    - Distance runs
    - Long, slow intervals
    - Submaximal training
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# Problems with the Endurance Model

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- The 400 is a SPRINT event!
  - SPEED is the key element to fast 400s
  
  - Speed Reserve
    - <http://tinyurl.com/speedreserve>
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# Problems with the Endurance Model

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- ❑ What would Clyde Hart say?
  - ❑ Background of elite 400m runners is...
  - ❑ Coaches neglect strength and power development
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# The problem with distance runs

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- Sprinters hate distance running!
  - *"Sending speed and power athletes on a 10- or 15-minute run is a death march; it's slow jogging with lots of high impact and low-quality running mechanics. If you're a sprinter using a 10,000-meter runner's stride, you're not doing much for your technique."*
    - Gary Winckler
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# The problem with distance runs

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- ❑ Converts intermediate Type IIa muscle fiber into slow twitch Type I fiber
  - ❑ Inferior method of developing aerobic capacity, power, VO2 max
  - ❑ Only value is for 'mental recovery' training
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# The problem with distance runs

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- What's the solution?
  - Use interval training as the primary means of developing/addressing aerobic requirements
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# The problem with long intervals

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- Sprinters hate running slow!
  - *"Short distances preserve running mechanics while brief recovery times produce the same aerobic benefits as distance runs."*
    - Gary Winckler
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# The problem with long intervals

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- ❑ What's the solution?
  - ❑ Use intervals of 100-200m for aerobic development and 100-300m for mixed aerobic/anaerobic (Intensive Tempo) interval training
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# Interval Training

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- Standard interval workouts:
  - 10 – 20 x 100m @ 75% R= 3:1
  - 5 – 10 x 200m @ 75% R=2'
  
  - Fastest time x 100/intensity
    - $2600/75 = 34.7$
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# Interval Training

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- No magic formula for total volume
    - Workout ends when times and/or mechanics become compromised
  
  - Write it ALL down!!
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# 12 Week HS 400 – GPP microcycle

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- **M:** 10 x 30m, R=3'
  - **T:** 3-6 x 200-300m hills @80-85%,  
R= walk back
  - **W:** 5-10 x 200m @ 75%, R=2'
  - **TH:** 2-5 x split 600 (33/48/33), R=7'
  - **F:** 10-20 x 100m @ 75%, R= 3:1
  - **SA:** Meet
  - **S:** Off or foam roll as needed
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# Change is good!

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- Make this change alone and see performance and temperament improvements in your sprinters
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# Got Rhythm?

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- ❑ Critical element of early season training
  - ❑ Workout boredom is no longer a factor
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# Is this a successful workout?

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□ 10 x 200 @ 32.0

1. 33.2

2. 31.0

**3. 31.8**

4. 32.5

5. 32.4

1. 31.6

2. 33.0

**3. 31.8**

**4. 32.0**

5. 32.5

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# GPP (1-4) vs SPP (5-8)

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- **M:** 10 x 30m, R=3'
  - **T:** 3-6 x 200-300m hills @80-85%, R= walk back
  - **W:** 5-10 x 200m @ 75%, R=2'
  - **TH:** 2-5 x split 600 (33/48/33), R=7'
  - **F:** 10-20 x 100m @ 75%, R= 3:1
  - **SA:** Meet
  - **S:** Off or foam roll as needed
  - **M:** 5 x 60m or 4-6 x fly 30
  - **T:** 4-7 x 150m @ 90-95% R = 8'
  - **W:** 7 - 12 x 200m @ 75% R=2' or 5 - 10 @ R=1:45
  - **TH:** 2-4 x 250 - 500m @ 90-95% R= 10-12'
  - **F:** easy tempo/strides, pre meet
  - **SA:** Meet
  - **SU:** OFF
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# I love the 400?!?!

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- Athletes will take on the personality of the coach
  - Develop an anaerobic base
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# What have we learned today?

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- You can't train slow and expect to run fast
  - You don't have to make wholesale changes to your program
    - But you need a 'reason WHY' for every piece of your program
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# For more information:

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□ [www.CompleteSpeedTraining.com](http://www.CompleteSpeedTraining.com)

□ [www.CompleteProgramDesignforSprinters.com](http://www.CompleteProgramDesignforSprinters.com)

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