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400 Metres

sustained speed



A few Ideas

Knowledge Accumulates Quickly

BUT

Only in **OPEN MINDS**

400 Metres .. A Program for Developing Athletes (Latif Thomas + some NWA variations)

The Program offers ideas .. Timing of sessions will vary according to specific coaching and athlete circumstances and should be considered flexible .. but, changes should be preceded by reason(s) for the change.

It is useful to consider ideas / approaches of other coaches .. www.athletesacceleration.com

Knowledge accumulates quickly, but only in an open mind.

HS 400m Training **Pre-Season** - 12 weeks

Mesocycle 1, **Microcycle** (Week) 1

General Preparation Period

All sessions assume a **thorough warm-up / warm down**
W/U: Jog + 2-3 static stretches + drills + accelerations to session pace.

M: 10 x 20m accelerations from various positions @ 90%. R = 2'. 10 x 2 Standing Long Jump into pit

T: 10 x 100m @ 65-70%. R = 45" Bodyweight circuit (10 exercises @ 30" on, 30" off)

W: Mile run (1.6km). 3 x 250m hills (70%). Walk back recovery. 800m warm down

TH: 8 x 200 @ 70% Boys: 34-35, Girls: 39-40; R = 2'

Michael Johnson ▶



F: 15' run @ just above conversational pace. Bodyweight circuit (10 exercises @ 30" on, 30" off)

Sa: Off

Su: Off

The ideas presented are U.S. oriented; they present strategies that can be used, adjusted or modified in accordance with specific coach-athlete circumstances.

Mesocycle 1 (General Preparation Period), **Microcycle** (Week) 2:

M: 10 x 20m accelerations from various positions @ 90%. R = 2'. 10 x 2 Standing Long Jump into pit.

T: 10 x 100m + 5x100m @ 65-70%. R = 45", 3' Bodyweight circuit (10 exercises @ 30" on, 30" off)
Preferably done on the grass. Barefoot if athletes have access to field turf.

W: Mile run. 3 x 250m hills. Walk back recovery. 800m warm down on grass, barefoot if possible. Core.

TH: 8-10 x 200 @ 70% B: 34-35, G: 39-40; R = 2'; 800m warm down on grass, barefoot if possible.

F: Cross Fit Workout (runs preferably on grass). Run 800, 50 push-ups, run 800, 100 crunches, run 800, 50 split squats (25 each leg). 10' warm down run on grass. Hip mobility.

Workout parameters (rules): *The bodyweight exercises can be done in any order. So athletes can start with pushups and end with split squats, as above, or they can start with crunches and end with pushups. It all washes out in the end. (e.g. I wouldn't do split squats first because that would cash out my legs for the rest of the workout). The workout should be timed and final times written down for later testing comparison. The goal of the workout is to finish the entire workout as fast as possible.*

Sa: Off

Su: Off

Quality
is more important than
Quantity

Mesocycle 1 (General Preparation Period), **Microcycle** (Week) 3:

Warm downs should be barefoot, on grass if possible.

M: 5x20m, 4x25m from various positions @90-95%, R = 2' - 9 x 2 Standing Long Jump into pit.

Bodyweight circuit (10 exercises @ 30" on, 30" off)

T: 4 x 250m hills. Walk back recovery. Mile warm down. Hurdle Mobility. Core (stabilization).

W: 2 x 10 x 100m @ ~70%. Preferably on grass. R = 50"/3'

Bodyweight circuit (10 exercises @ 30" on, 30" off)

TH: Warm up. Mile jog. 3 x 600@ B= 2:09-2:18, G= 2:24-2:33 R=3' (on grass) Mile jog.

Hurdle Mobility. Core (Stretches)

F: 20' run. Bodyweight circuit (10 exercises @ 30" on, 30" off). 400m barefoot warm down. 15' static stretch.

Sa: Off

Su: Off

Remember: Every athlete is an experiment of one
The Program presents ideas that can and should be adapted to athletes and their circumstances

400 Metres .. A Program for Developing Athletes (Latif Thomas)

Mesocycle 1 (General Preparation Period), Microcycle (Week) 4:

Cathy Freeman ▶



- M:** 8 x 30m up short hill or from various positions on the ground; R=3'
8 x Standing Triple Jump into pit; Lift Day 1: 2 x 10 – continuous circuit form ..
Lunges; DB bench press; Lat Pull; Split Squat; Dips; One-Arm Row; Leg Extension
- T:** 2 x 12 x 100m @ ~70%. Preferably on grass; R = 50"/3'.
Hurdle Mobility. Core (stabilization). 400m barefoot warm down. 10' static stretch
- W:** 5 x 300m hills. Walk back recovery. Mile warm down.
Lift Day 2: 2 x 10 – circuit format: Back squat; DB incline; Chin Ups; Bulgarian Split Squat (back leg up on bench single leg lunge); Clap Push-Ups; Seated Row; Hamstring Curls
- TH:** 1.5 mile run (conversation pace)
2 x 4 x 300 @ B = 50-53, G = 61-64; R = 100m jog between reps, 7 minutes between sets.
- F:** 22 minute run – Go out for 12 minutes, turn around and come back in 10 minutes.
Lift Day 1: 2 x 10 – circuit format: Lunges; DB Bench Press; Lat pull; Split Squat; Dips; One-Arm Row; Leg Extension
- Sa: Off**
Su: Off

Mesocycle 1 (General Preparation Period), Microcycle (Week) 5:

- M:** 6 x 30m, 2 x 40m from crouch, 3pt or 4pt stance; R=3'; 8 x Standing Triple Jump into pit
Lift Day 1: 2 x 10 – circuit format – rest between sets exercises is 60-90".
Lunges; DB bench press; Lat pull; Split squat; Dips; One arm row; Leg extension
- T:** 4 x 4 minute runs on grass loop. R = 2'. Pace is moderate. Competitive athletes won't allow this to be a slow paced jog. Hurdle Mobility. Core (stabilization). 800m barefoot warm down jog. 10' static stretch.
- W:** 5 x 300m hills. *Jog* back recovery. Mile warm down. Last 400m - barefoot (all on grass)
Lift Day 2: 2 x 10 – circuit format– rest between sets exercises is 60-90".
Back Squat; DB Incline; Chin-Ups; Bulgarian Split Squat (back leg up on bench single leg lunge); Clap Push-Ups; Seated Row; Hamstring Curls.
- TH:** 8-10 x 200 @ 70% B: 34-35, G: 39-40 R = 2'
800m warm down on grass, barefoot if possible. I'd like to get to 10 x 200 for this workout.
This is the important workout of the week. Given the choice to only record times and assess consistency for one workout, this would be the one I would record times for and yell and scream during the workout to make sure athletes hit their times, including being on pace at the 100m mark.
- F:** 2 x 5 x 150m buildups: 1st 50 = 75%, 2nd 50 = 80%, 3rd 50 = 85%
R = walk back recovery, 6' between sets
Lift Day 1: 2 x 10 – circuit format – rest between sets exercises is 60-90"
Lunges; DB bench press; Lat Pull; Split Squat; Dips; One-Arm Row; Leg Extension
- Sa: Off**
Su: Off



Mesocycle 1 (General Preparation), Microcycle (Week) 6:

- M:** Off (jog and stretch as necessary)
- T:** 6 x 40m from crouch, 3pt or 4pt stance; R = 4'; 6 x Standing Triple Jump into pit
Lift Day 1: 2 x 10 – circuit format – rest between sets exercises is 60-90" - Lunges; DB Bench Press; Lat Pull; Split Squat; Dips; One Arm Row; Leg Extension
- W:** 3 x 5 x 100m @ 75% R = 1' reps/3' sets. On grass.
Core. 800m barefoot warmdown on grass. Static Stretch.
- TH:** 4 x 300m hills. *Jog* back recovery.
Mile warm down. Last 400m - barefoot. (all on grass)
Lift Day 2: 2 x 10 – circuit format– rest between sets exercises is 60-90" - Back Squat; DB Incline; Chin Ups; Bulgarian Split Squat (back leg up on bench single leg lunge); Clap Pushups; Seated Row; Hamstring curls.
- F:** Warm up: 3 x 600 @ Boys = 1:57 – 2:04, Girls = 2:14 – 2:20, R=3' Mile warm down.
Lift Day 1: 2 x 10 – circuit format – rest between sets exercises is 60-90" - Lunges; DB Bench Press; Lat Pull; Split Squat; Dips; One Arm Row; Leg Extension.
- Sa: Off**
Su: Off

The difference between ordinary and extra-ordinary is that little "extra".

400 Metres .. A Program for Developing Athletes (Latif Thomas)

Mesocycle 1 (General Preparation Period), Microcycle (Week) 7:

- M:** 7 x 40m from crouch, 3 or 4 point stance or rolling start
 7 x Standing Triple Jump
 Lift Day 1: 2 x 12 – circuit format – rest between sets exercises is 60-90” -
 Lunges; DB Bench Press;
 Lat Pull; Split Squat; Dips; One Arm Row; Leg Extension.
- T:** 4 x 300m hills, R = walk back recovery. Mile (1.6km.) warm down at slightly
 faster than conversation pace. Last 400m - barefoot
 Hurdle mobility / Core - stabilization ... 10' static stretch
- W:** 3 x 8 x 100m , R = 45”reps/3-5' between sets
 Boys = 15.5 - 16.5
 Girls = 18.5 - 19.5
 10' warm down run barefoot on grass @ conversational pace
 Core - athlete's choice
- TH:** 3 x 500m, R = 5'; B = 1:25 - 1:29, G = 1:40 - 1:45
 Lift Day 2: 2 x 8 – circuit format– rest between exercises is 60-90”; between sets is 3' - Back Squat;
 DB Incline; Chin Ups; Bulgarian Split Squat (back leg up on bench single leg lunge); Clap Push Ups;
 Seated Row; Hamstring curls
- F:** 10-12 x 200, R = 2'; B: 34 - 35; G: 38 - 39
 800m barefoot warm down (walk) on grass
 Core - stabilization
 Lift Day 1: 2 x 10 – circuit format – rest between sets exercises is 60-90” - Lunges; DB Bench Press;
 Lat Pull; Split Squat; Dips; One Arm Row; Leg Extension.
 15' static stretch
- Sa: Off**
Su: Off



Usain Bolt ▶



Mesocycle 1 (General Preparation Period), Microcycle (Week) 8:

- M:** 6 - 8 x 40m, 6-8 x standing triple; R = 4'
 Lift Day 1: Circuit format. 2 x 8 .. Rest between exercises: 90 seconds. 3' sets. **Use challenging weight.**
 Dead Lift; Bench press; Pull Ups; Step Ups; Dips; One Arm Row
- T:** 4-5 x 300 hills .. R = walk back; 10' warm down jog @ conversational pace
 Lift Day 2: Circuit format. 2 x 8 .. Rest between exercises: 90 seconds. 3' sets. **Use challenging weight**
 Bulgarian split squat (back leg up on bench single leg lunge); DB Incline; Chin ups; Lunges;
 Clap Push Up; Box Jump
- W:** 25' run - Recovery day pace, but faster than conversational pace. tempo should build through the run.
 Core - stabilization. Hurdle mobility. 10' static stretch
- TH:** 4-5 x Split 600s. R = 7' (*Workout of the Week!*) B: 33/48/33; G: 38/50/38 .. Fast ▶ Controlled ▶ Fast
 e.g. 200 (33) ▶ 200 (48) ▶ 200 (33)
 Lift Day 1
- F:** 2 x 10 x diagonals .. R = 5' between sets (active and static recovery) .. Pace: approx. 70-80% .. striding,
 excellent form.
- Here's how it works:** Run on a football field, from the back of the end zone (US football) to the back of
 the opposite end zone, but on the diagonal (approx. 130-150m)
 Finish, then do a set of 10 (each leg) bodyweight exercises. Alternate between prisoner squat, split squat,
 lunges each time you get to this 'leg station'.
 Walk the width of the field for recovery. Run the diagonal again. Finish, do a set of 20 of an ab exercise;
 Athlete's choice: Crunches, Bicycles, Russian Twists, etc.
 Walk the width of the field for recovery. Run the diagonal. Do a different leg exercise.
 Repeat the process. One Set = 10 intervals.

Sa: Off
Su: Off

Remember: Every athlete is an experiment of one
 The Program presents ideas that can and should be adapted to athletes and their circumstances

Mesocycle 1 (General Preparation Period), Microcycle (Week) 9:

M: 6 x 50m, 6 x standing triple jump. Focus on first 3 steps. R= 5'

Active recovery > keep moving, jogging, no standing around.

Lift Day 1. Start of set 2 of B1 (Bulgarian split squat) should be 3 minutes after start of set 1 of B1.

Splitting the workouts like this should cut total time in weight room roughly in half.

'Bulgarian Split Squat' (BSS) is also known as 'back leg on the bench single leg lunge'.

A1: Hang clean/high pull/DB snatch 4 x 5 B1: Bulgarian split squat (BSS) 4 x 6 each leg.

B2: DB Bench 4 x 6 C1: Step Up 4 x 8 each leg. C2: Chin Up 4 x 6 (weighted)

T: 5 x 300m hills. R = jog back. 800m barefoot warm down.

LIFT Day 2 - A1: Dead Lift 5 x 5; A2: DB Incline 4 x 5;

B1: Single Leg Dead Lift 3 x 8 each leg.

B2: Inverted row 3 x 8 (if too easy, put feet up on box or bench)

W: 10 x 200m @ ~75%. R=2' B = 33.0, G= 37.0

For this workout and time of season, athletes are expected to hit their times, on the money.

For boys, only times within .2 seconds of the target time (33.0) are considered 'quality' intervals.

I expect 80% of workout to be 'quality'.

Core - stabilization; Hurdle mobility; 400m barefoot warm down

TH: 3 x 300m. First 50m fast, cruise 150m, last 100m fast.

R = 7'. Target time: B = 43.0 - 44.5 seconds, G = 52.0 - 53.5

LIFT Day 3 - A1: Hang clean/high pull/DB Snatch 4 x 5

B1: BSS 5 x 5

B2: One Arm Row 4 x 6

C1: Explosive Step Up 4 x 6 each leg.

F: 3 x 5 x 100 @ ~80%. R = 45"-2'. B = 14.5 - 15.0, G = 17.5 - 18.0

800m barefoot warm down; Core - stabilization; 10' static stretch

Sa: Off

Su: Off

Alyson Felix ▶



Mesocycle 1 (General Preparation Period), Microcycle (Week) 10:

M: 5 x 50m, 1 x 60 @ 95-100% from crouch. 6 x STJ. R = 5'. Lift Day 1 (see Week 9 for strength routines)

T: 5-6 x 300m hills. R = walk back (*last hill workout!!*) 800m barefoot warm down jog on grass.

Lift Day 2

W: 10 x 100m, R = 45" (B = 15.0 - 15.5, G = 18.0 - 18.5) R = 3' between sets

6 x 200, R = 2'. B = 33.5, G = 37.5.

400m barefoot warm down on grass. Hurdle mobility. Core - stabilization

TH: 4-5 x split 600, R = 7' (B: 33/48/33; G: 38/50/38)

Lift Day 3

F: 10 x 30 seconds @ ~ 70-75% on grass, R = 2'.

400m barefoot warm down on grass. Hurdle mobility. Core - stabilization

Sa: Off

Su: Off

The only performance you have
(complete) control over
is
YOUR Performance
Focus on **your** needs



Mesocycle 1 (General Preparation Period), Microcycle (Week) 11:

M: 5 x 60m, 5 x 10 (5 each leg) alternate leg bounds. R = 7'

Lift Day 1: A1: Hang clean/high pull; DB snatch 4 x 5; B1: Bulgarian Split Squat (BSS) 4 x 6 each leg.
B2: DB Bench 4 x 6; C1: Step up 4 x 8 each leg; C2: Chin up 4 x 6 (weighted)
10' foam roll/static stretch after lifting

T: 3 x 500 (through 400m @ 85%); R = 8-10'

Boys = 1st 200 – 29.9—2nd 200 – 30.0 (59.9 @ 400m) - finish 500m sub 80

Girls = 1st 200 – 36.4—2nd 200 – 36.5 (72.9 @ 400m) - finish 500m sub 95

Lift Day 2: A1: Dead Lift 5 x 5; A2: DB Incline 4 x 5; B1: Single Leg Dead Lift 3 x 8 each leg.
B2: Inverted row 3 x 8 (if too easy, put feet up on box or bench)
10' foam roll/static stretch after lifting

W: 2 x 10 x 100m @ 75%; R = 45"/3'

B = 15.0 – 15.5; G = 18.0 – 18.5

400m barefoot warm down

Core – stabilization

TH: 6 x 150m (build) R = 250m walk

150m pace: 1st 50m = 75%; 2nd 50m = 85%; 3rd 50m = 95%

Lift Day 3: A1: Hang clean/high pull; DB Snatch 4 x 5; B1: BSS 5 x 5; B2: One Arm Row 4 x 6
C1: Explosive Step Up 4 x 6 each leg.
10' foam roll/static stretch after lift

F: 9 x 200, R = 2'; B = 32.0; G = 36.0

400m barefoot warm down

Core – stabilization

10' foam roll/static stretch

Sa: Off

Su: Off

Michael Johnson ▶



Jeremy Wariner ▶



Mesocycle 1 (General Preparation Period), Microcycle (Week) 12:

M: 5-8 x 100m @ B: 12.5 – 13.5, G: 15.0 – 16.0. R = 7'

Lift Day 1

T: 10' jog, foam roll, stretch, core.

W: Off

TH: Off

F: Off

Sa: Off

Su: Off



Rest is critical to the overall goals of training. So you may be 'unimpressed' by the complexity of week 12, but your athletes will thank you. I always give my athletes 2 weeks off between seasons whenever possible.

First Week I call 'bon bon week', meaning I want them to go home after school and sit on the couch eating bon bons. Take naps. Play video games. Don't run or lift or train.

Second Week is a period of active rest – jogging, stretching, foam rolling, light tempo work, etc. This should get them refreshed for the start of the next training cycle.

Now the real fun begins as the real season starts! (Latif Thomas)

Following

Ideas related to various stages of 200 / 400 preparation

"If it's measurable .. measure it" Bill Sweetenham

Control Sessions

(are training sessions YOU have control over)

In other words, a session you can complete (not every week, but perhaps every 4-6 weeks) under the same conditions (track; weather; time of day; after the same type of warm up; in the same attire, e.g. spikes; same rest interval;)

You can examine your performances and use the session to assess your progression as a young athlete.

e.g. Session: 4 x 150; w/b
(w/b = walk back recovery)

Session 1: 24.6 / 24.8 / 24.8 / 25.4

Session 2: 23.5 / 23.9 / 24.0 / 24.5

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You can compare individual runs; e.g. 1.1 = 24.6 // 2.1 = 23.5 .. that's improved

or

Add the times together

Session 1: 99.6

Session 2: 95.9

Assuming the same rest intervals .. this athlete has improved

Don't complete the Control sessions too often .. give yourself a chance to improve.

If there is a sudden drop-off in performance (e.g. 24.6/24.8/24.9/26.5) ... it may be time to back off .. perhaps more training—train smarter .. *live to fight again another day.*

All advanced athletes use Control Sessions to help evaluate their progression.

Sessions can become more challenging as you grow more experienced.

But, young athletes ... proceed with caution: the easiest thing to do is train hard ..

Training smarter should be the focus ... it is both challenging and Fun.

While **Repetition is important**, variation stimulates - **Training should not become the same old, same old**

Name:

NWA: 200 — 400 TRAINING SESSION

Venue:

Date:

1. **Warm-Up:** Jog—Drills—Stretch—Drills—Accelerations (2-4 x rolling 50's)
2-3

20-30 mins.

2. **4 x 150** .. Walk 100▶Jog 100▶Walk 50▶ repeat
Timed runs @ 100% .. 3 Pt. start

Stay hydrated .. Hat? Don't rush.
Control yourself - control the session.

Four empty rectangular boxes for recording times.

approx. 15 minutes active complete recovery. (Pulse rate guidance)

3. **4 x 150** .. Walk 100▶Jog 100▶Walk 50▶ repeat
Timed runs @ 100% .. 3 Pt. Start

Four empty rectangular boxes for recording times.

Rest: 5 minutes

4. **Warm Down:** Jog 400 (grass) - Drills — Stretch — Walk

20-30 mins.



Comments about the session, your runs, your rating (5,4,3,2,1) of your performance (back of sheet)

QUALITY is better than Quantity

Extensive Tempo Sessions .. *Advanced Junior 200-400 Athletes*

TB = Technical Build-Up: 75-85%; sprint form emphasis - (80-85%) 400m race pace - “cruising” speed.
“Toe Up, Heel Up, Knee Up ... step over the support knee”: not to be taken strictly but kept in focus during the runs.

Focus on one (1) major aspect of form in each run; e.g. head still; “tall”; co-ordinated arm action; range of motion of arms/hands; relaxation; knee lift; foot plant; negative foot speed; running through the line;

QUALITY
 is more important than
 Quantity

W = Walk

Technique focus is crucial in all runs

Quantity = the total work load (*how far did I run?*)

Quality = the level of intensity of those runs, often expressed as an approximate percentage of maximum effort / performance over that distance.

The significance of each of these factors will vary according to the aims of each session.
 For example: 2 x 3 x 150 (90%); slow w/b; 10-15 mins. b/t sets = 900 metres of quality running at speed.
 3 x 300 (75%); 6-8 mins. = 900 metres in quantity, but designed to enhance (speed) endurance.

*Think about the aims of each session; **focus**, performing accordingly, and recovering appropriately.*

1. TB100 / W50 ▶ TB100 / W100 ▶ TB100 / W50 ▶ TB100 / W100;
 TB200 / W100 ▶ TB150 / W100 ▶ TB100 / W100;
 TB250 / W200 ▶ TB200 / W200 ▶ TB150 / W200;
 TB150 / W150 ▶ TB150 / W150

Walks not included

Total: 1750m / 80-85%.

2. 3 x 4 x 150TB (80-85%) ... W50 between runs; W300 between sets.

Total: 1800m / 80-85%.

3. 3 x 250 (85-90%) ▶ Walk 150 ▶ 200 (85-90%) ▶ Walk 200; 150 (85-90%)
 8-10 minutes between sets.

Total: 1800m / 85-90%.

4. TB100 / W100 ▶ TB 150 / W150 ▶ TB200 / W200; (900m / 85-90%)
 Walk 400 Metres

2 x 3 x 120 (90-95%); w/b; 6-8 minutes. (720m / 90-95%)

Walk 400 Metres

TB200 / W200 ▶ TB 150 / W150 ▶ TB 100 / W100; (900m / 85-90%)

Total: 1,620m / 85-95%

5. TB250 (85-90%) ▶ W150, include 20 Push Ups in the walk;
 TB200 (85-90%) ▶ W150, include 25 Bent Knee Sit-Ups in the walk;
 TB150 (85-90%) ▶ W150, include 25 Dips (fence / hurdle / seats) in the walk.
 Walk 400 Metres
 TB250 (85-90%) ▶ W150, include 20 Push Ups in the walk;
 TB200 (85-90%) ▶ W150, include 25 Bent Knee Sit-Ups in the walk;
 TB150 (85-90%) ▶ W150, include 25 Dips (fence / hurdle / seats) in the walk.

Retain focus on form and quality of effort in **all** runs.

Total: 1200m / 85-90% + extra activities

Sessions described are ideas only .. detail needs to be adjusted to individual athletes and circumstances.



Plan your week in advance .. of course, you must react to variations that occur, but, you are more likely to make-up for a lost session if there was originally a plan to complete.

Sessions are **NOT** in a set order; **plan** according to your circumstances; in general,
Extensive Tempo, Speed Endurance, Resistance early in the week (at least 4-5 days from competition);
Rest Day before Speed (Maximum Velocity) sessions;
Rest Day (or, at most a very light session) before a serious competitive effort.

All sessions assume a **thorough w/u** (jog, drills, stretches, accelerations) and **w/d** (jog-walk-static stretches)

The **critical** factors are: **quality** of runs / duration of **recovery**.

1. Speed Endurance

4-6 x 60-70m .. Run—Run—Run—Bound
3 x 400 “The Hard Way” .. Teams of 5 (40m sprints / fast striding (85-90%) from 3pt. Start)

2. Speed Endurance

2 x 250 – 200 – 150 .. (75-85%) .. w/b recovery;
8-12 mins. between sets (stretches, drills, active recovery)

3. Extensive Tempo Training (TB = Technical Build-Up)

TB 75 ▶ 75 Walk ▶ TB 75 ▶ 75 Walk ▶ Jog 100
TB 100 ▶ 50 Walk ▶ TB 100 ▶ 50 Walk ▶ Jog 100
TB 50 ▶ 100 Walk ▶ TB 50 ▶ 100 Walk ▶ Jog 100
TB 75 ▶ 75 Walk ▶ TB 75 ▶ 75 Walk ▶ Jog 100

What is TB?

3 x 70m .. 80% .. 75% .. 70% .. Good form; w/b recoveries
Technique is the priority

4. Hills (Resistance)

2 x 4 x 70-150m .. *Fast* .. Slight incline (3-5%); w/b; .. progressively (e.g. fortnightly) increase the challenge;
5m rolling start; 6-10 mins. between sets. (**Very important weekly session** through Gen. Conditioning and even up to the Pre-Comp phase.)

5. Start & Acceleration Training

2 sets: - 4 x Bound—Bound—*Start* ▶ Max. sprint to 20m
3 x Rolling Start to 35m (5m acceleration ▶ 30m sprint)
2 x 12-16 Stadium Stairs .. Fast feet — every step
3 x 12 Stadium Stairs .. Double Leg Bounds (1,2 or 3 steps) - Up; Down; stick the landing.
2 x 12-16 Stadium Stairs .. Fast feet — every step

Recoveries
w/b + 1-2 mins.
4-6 mins. b/t sets.

6. Psycho Sprint

150m maximum effort .. 1 minute rest .. 150m maximum effort
(the future: 200 (1) 200)

7. Maximum Velocity Training

5-6 x 30m SLB - Alt. Fast Leg—on gradual incline (1-3%) .. 5m Rolling Start
2 sets: 3 x 30m .. 3 pt. start .. maximum .. on the track
2 sets: 3 x 3 pt. start ▶ 30m .. on gradual incline (1-3%)
2 sets: 3 x 30m .. **downhill** — on gradual decline (1-2%) .. 5m Rolling Start
Running downhill is a special skill .. project hips slightly forward .. Don't lose control to the point of heel first landing (over-striding = braking); hence, slight gradients.
Relax .. let the hill do the work; arms relaxed and swinging for balance.
These rules apply to other forms of assistance .. e.g. towing
Complete recoveries between activities

Seek advice on how and when to apply these and other sessions.

When did you do your last pool session?

Elite Athletes

1-2 sessions **every** week

If your first reaction is to say it's too hard to organise, you are really saying that you are settling for less than what you are capable of.

8. Speed Endurance

Bounds: 3 x 4H (Pre-J) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
Bounds: 3 x 4H (Expl.) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
Bounds: 3 x 4H (Pre-J) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
3 x 120m .. 80% .. 70% .. 60% .. Good form; w/b recoveries; Technique is the priority

These sessions offer a few (stress, a few), options that may be pursued in your program when a doubt exists in your mind as to what you should be doing.

In the progression towards your significant races, **YOU should be** completing 2-4 running sessions per week + stretching + drills + Superball and/or basic core strength work + pool session ...

No opportunity is ever wasted .. others take up what you let pass
and

Not taking an opportunity when it presents itself ... may mean wondering all your life

Quality is more important than Quantity

SPECIFIC LONGER TRAINING SESSIONS ... Paul Laurendet (Modern Athlete & Coach, Oct. '09)

Terms: "Float" = comfortable intermediate striding, maintaining form (not jogging); pace will vary from athlete-to-athlete. "The aim of the float is to maintain your form after (the faster) effort .. Maintaining your form from the harder effort rep .. backing off the pace to enable you to recover enough for the next effort." This is a real skill .. that will help enormously in races where there is a change of pace.

(The float may initially be around 30 seconds per 100, coming down gradually to 20 seconds;

effort times are to near race pace.)

Extract from Paul:

300m at a solid pace, 100m float, initially in 30 seconds, 300m at a solid pace, followed by another 100m float, and then 200m at the solid pace ... 1000m has been covered, with 800m of the repetition at a pace considerably faster than if was simply a 1 km. rep.

Examples

400 Runner: aim towards 2—2.5 race distance

200, float 100, 150, float 100, 150 = 700

150, float 100, 200, float 100, 150 = 700

300, float 100, 200 = 600

200, float 100, 300 = 600

200, float 100, 200 = 500

150, float 100, 150 = 400

800 Runner: aim towards 2.5 race distance

300, float 100, 200, float 100, 300 = 1000

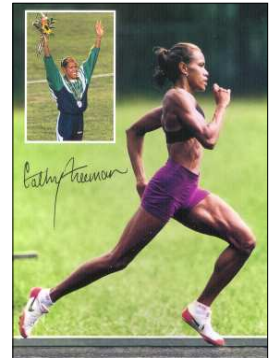
200, float 100, 300, float 100, 300 = 1000

200, float 100, 200, float 100, 200 = 800

300, float 100, 200 = 600

Start by doing the "float" at say: 25-30 secs. / 100m
aim to maintain elements of form; do **not** completely
relax and lose form.

Gradually (over weeks/months) decrease the float
time to 20 secs./100m.



There variations are only limited by your imagination, and by the training age of your athlete(s),
BUT, have a reason for completing the session your plan. Be ready with a response to: *why are we doing this?*
Keep a record of athlete achievements .. remember: if it can be recorded, record it.
Athletes should not become slaves to their Training Diary (Records), but, should know the standards they have and are
achieving, and ... those they are working towards.

Personal Records are the Measure of Personal Progress