

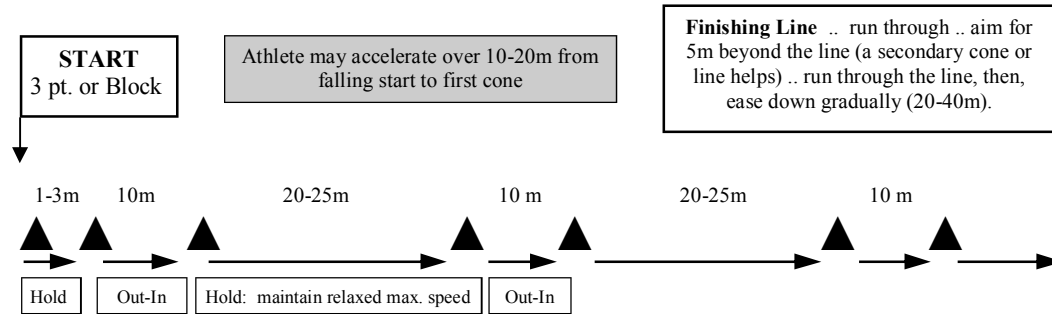


# Ins & Outs .. Outs & Ins

A Few ideas that can help developing 400 runners  
(ALL ATHLETES NEED SPEED)

*Knowledge accumulates quickly in an open mind*

A wide range of tags identifying key training elements is available: learn a skill ► earn a tag



**Start:** 3 pt. or Gun from Blocks .. breathe in on “Set” .. hold and deliver max. force for the first 2-3 strides .. breathe **OUT** then **IN**, (hold breath to the end of the 10m segment delivering max. force) ► then 20-25m .. 100% , relaxed, normal breaths .. **OUT** then **IN** (hold breath to end of 10m segment .. max. force) ► then 20-25m .. run **fast**, relaxed, normal breaths ...

Repeats of: **Start + 2 x OUT/IN** phases are adequate to learn this sprint modeling strategy.

As ability to deliver force improves, the duration of the IN (breath held) can be extended to 15m; do not be impatient .. **it takes time** (several sessions/weeks/months) and **lots of practice** to reinforce and refine the procedure.

Remember: **Practice makes Permanent** .. so, aim to practice perfectly.

**Acceleration:** initial “explosion” from the blocks (start) must be extended into a sustained velocity increase (acceleration); experiment .. e.g. keep head down for first 6-8 strides; acceleration ladder; resisted / assisted starts; the variations are almost limitless.

Don’t just stand up after leaving the blocks .. full upright running posture should be sought and attained gradually.

*Every athlete is an experiment of one*

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## A Few Sessions: (Developing 400-800 runners .. building speed endurance.)

All sessions assume a thorough w/u (Jog; 2-3 static stretches; drills (2-3 x 3-4 drills); accelerations (3-4 x 60-70m) .. and thorough w/d (Jog-Walk, drills, static stretches).

(Thorough means a minimum of 20 mins.)

### Patient Progression is essential ..

Spikes **only** for main sets or short, fast runs (<60m) - **not** in w/u or w/d

- 2-3 x 150m @ 80% (spikes or sneakers)  
10 mins. drills (sneakers)  
2-3 x 150m @ 80% (spikes or sneakers)
- Fast►Controlled►Fast** (spikes or racing flats)  
Fast (F)= 100%+; Controlled (C) 100% .. i.e. maintain speed, but no straining to run faster .. speed, but relaxed speed; Fast (F).. at the marker “hit it” 100%+  
3 Pt. starts—be sure to warm-up thoroughly, including 3-4 3 pt. starts (building to max.) ► 30m

3 x Start/Fast (F) 12m ► 20m (C) ► 10m (F) ► 20m (C) ► 10m (F)  
walk back recovery (w/b)  
10 mins. drills (sneakers)

3 x Start/Fast (F) 12m ► 20m (C) ► 10m (F) ► 20m (C) ► 10m (F)

- 4 x 150m @ 80%; w/b recovery  
3 x 120m @ 80%; w/b  
2 x 100m @ 80%; w/b  
Quality form .. Racing flats or sneakers

5-8 mins. between

The prise distance does not matter .. 150m or 140m makes little, if any, difference.  
However, the quality of your runs is critical.

- Hills** .. Uphill Runs (<4% gradient; i.e. 4m rise in 100m)  
The rise should be such that it will allow you to run with **excellent form** throughout.  
4 x 150m @ 80%; w/b recovery  
3 x 120m @ 80%; w/b  
2 x 100m @ 80%; w/b

5-8 mins. between

Remember **Speed** and **Speed Endurance** are quite different elements.  
**Speed** enhancement requires complete recovery between runs, so do not rush ..  
But, in return, runs should be of your highest quality.  
**Speed Endurance** should encourage you to persist with <max. speed, but over longer distances; runs in a set may commence at less than full recovery; complete recoveries only between sets.

More examples available: Consistency and Simplicity .. very important; but, **variation** is critical.

Do not be a slave the precise distances on training runs; e.g. 14 normal steps for most people is approximately 10 metres. Pace out—place a marker—pick out a finishing point—have a definite finishing point, but whether it is 146m or 150m does not really matter unless you are timing and comparing. Time your first run, then try to maintain the tempo you are aiming to achieve.

. If there is a significant drop-off in time .. finish the session.