

# The 400 .. thinking about your potential?

## Prediction of 400 metres time

If we examine the times of elite athletes there are, in general, the following common factors:

- The first 100 metres is slower than the second 100 metres
- The time for the last 100 metres is approx 0.7 second slower than the first 100 metres
- The third 100 metres (200 to 300 metres) is approx 0.5 second slower than the second 200 metres (100 to 200 metres)
- The second 200 metres (200 metres to 400 metres) is approx 1.2 second slower than the first 200 metres

Mike Smith, who coached Roger Black, believes a well conditioned athlete can predict their 400 metres time based on their current 200 metres time by doubling their 200 metres time and adding 10%. Based on the above factors it may be possible to predict an athlete's potential time for the 400 metres and their 100 metres split times.

For a **prediction** go to: <http://www.brianmac.co.uk/sprints/pred400.htm>

Scroll down to the Free Calculator, which you can download.

Remember, these are **VERY** approximate predictors and assume lots of things, including achieving the necessary fitness level .. but .. interesting.

Know your event

World Records?  
Athletes?



Jeremy Wariner

Michael Johnson



Watch the DVD:

### Various Races – 400

Relaxation at Speed  
Upper Body .. stable  
Keep arms “up” in the final 100, especially.  
Plan your race .. **run your plan**

Cathy Freeman



North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)