

Development of 400m Runners  
All- Sports Clinic  
Friday, February 13, 2012

- I. Training Philosophy
  - a. Work from finish backwards
  - b. Strength work out early
  - c. Speed at the end of the season
  
- II. Warm Up / Warm Down
  - a. Easy five minute jog
  - b. Fifteen to twenty minute dynamic warm-up
    - i. – A's
    - ii. – B's
    - iii. - Cariocci's
    - iv. – Butt kicks
  
- III. Technique
  - a. Running form
    - Heel to butt
    - Knees parallel to ground
    - Hip over foot
    - Shoulders over hips
    - Arms 90 degree angle
    - Full foot
  
- IV. The Start
  - a. Dominate leg, front leg in blocks
  - b. Arms 90 degrees to ground
  - c. Hips in set position 2" above shoulders
  - d. Eyes 3 meters out
  
- V. Two types of 400m Runners
  - a. Speed runner
  - b. Strength runner
  
- VI. Race
  - a. Four segments
    - First 100m
    - Second 100m
      - Fast Float
    - Third 100m
      - Run the turn hard
    - Fourth 100m
      - Come off the turn
      - Focus on end of straight

- Short fast steps at the end

- b. Race different distances
  - 400m Relay
  - 100m
  - 200m
  - 400m
  - 800m
  - 1600m Relay

VII. Training – Hard Easy Principle

- a. Base training
  - Two-three days a week 20-30 minute run
- b. Strength training
  - i. Over distance ie. 600m/500m
  - ii. Hills
- c. Speed
  - Early season 300-200m
  - Mid-season 250-150m
  - End of season 200-100
- d. Hurdle drills (general)

VIII. Weight Training

- a. Leg Press – early season and novice
- b. Squats
- c. Cleans
- d. Cycle lifting