

## AW 400 meters training

### 1. Fall (January through February)

#### Monday

- Warm up: 1-mile cross-country run
- Flexibility exercises
- 2 x 600m speed (2:00), 400/ rest 15 min. (**60m continuous runs x 10**)
- 3 x 300 speed (64 sec.), rest 1 min. (**60m continuous runs x 5**) x 3
- 3 x 300m speed (58 sec.), rest 5 min. (**60m continuous runs x 5**) x 3
- Cool down: 1-mile cross-country run
- Weights

#### Tuesday

- Warm-up: 1 mile cross country run
- Flexibility exercises
- 10 x 200m speed (40 sec.), Rest 3 min. (**50m continuous runs x 4**) x 10
- 6 x 150m long hill runs, speed: fast, rest: jog back
- Cool down: 1 mile cross country run

#### Wednesday

- Warm-up: 1 mile cross country run
- Flexibility exercises
- 4 x 350m (event run), Speed: (66 sec.), rest 10 min. (**40m continuous runs x 35**)
- 10 x 200m speed (40 sec.), Rest 3 min. (**50m continuous runs x 4**) x 10
- 6 x 150m long hill runs, speed: fast, rest: jog back
- Cool down: 1 mile cross country run

#### Thursday

- Warm-up: 1 mile cross country run
- Flexibility exercises
- 600-400-200-400-600 speed: 30 sec. pace (\_\_\_\_), rest: 5 min.
- 6 x 100m strides, speed: medium, rest: 1 min.
- Cool down: 1 mile cross country run

#### Friday

- Warm-up: 1/2 mile cross country run
- Flexibility exercises
- 2 mile cross country timed run
- Weights

#### Saturday

No organized training, encourage to do 3 mile run

#### Sunday

No organized training, encouraged to do 20 minutes fartlek

## 2. Early Season (March)

### Monday

- Warm up: 1-mile in and outs (100m sprint/100m walk, 3 laps, faster each lap, 4<sup>th</sup> lap run 200m 45 sec.
- Flexibility exercises
- 2 x 800m speed 3:40 – rest 1 min
- 2 x 600m speed 2:40 – rest 1 min
- 2 x 400m speed 1:30 – rest 1 min
- 2 x 200m speed 0:45 – rest 1 min

### Tuesday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 400m (90 sec.) – 600m (2:40) – 800m (3:40) – 600m – 400m (30 sec. rest)
- Weights
- CORE

### Wednesday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 4 x 350m (event run), Speed: 65 sec. (\_\_\_\_) rest 10 min.
- 3 x 200m speed 35-34-33 sec. (\_\_\_\_/\_\_\_\_/\_\_\_\_), Rest 3 min.
- 6 x 10 sec. rope resistance runs, speed: fast, rest: 10 sec.

### Thursday

- Warm up: 1-mile in and outs (100m sprint/100m walk, 3 laps, faster each lap, 4<sup>th</sup> lap run 200m 35 - 40 sec. (\_\_\_\_) )
- Flexibility exercises
- 2 x 800m speed 3:40 – rest 1 min
- 2 x 600m speed 2:40 – rest 1 min
- 2 x 400m speed 1:30 – rest 1 min
- 2 x 200m speed 0:45 – rest 1 min
- Weights

### Friday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 3 x 200m 35-34-33 sec. (\_\_\_\_/\_\_\_\_/\_\_\_\_), rest: 3 min.
- 1600m relay hand-off work

### Saturday

No organized training, encourage to do 3 mile run

### Sunday

No organized training, encouraged to do 20 minutes fartlek

### 3. Mid Season (April)

#### Monday

- Warm up: 1-mile in and outs (100m sprint/100m walk, 3 laps, faster each lap, 4<sup>th</sup> lap run 200m (35 sec.)
- Flexibility exercises
- 2 x 400m speed (80 – 85 sec), rest 1 – 2 min.
- 2 x 300m speed (55 – 60 sec.), rest 1 – 2 min.
- 2 x 200m speed (36 – 40 sec), rest 1 – 2 min.
- 3 x 100m speed (16 – 18 sec), rest 1 – 2 min (w/3 min interval rest)

#### Tuesday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 6 x 200m speed (40 sec.), Rest 3 min.
- 5 x 20 sec. long rope resistance runs, speed: slow, rest: 3 min.
- Weights

#### Wednesday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 4 x 300m (event run), Speed: (55 sec.) rest 8 min. (**30m continuous run**)
- 8 x 100m short hill runs, speed: fast, Rest: walk back (**stairs for indoor**)

#### Thursday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 3 x 200m (35-34-33 sec.), rest: walk 200m (**40m continuous runs**)
- 3 x 150m (build-ups), speed: slow-medium-fast, rest: walk back
- Weights

#### Friday

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 3 x 200m (35 sec.), rest: walk 200m (**40m continuous runs**)
- relay hand-off work

#### Saturday

Meet training 8:30am to 10:00am

#### Sunday

No organized training

#### 4. Late Season (May through June)

##### **Monday**

- Warm up: 1-mile in and outs (100m sprint/100m walk, 3 laps, faster each lap, 4<sup>th</sup> lap run 200m (35 sec.)
- Flexibility exercises
- 1 x 450m speed (85 sec.), 400/ rest 15 min.
- 3 x 200 speed (29-30-31 sec.), rest: walk 200m

##### **Tuesday**

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 4 x 300m speed 45 sec. (\_\_\_\_\_), Rest 5 min.
- 4 x 200m (31-30-29 sec.), rest: 3 min.
- Weights

##### **Wednesday**

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 1 x 320m (quality run), Speed: fast, rest 15 min.
- 3 x 200m (29-30-31 sec.), Rest: walk 200m
- 8 x 80m short hill, speed: fast, rest: walk back

##### **Thursday**

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 3 x 200m (29-30-31 sec.), rest: walk 200m
- 3 sets speed markers, speed: fast, rest: jog 50m – all out sprint 50m – swing down 50m – slow jog 50m, repeat until 4 all-out sprints are done, 3 min. rest between sets.
- Weights

##### **Friday**

- Warm-up: 1 mile in and outs
- Flexibility exercises
- 2 x 200m (32 sec.), rest: walk 200m
- relay hand-off work

##### **Saturday**

Meet or competition

##### **Sunday**

No organized training, encouraged to do 20 minutes fartlek

These workouts can be applied to all levels of 400m runners, but performance times in this sample are for a potential 46-second quarter miler, so adjust should be made accordingly.

#### 400m Running Exercises

<b>Exercise</b>	<b>Brief Description</b>	<b>Benefits</b>	<b>Season</b>
Endless relay	Baton is kept moving, Endurance rest and run are controlled.	Stamina	All
Australian Pursuits	Sprints and slow jogging for total of 3 min. and kicking drill	Endurance, speed	All
Long hill	100m or more, slow runs	Endurance, stamina And knee lift	Fall/Early
600m	Pace 400, Pick-up last 200m	Endurance and stamina	Fall/Early
500m	Pace 400m, pick-up last 100m	Endurance, stamina and knee lift	Early/mid
350m	Quality and training distance,	mental preparation endurance & stamina	Early/mid and late
300m event	200m slow pace, last 100m fast efficiency	mental preparation endurance running	Early/mid and late
450m	Pace 400m and pick-up relaxed last 50m	mental preparation endurance, stamina and knee lift	mid/late
Short hill	Less than 100m fast run	Speed, leg drive and stamina	mid/late
Flying Bears	Repeat 100s with jogging	Speed, strength & running efficiency	mid/late
320m	Quality distance, add 10-12 sec. for 400m time	mental preparation speed and running efficiency	mid/late
Speed maker	Short 50m sprints jogging	Speed, strength, & Running efficiency	mid/late
150m-build ups	50m ½ speed, 50m ¾ speed, 50m near full speed	running efficiency speed, endurance and mental preparation	early/mid and late