Long Sprinter Training
(400/800m)

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The Long Sprinter

• Who does this include?
• Why should they train together?
• How should they train?
• Should I move them up or down an event group?
The Long Sprinter

- The whole idea of coaching is to get them to run fast when it counts
- Work on building up their ability to handle more training
- Every athlete you have is different

Training Patterns

- Build a yearly plan (Mesocycle)... work backwards from when you want them to perform the best
  - Event Group
  - Individualization
- Divide it into sections (Microcycles)
  - Edit each week
Training Patterns

- **Mesocycle/Yearly Plan**
  - Pre-Season/ General Prep
  - Early Competition Season
  - Tournament Competition Season

The Yearly Plan

- Have a Goal and Work Backwards
- Plan out your competitions
- Template that you can adjust, Be flexible
- Include your biomotor abilities
5 Biomotor Abilities

- Speed
- Strength
- Skill
- Suppleness (flexibility)
- Stamina (endurance)

How do these fit into a training scheme?

Training Patterns

- Setting it up…
- Understanding of what each workout does and how they work together.
- Balance of hard work and recovery
Ex. Week: HS Pre-Season

Mon- Speed Endurance
Tues- Speed
Wed- Aerobic Power
Thur- Short Speed Endurance
Fri- Anaerobic Capacity (Intensive Tempo)
Sat- Aerobic
Sun- Off
### Ex. Week: HS Pre-Season

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>6x 150m @ 90% - 5 min rest</td>
</tr>
<tr>
<td>Tues</td>
<td>15 min run, Hurdle Drills, 4x 75m @ 95% - 5 min rest</td>
</tr>
<tr>
<td>Wed</td>
<td>8-10 x 200m @ 70% - 60 sec rest</td>
</tr>
<tr>
<td>Thur</td>
<td>15 min run, Med balls, 2x 40-60-80m @ 95% - 2 min rest/ 7 between sets</td>
</tr>
<tr>
<td>Fri</td>
<td>200-400-600-400-200 @80% - same rest</td>
</tr>
<tr>
<td>Sat</td>
<td>15-40 minute easy run on own</td>
</tr>
<tr>
<td>Sun</td>
<td>Off</td>
</tr>
</tbody>
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### Ex. Week: HS Early Competitive Season

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Aerobic Power</td>
</tr>
<tr>
<td>Tues</td>
<td><em>Competition (Special Endurance)</em></td>
</tr>
<tr>
<td>Wed</td>
<td>Aerobic + Speed</td>
</tr>
<tr>
<td>Thur</td>
<td>Anaerobic Capacity (Intensive Tempo)</td>
</tr>
<tr>
<td>Fri</td>
<td>Pre-Meet/ Short Speed End.</td>
</tr>
<tr>
<td>Sat</td>
<td><em>Competition (Special Endurance)</em></td>
</tr>
<tr>
<td>Sun</td>
<td>Off</td>
</tr>
</tbody>
</table>
**Ex. Week: HS Early Competitive Season**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>6x 200m @ 70% - 60 sec rest</td>
</tr>
<tr>
<td><strong>Tues</strong></td>
<td><strong>Meet: 800, 4x400</strong></td>
</tr>
<tr>
<td>Wed</td>
<td>15 min run, Hurdle Drills, 5x Starts + 75m</td>
</tr>
<tr>
<td>Thur</td>
<td>4x 300m @ 85% - 3 min rest, 1x 300m Fast</td>
</tr>
<tr>
<td>Fri</td>
<td>Handoffs</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td><strong>Meet: 4x100, 400, 4x400</strong></td>
</tr>
<tr>
<td>Sun</td>
<td>Off</td>
</tr>
</tbody>
</table>

**Ex. Week: HS Tournament Season**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Anaerobic Capacity (Intensive Tempo) OR Special Endurance</td>
</tr>
<tr>
<td>Tues</td>
<td>Aerobic + Short Speed</td>
</tr>
<tr>
<td>Wed</td>
<td>Speed Endurance</td>
</tr>
<tr>
<td>Thur</td>
<td>Aerobic + Short Speed Endurance</td>
</tr>
<tr>
<td>Fri</td>
<td>Pre-Meet/ Lighter Short Speed</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td><strong>Competition (Special Endurance)</strong></td>
</tr>
<tr>
<td>Sun</td>
<td>Off</td>
</tr>
</tbody>
</table>
### Ex. Week: HS Tournament Season

<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-</td>
<td>3x 300/100 @ 95% of 400- 20 sec/10 min rest</td>
</tr>
<tr>
<td>Tues-</td>
<td>15 min, Hurdle Drills, Relay handoffs or Starts</td>
</tr>
<tr>
<td>Wed-</td>
<td>5x 150m @ 95%- 7 min rest</td>
</tr>
<tr>
<td>Thur-</td>
<td>15 min, Starts + 125-100-75-50</td>
</tr>
<tr>
<td>Fri-</td>
<td>Handoffs</td>
</tr>
<tr>
<td>Sat-</td>
<td><strong>4x100, 400, 4x400</strong></td>
</tr>
<tr>
<td>Sun-</td>
<td>Off</td>
</tr>
</tbody>
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### Typical Warm Up

- **Easy Running**
- **DRILLS!!**
- **Strides**
DRILLS

- **Teach Sprint Mechanics and Posture**
  (the Biomechanics of Running Right!)
- **Cues**
  - Be Tall
  - Tight Core
  - Dorsiflexion
  - Arm Action

DRILLS

- **Walking Drills: Shin Sprint Prevention/Posture**
  - Walking heel to toe
  - On toes pointing out
  - On toes pointing in
  - On heels pointing out
  - On heels pointing in
  - Walking Lunge
  - Walking Tall
## DRILLS

### Skipping / Running Drills

<table>
<thead>
<tr>
<th>Drill</th>
<th>Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marching Skips</td>
<td>A Skips</td>
</tr>
<tr>
<td>Heel to Glute</td>
<td>Fast Leg</td>
</tr>
<tr>
<td>Carioca</td>
<td>Lateral Slides</td>
</tr>
<tr>
<td>Ankle Pops</td>
<td>Double Leg Ankle Pops</td>
</tr>
<tr>
<td>Straight Leg Bounding</td>
<td>Skip for Height</td>
</tr>
<tr>
<td>Backwards Skipping</td>
<td>Backwards Running</td>
</tr>
<tr>
<td>Strides</td>
<td></td>
</tr>
</tbody>
</table>

### Hurdle Drills

- Walk Overs
- Over Unders
- Knee Drives
- A Skips
DRILLS

- Working on Stride Length
  - Hills
  - Stadium Stairs
  - Bounding
  - Mini Hurdles

Racing...

- Have a Plan
- Have meets to work on competition/winning
- Have meets to work on specific aspects of racing
Racing...

**Strategies (400 vs 800)**
- Getting Out Hard
- Sit and Kick
- Even Pace

Racing...

- **IDEAL 400m**
  - +1.5 differential between the 200’s
    - (24.0 + 25.5 = 49.5) (28.0 + 29.5 = 57.5)
  - 1st 200= 200pr + 0.9 sec
  - (200pr of 22.5 so 1st 200m of 400 should be 23.4) 23.4 + 24.9 = 48.3

  (not always the case… more accurate the better you are)
Racing...

- IDEAL 800m
  - +3 differential between the 400’s
    - $(57 + 60 = 1:57)$ $(65 + 68 = 2:13)$
  - Women tend to run closer to the even mark
  - Men tend to have a larger gap

Long Sprinter Training

- Make practice a fun place to be
- Balance of hard work, attitude, and team
  - Favorite Workout Day
  - Make them run with different people
  - Have someone new lead each repeat
Favorite Workouts

- 200’s !!
- Ladders Down
- Erica Moore- 300’s with 60 sec rest @ 800 Race Pace
- Hart 300’s
- 4x 500 @ 800m Race Pace+3sec/ 5-6-7 min rest

Questions:

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