

400/800 Events

Don Samford
Eureka HS Girls Track & Field

History of Events: 440yd Run _____ 800m (Sprint?)
Speed/Endurance

Types: 100/200/400 or 400/800/1600

Type of Athlete: Elite _____ Good _____ Average _____ Participate

Who are you training?
Every team member deserves your time!
Groups/Stopwatch/Pace

Coaching Emphasis: Team (Multiple Events) vs. Individual (Specific Event)

Coaching Philosophy: Under train-----> <-----Over train

Weight Training - Slow vs. Explosive
Warm up - Static Stretching or Dynamic Mobility Exercises
Stretching - Flexibility for workout or more prone to injury
Running - Low vs. High mileage, even pace vs. negative splits, race distance vs. over/underdistance, anaerobic vs. aerobic, fast twitch muscles vs. slow twitch

What if they are all right? Does one size fit all?
Is there "more than one way to skin the cat"?

"Great Athletes" succeed even with poor coaching and training. Difference might be when great athletes meet head to head.

Even average training can be successful if athlete believes in program and perfect training can fail if athlete doesn't believe.

Coaching 400/800 Issues:

What % anaerobic and aerobic training. (60-40?)
What other events is athlete in - jumps, hurdles, which relays
Difficult to HJ and be in 4x800
Order of events
Club Sports

Issues continued:

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Does order of events dictate more anaerobic or aerobic.

More of a sprint/jumper or mid/distance

(Megan Reese, Abby Heinold, Kalla Gold)

Need at least a hard 40 sec. run to build up lactic acid - for quality runners
300m for women and 350m for men should get this.

Don't forget to include amount of running an athlete will do while training for
hurdles, approaches for jumps, and relay work. These can be good
places for speed workout.

Are we training for sectional and state final places or for personal records.

Too many meets but need them for not as gifted athletes and sometimes
experiment with athletes and events. Train thru the meets for gifted
athletes. Can be a great place to do speed work, have fun, team building,
and find surprises. Select meets you want to emphasize and what events
and/or team points.

Hard/Easy/Hard/Easy Training - with meets and weather we sometimes have
back to back hard days. Weather dictates much of our workouts!

Running Surface - Once we are outside it is rare we ever do a running practice
inside and if so it is not a foot pounding volume practice.

Clyde Hart (Baylor) does not believe in peaking but reloading. I am still a
believer in peaking.

Some coaches argue an 800 runner or any distance runner should never be a
sprinter at the end of a race. I still preach a "relaxed" sprinter at the end.
Arms determine leg turnover - moving faster more than how high.

Surface: Ideal if you have nice grass areas or a swimming pool. We don't and
leg issues come up every year. As a result we do less than ideal training
to reduce stress.

Indoor season - we use as a change of pace and if weather has been bad as a
way to get some work in. Don't train for indoor performances. I don't
believe you can perform at your peak for both indoor and outdoor.

Eureka High School:

Horrible layout with few hallways of any great length and lots of steps. Very hard
floors and they are slick.

Everybody uses the hallways - cheerleading, wrestling, scholastic bowl, speech,
the play, people waiting for a ride, students & teachers actually working.

Usually unable to use gym or all-purpose room because of wrestling, cheer-
leading, baseball, and softball. Track is last on list.

Good all-weather track with a hard surface (great for times/bad for legs)

Despite track team success limited resources and knowledgeable help.

Enrollment of @520 but more like 400> with AC influence of no competition.

Every year is an adventure who will be out and who will be healthy.

Success hasn't made it easier.

Our athletes are usually involved in many activities - miss practices and some-
times just worn out or over-stressed.

Two Coaches

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Others use track

Training philosophy: Periodization, quantity/slower early > quality/fast late

Training:

There is ideal training and then there is Eureka girl's training
(Certainly less than ideal, but it works for us)
Seasons - Most are in a fall sport and most are multi-sport athletes
Usually start in January with base work - most athletes are
in Advanced PE and do strength work there including plyos
End of February mandatory practice and first of 3 - 3 wk. plans
Have an idea of each day/week/month exercises (I have to make
changes based on daily circumstances)
Every run has a % pace and use a stopwatch - record when possible
Recovery times based on weather and workout needs
A good workout doesn't mean you have to feel nausea or near death - Go to
your individual limit.
We train more for the 400m.

Warmup:

Form drills (all athletes need to concentrate on running mechanics)
Dynamic mobility exercises
Accelerations/Strides (Line running shows mechanics)

Workouts:

Most are at 75%-90% pace and 1-3 minute recovery
Repeat 100's, 200's, 400's, 800's, 1200's
Ladders: 100-200-300-400-300-200-100
200-400-600-800-600-400-200 (Can use other combinations)
Coach's Choice: ?x100, ?x200, ?x300, ?x400
2x200, 2x300, 2x400 ladder
Continuous Relay: ?x200, ?x400
Endurance: miles for minutes, pace time, or tempo runs
?x400-800-?x400-800-?x400
?x800-1200-?x400-800-1200-800-400
(any of above can be changed to under or over distance 150-250 and I also
use 500, 600 & 1000)
Tempo runs - Ex. 7-7-7
Mileage or timed runs
Indian(Cowboy for Politically Correct) File runs
Fartlik runs
Strength/Endurance: Hill Runs - 200m repeats
We have an the best incline on a nearby street.
Speed: Flying 30's or 40's
Harness/Bungee

End of Practice:

Core Strength Exercises

Track coaches are more cordial and willing to share with other coaches and athletes. They are usually interested in making track & field better and don't worry about keeping their ideas secret.

Don't copy any other coaches daily workouts or everything they do in their program. You need to know your own athletes and situation (Heaven vs. Hell), take the ideas and apply it to your situation. Use your own experiences to help guide your plan.

Know the technical - aerobic, anaerobic, lactic systems, ATP-PC, nature of specific events - but be willing to make changes and be creative to not only help your athletes be successful but enjoy the experience.

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