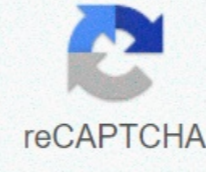




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Last updated July 30, 2012 This article was written on blog by Jim Hiserman, author of the books Program Design Method for Sprints & Hurdle Training and Strength and Power for Maximum Speed GREATER STRENGTH = FASTER TIMES The development of mechanically sound sprinting technique and the improvement of Strength and Power are of equal importance in the search for faster sprinters at all sprint distances. The sprint at the highest possible level, for anyone, concerns the direction and extent of the application of force on the track. Proven endurance programs, which provide the optimal mix of maximum endurance, explosive endurance, and elastic strength training, form an equal partnership with mechanically solid sprint training techniques in improving maximum sprint speed by improving the size of these strength applications. The sprint race distances of 100, 200 and 400 meters all require attention to the development of the mechanics of the sound sprint together with the elevation of the levels of resistance and power necessary for greater mechanical efficiency at all distances. Although all sprinters require consistent work on sprint mechanics, sprint needs over distances ranging from 100 to 400 meters require sprint training plans that work on a variety of different energy systems. These energy system-specific workouts must be mixed in the overall training plan according to the specific needs of each sprinter's primary race distance energy system. It would be a mistake to neglect any of the energy systems in the planning of a 400 runner, while training for the 100 could make it possible to avoid special endurance II work over 300 meters. READ Can adidas miCoach Speed_Cell 10 meters Sprints? Sprinting at all distances also requires consistent work on the continuous development of resistance and power levels in order to allow the optimal mechanical efficiency of each individual. Mechanical efficiency is of primary importance in all phases of every sprint race distance, but absolutely critical in the final stage of each sprint. The ability to fight deceleration in the final meters of sprint races depends on the mechanical efficiency of each sprinter. This efficiency is achieved through a highly planned training program that integrates sound sprint mechanics, adequate strength and power training, and energy system training consistent with race distance. Two studies demonstrating the importance of developing strength and power in sprinter training are of particular interest to 400-meter runners. A study used world-class, national class and class runners 400 meters. The other used 400-meter runners divided into two groups; under 50 seconds and those over 50 seconds. IN SPEED PARAMETERS AND STRIDE IN THE 400 METERS, (Gajer, B., Hannan, C. and Thepaut-Mathieu, NSA by IAAF, Vol. 22, #3, 2007) 2007) found that the notable differences between the peak and the final pitch length during the 400 were significantly greater for world-class runners than for national or regional class runners. The frequency of pitch did not provide significant differences between groups, but the pace length was significantly longer for world class groups (Men & Women) with lower stride numbers (185, 193, 198) for world, national and regional women's groups and 172, 179 and 182 for their male groups. Because the characteristics of the riders' body type were similar, the results seem to indicate higher maximum levels of strength by differentiating world class groups from the other two groups. READ Convert miles in kilometers or 400 metersThis seems to be consistent with the results in Speed Strength Endurance and 400 Meter Performance (Paixao-Miguel, P. and Machado-Reis, V., NSA by IAAF, Vol. 19, #4, 2004). In this study, the authors found that explosive force and explosive force resistance appear to be associated with higher levels of performance at 400 meters. Studying two groups of runners of 400 meters (under the group 50 and over 50 groups) the authors tested explosive force, explosive resistance resistance and reactive (or elastic) resistance of individuals. Of these parameters, significant associations were found between the best performance times of 400 meters and the height of the jump against movement (explosive force) and the height of the counter movement (explosive force). Their conclusion was that explosive force and explosive force resistance seem to be important components of strength to consider when designing training programs for 400 runners. There is no miracle training drill or a general method that will improve the maximum speed of each athlete. Speed improvement is a process that requires proven training methods (energy system training, sprint mechanics training, correct modeling of race stages, strength and power training, etc.) and exercises that are woven into sound cycle length planes with frequent tests to ensure timely and important training adjustments. Neglecting the development of explosive, elastic and maximum resistance components would be essential to take 50% of the speed equation from the training formula. Integrating these components into the yearly sprint training program can be the missing piece of the puzzle for those who rely only on general strength training methods. READ Book Review - Program Design Method for Sprints & Hurdle TrainingPart 2 and Part 3 from ... About author Jim Hiserman is the author of the books Program Design Method for Sprints & Hurdle Training and Strength and Power for Maximum Speed. Other articles published on this site include: Last Updated on March 24, 2020This article was written by Drew Roberson, reprinted from a 2008 article in If you are such a gluttonous punishment that you want to run the 400m dashboard, then you will need to know how to train for it. If the sight of adult men vomiting at the finish line excites you, enter the next 400 in your area, but please take some measures to reduce your pain. While the quarter mile will never be an easy event, science and proper training can make you physically prepare for the task at your fingertips. A Finnish study, cited by Owen Anderson's Running Research News, identified the two main energy sources for the management of the 400. Anderson says: As you plan your workouts, remember that muscles have two key ways to gain energy during a 400: creatine phosphate itself generates energy and glucose breaks down to form lactic acid. The study also showed that creatine phosphate is almost fifty percent depleted after only 100 meters and then slowly runs out almost completely by 400 meters. Creatine phosphate levels do not return to normal levels for eight minutes after the race. Therefore, it would make sense for 400 runners to repeat 100 almost all with recoveries of five to eight minutes. These trips will increase the ability of muscles to use creatine. From the discovery that lactic acid levels were higher at about 300 meters, Anderson concluded that the 300, do a fantastic job of maximizing the ability of muscles to break down glucose. The 200-meter sprints, however, were found inefficient for 400 workouts. Creatine phosphate levels had already dropped in the middle to 100 meters, and the speed of glycolysis did not peak at up to 300 meters. READ Optimal stimulation to run 400 & 800 meters [Research Paper]Unfortunately, 400 intervals with just three minutes of rest (a workout that would only enjoy a complete masochist) were found as the best workout to build muscle tolerance to acidity. Intervals above 400 m proved ineffective because creatine phosphate levels were too low for any real benefit. I hope you didn't get confused by all this. In essence, the Finnish's research helped Anderson conclude that a good 400 training program needs the following: 100's run at near full speed with full recoveries (5-8 minutes) 300's run at Near-full speed with full recoveries (8 minutes or more) 400's run at near-full speed with short recoveries (3 minutes) These guidelines give quarter of milers a scientific road map to design an effective training program , but it is not written in stone anywhere that you should only run 100, 300 and 400 during training. I trained briefly with the Santa Monica Track Club in college and incorporated training sessions learned by Joe Douglas, the coach of the Santa Monica Track Club, and John Smith, the UCLA coach. They taught me to run 350 in time and then add 7 seconds at the start of the season and 6 seconds late in the season to get my equivalent 400 times. Times, the technique allows you to run more relaxed in training, since you do not have the last painful 50 meters of the 400 that loom in the back of your mind. Jimson Lee interviews Brooks Johnson, circa 2012 In recent years I have consulted with Brooks Johnson, the former U.S. Olympic coach, whose training philosophies almost mirror that of Owen Anderson. Simply put, Johnson's sprint theories are as follows: speed is a bigger recovery for runners and should be trained from day one. Athletes must train at speeds faster than the race pace, so that the race pace becomes their comfort zone. Two speed workouts per week are recommended for 400 runners. Example: (6X30m with 370 f/10g rec.) Train to increase lactic acid tolerance and base twice a week. Example: (6X300 in set of 2 with a quick jog recovery of 100 m. Allow full recovery between sets.) The oxygen system should be trained once a week. Example: (20 minutes of easy jogging followed by 20 minutes of easy steps) Athletes should take two days off a week to allow their bodies to fully recover from training. The conclusions of the Finnish study complement the proven training techniques of the four coaches mentioned here. With the resources available, you should be able to build a solid training program. I've built some weekly sample programs below to get you started. READ Filbert Bayi & Tanzania's Journey To First Ever Olympic Games Medals400 Meter Training Early Season Mon 3-4 X 300 w/full rec. Tuesday 7-8 X 100 with reg. Wed 20 minutes easy jogging with /20 minutes of easy steps Time* (* early season can go back 100m, followed by jogging back online and finally delivery times for a shorter recovery. See What training time is for more information) Thursday rest Friday 6 X 30 with 370 jog rec. & 3 X 100 w/300 jog rec. Sat 2 sets of 300-jog-100-300 or 3-4 X 350 w/3 min. Sun rest mid-season (without speed) Mon 2 sets of 300-100jog-300 Tuesday 8-10 X 100 with 5 min. Easy jogging with 20 minutes of easy steps of Time Thursday 6-12 X 30m with/ 370 jogging or walk rec. Fri rest Sat sun rest race mid-season (no resistance) Mon 2 sets of 300-100 jog-300 Tuesday 8-10 X 100 w/5 min. Easy jogging with 20 min. Recovery Saturday rest race sun Peak season Lun 2 sets of 300-100jog-300 or 3X 350 with 3 min. Jog easy from 20 minutes with 20 minutes of Wed 3-4 X 150 steps with full reg. Thr 6 X 30 with 370 rec feet. Fri rest Sat race Sun rest References Anderson, O., Ph.D. (1992). Step by step through the 400 meters: understanding the process can your training and your runs. Running Research News, Volume 8, Number 6, 5-7. Johnson, B. (1995) Coaches Notebook. Notebook.

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