

TRAINING THE 400M & 4x400m RELAY

Ralph White/Maddy Outman
Cleveland State University

Roles of a Coach

Teacher

Disciplinarian

Psychologist

Executive

Guidance Counselor

Trainer

Politician

Mother/Father Figure

Manager

Citizen of the School

Salesperson

Citizen of the Community

Public Relations Expert

Equipment Manager

Diplomat

Actor

Fundraiser

Chief

Leader

Meet



Coaching Cues

- Kids don't care how much you know until they know how much you care.
- Smile!
- Say the first name or nickname of every kid daily.
- Be positive.
- Daily physical contact. High five, fist pound, pat on the back. Be careful.
- Send email/texts.
- Make announcements over the school speakers.
- Put pictures up.
- Have short, efficient practices.
- Don't over coach at practices or meets.
- Being at 95% for 100% of the time is better than being 100% only 95% of the time.
- Coach the athlete, not just the event.

What a coach needs to know about learning...

- We train animals, we teach people.
- Your kids won't show enthusiasm unless you do!
- Identify athletes, evaluate, recruit, then coach them up.
- Transition - do not try to build a house in one day.
- Teach each athlete according to their training age.
- People rarely succeed at anything unless they have fun doing it.
- Take a poor athlete and make them average, take average and make good, take good and make great.

Discipline

- The actions you see are either taught or allowed
- You get what you tolerate
- Be at every practice and be on time
- Is not what you do to someone, it is what you do for someone
- Kids want to have structure
- Coach with one eye and one ear
- Like holding a bird
- Try to discipline the athlete without punishing the team
- 4 F's

“CRW” Rules

Drink water
a purpose

Get sleep - HGH

Strider at line

Have baton

Be there at $\frac{3}{4}$

Tell the truth

Same warm-up

50m

A meet is a meet
inside

Set blocks at angle

Run through the line

Say little when losing, say less when winning

Come to practice with

Hills

Core

BIOB- Attitude

Performance not potential

Get stronger

We don't get beat in the last

Nobody passes on the

Make people run wide

Delano Meriwether

-At age 16, won an award for research on internal parasites in dogs

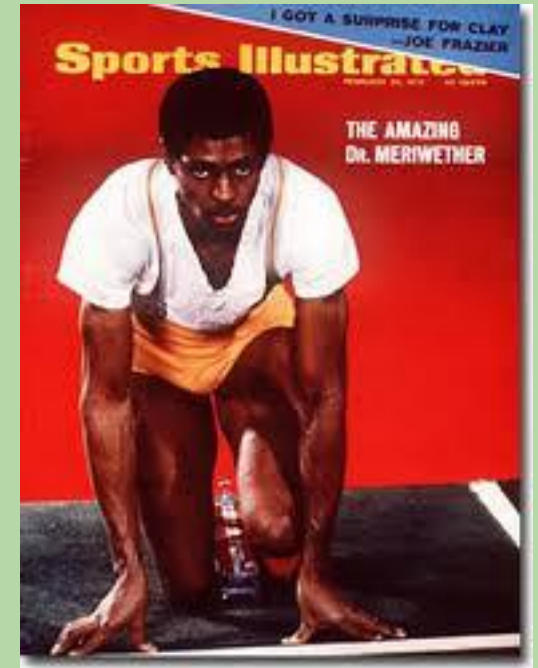
-First African-American student accepted to Duke University School of Medicine

-Never ran track in high school or college

-Started running at age 27 and won the AAU National Championship the next year running 9.0 for 100 yards with no coach

-Ran in his hospital shirt, suspenders, and swimming trunks

- Must do with what you have - find a Delano in your school!



Conditioning

- Plyometrics
- Circuits Hard work beats talent when talent doesn't work hard
- Split Runs
- Hills
- STRENGTH TRAINING
- Well-conditioned will beat talent to an extent
- Workouts run for time, not distance - fair for men vs. women
- Train fast, race fast..... train slow, race slow!



Types of Training

- SPEED
- SPEED RESERVE
- SPEED ENDURANCE
- A good training program needs to address all energy systems
- Some will be done more than others at different points



Shawn Crawford 2004 Olympic Champion Maddy Outman 13-time All-American



Attitude

Santa Clara Swim Club:

- 46 Olympians
- Over 50% of all World Records





**"NATIONAL CHAMPIONS
IN TRAINING"**

Putting it in perspective...

UCLA

HENRY THOMAS 20.18 & 45.22

STEVE LEWIS 43.87

DANNY EVERETT 43.81

KEVIN YOUNG 46.78 IH

HOLDER

GOLD MEDAL

BAYLOR

DEFENDING NATIONAL CHAMPIONS

MICHAEL JOHNSON

IN HIGH SCHOOL

OLYMPIC GOLD MEDAL

OLYMPIC BRONZE MEDAL

WORLD RECORD

& OLYMPIC

Why We Could Win

- Only 4 second difference
- They are not going to PR
- We practiced in the rain
- Never lost to Baylor or UCLA
- We set World Record indoors
- We are used to Hard
- Have practice running with cast
- No pressure, this is not brain surgery
- Won Texas Relays, Penn Relays, & Conference meet
- We iced, ate a snack after race, rested, and loosened up in the morning
- No one peaks better than us
- I always keep my promises



https://youtu.be/i_w9CvO49nk?t=321

NCAA Championship 1986

SMU	3:01.62
UCLA	3:01.95
BAYLOR	3:02.56

Race Plan

- Wear sweats during WARMup
- Set blocks at an angle
- Run close to the inside line
- Lean from the ankle
- 1-2 seconds slower than seasonal PR for the first 200m
- 2 second difference for the second 200m
- Third 100m is the key to the race
- "Quick Hands"
- "Chin Down"
- No one feels good the last 100m - accept that it's going to hurt
- Know where the finish line is and run through it!
- In theory, lane 8 is the fastest lane.



Teaching Points

- Do starts on a turn at practice with blocks at an angle
- Go from quantity to quality, and low intensity to high intensity.
Don't pound the dough if you want fluffy rolls
- Learn to run fast but relaxed
- Improve technique
- Reduce the chances of injury
- Ice after each workout
- Have athletes set goals. They must be realistic, challenging, measurable, specific, and come from the athlete. The athlete needs to write them down where they can see them often, and tell others what they are.
- Visualize achieving goals every day
- Hypeing a meet too much can cause athletes to run stupid.
Treat all meets the same and do what got you there.
- Compete smart - athletes should know what they need to do.

4x400m relays

- 4 athletes for 10 points??
- Choosing your relay runners
- Selecting your relay order
- Indoor and outdoor race strategy
- End the meet on a strong note

