

MYLES PRINGLE



FASTEST EVER

400m in Division II History

NATIONAL MEET RECORD | ASHLAND RECORD | ROBERT W. PLASTER CENTER RECORD

7TH FASTEST IN THE UNITED STATES IN 2018-19 | 11TH FASTEST IN THE WORLD IN 2018-19



400M SUCCESS

COACH ERNIE CLARK

ELITEHURDLESPEED.COM

ASHLAND UNIVERSITY

400M SUCCESS

- 2016: Ashland University PR 3:17.69. Only broke 3:20 one time
- 2018: Ashland University PR 3:07.66 NCAA DII National Champs
 - 10 second drop in 2 seasons
 - 3 freshman and 1 junior on the relay
 - 2 freshman split 46 point in 2018
 - Junior 44 point split
 - Last guy only broke 50 once in his HS career, split 48.0 frosh



400M SUCCESS

- TOP GUYS IN THE LAST 5 Seasons
- Derrick Morgan, Indiana University
- Made the NCAA DI Regional Meet
- Previous Collegiate PR of 47.65
- 1 season w/ Ed Bethea and myself **46.38**
- I did NOT write his workouts, but assisted him with mindset and race strategy



400M SUCCESS

- Trevor Bassitt, Ashland University
- QUALIFIED for NCAA DII Championships
- 49 point 4x400m Split in High School
- 4x400m **Split of 46.65 Frosh year**
- **Sophomore year, 400m open this season 47.61**
- **NCAA DII 4x400 NCAA Champion**



400M SUCCESS

- Channing Phillips, Ashland University
- QUALIFIED for NCAA DII Championships
- 48.59 in High School
- **4x400m Split of 46.99 Frosh Year**
- **Sophomore year, 400m open this season 47.65**
- **NCAA DII Championships, 10th Place**
- **NCAA DII 4x400 NCAA Champion**



400M SUCCESS

- **Myles Pringle, Ashland University**
- 47.30 in High School
- Freshman Year, 400m Open 46.04
- **5x NCAA DII CHAMPION**
- **2x NCAA DII National Record Holder, Indoor**
- Indoor PR 45.67
- Outdoor PR 45.35
- 4x400m Split, 44.69
- **NCAA DII 4x400 NCAA Champion**





**USA Track & Field Championship Finalists, 8th Place
USA World Team, SUMMER 2018**



- 2016
 - 4x400m PR - 3:17.69
- 2018
 - 4x400m PR – 3:07.66

NCAA Runner-Up
NCAA Champions
NCAA All-Americans

SPEED PHILOSOPHY

- Faster sprinters make faster sprinters
 - Coaching Points/Goals
 - HAVE fast guys in the 400m
 - Speed is the NUMBER ONE indicator of potential, know your athletes speed
 - Develop their 30m Fly
 - Develop their 100m
 - Develop their 200m
 - GET THEM to 200m times that set them up for 200m SPLIT success

SPEED DEVELOPMENT



- Step 1:
 - Warmup Drills
 - Technique Drills
 - If you're not coaching them then you're missing a huge opportunity, especially at the High School level.
 - Improving posture
 - Coordination
 - Dorsi flexion
 - Arm Drive
 - Leg Movement

Doing JUST this will drastically improve in speed if instructed daily



Ashland Track & Field Sprints/Hurdles 2018

Warm Ups

Every Day

Jog Laps (2-4)

Heel to Toe Skips w/ switch arm circles, 50m

Ballerinas 50m

Leg Swings 1-2x12

Group:

Eagle Warm Up:

Hurdle Walk Thrus

Scoops

Walking A, Knee Push Down

Zombie Walks/into Lunge

Lateral Shuffle, Slow/Med

Lateral Single Leg Hop

Reverse Quick Skip

A Skip Holds, match leader

High Knee Cross Over

Combo

Reverse Run + Forward Accel x3

Power/Speed Day:

Step Over Lunge, running arms

Reverse Walk (new)

Leg Cradle OR Walking SLRDL

Walking Quad, raise opposite arm

Quick Skip

A Skip

Straight Leg Bound Small/Big

Bounds x3

Quick Bound into Sprint (30m)

4x Sprint

Sprint Tech Warm Up:

Step Over Lunge, running arms

Reverse Walk (new)

Spiderman Walk w/ T-Reach

Walking Quad, raise opposite arm

Quick Skip

A Skip

Lateral High Knee, switch halfway

Butt Kick

Fast leg Lft/Rt

Combo Drill

Combo to Sprint (40m)

2x Sprint

Dorsiflexion Day:

Step Over Lunge, running arms

Reverse Walk (new)

Walking Windmill

Walking Quad, raise opposite arm

Quick Skip

A Skip

C Skip

Double HK Carioca

Pogo Jumps

Alt. Fast Leg

4x Sprint

Recovery Day:

Prisoner Lunge

Spiderman Walk w/ T-Reach

Reverse Walk

Walking Windmill

Walking Quad, raise opposite arm

Zombie Walk

Zombie to Lunge

Lateral Shuffle

4x Build up, each rep faster

ALL DAY. EVERY DAY.

SPEED DEVELOPMENT: WORKOUTS

- EVERY warmup ends with Acceleration/Sprints, coached! (video)
- Speed Workouts are 30m – 150m in rep length in my program
- Any longer is no longer speed
- Shortest rest in these workouts is 4 minutes, USUALLY longer to keep QUALITY and TECHNIQUE high

Coach Every Drill.
Every Day.



SPEED DEVELOPMENT: WARMUP ACCELERATIONS



SPEED DEVELOPMENT

- **SAMPLE WORKOUTS** (directly from my workout sheets)
- Wall Claws, Max Velocity Drills, 3x 80, 3x60m, 2x150m 90% walk back rest
- 3x10m partner pushes, 2x80, 2x60, 2x30 (100% but relaxation focus) 3+ min rest, 2x150 @ 21, 18
- 2x4x30m Flys, 3x 150 @ 18/19, 3x150m bu, Band Exercises / Hurdle Walk Thrus
- 5x30m Flys, 5x150m @ 90% 4 min rest (18/20)
- 1x 60m, 50m, 40m, 4x100 Hand Offs or 3x150m

WHY AM I A SPEED BASED COACH?

- Simple. The athletes 200m split will immediately dictate the final time.
- We MUST get the athletes to 200m in a time that gives them a chance to hit big performances.
- Goal: first 200m of 400m is within .5-1.0 of athletes 200m PR. KEY to my teaching. 21.5 guy goes out in 22.00!
- What performances to you HOPE your athletes can hit this year?

Time	47.00				
1st 50m	6.39			1ST 100M	11.63
2nd 50m	5.24	11.63		2ND 200M	10.76
3rd 50m	5.29	16.92		3RD 100M	11.50
4th 50m	5.48	22.40		4TH 100M	13.05
5th 50m	5.66	28.06			
6th 50m	5.84	33.90		1ST 200M	22.40
7th 50m	6.22	40.11		2ND 200M	24.55
8th 50m	6.83	46.94			
				200M DIFF.	2.15

WHY SPEED IS KEY

WAYDE VAN NIEKERK SMASHES MICHAEL JOHNSON'S 400M WORLD RECORD



Time	56.00				
1st 50m	7.62			1ST 100M	13.86
2nd 50m	6.24	13.86		2ND 200M	12.82
3rd 50m	6.30	20.16		3RD 100M	13.70
4th 50m	6.52	26.68		4TH 100M	15.55
5th 50m	6.75	33.43			
6th 50m	6.96	40.39		1ST 200M	26.68
7th 50m	7.41	47.80		2ND 200M	29.25
8th 50m	8.14	55.93			
				200M DIFF.	2.56

FINISH PHILOSOPHY

- Training to get men within 2.0 of first 200m
- Training to get women within 3.0 of first 200m
- Find one more gear/burst/effort
- Speed off the ground
- Fast technical arm drive
- Good posture
- Mental toughness before physical toughness
- Handle pain better than everybody else
- Attack mentality to the finish line



FINISH PHILOSOPHY

- Design workouts to prepare athletes to finish in goal times for goal 400m time

FINISH PHILOSOPHY

- 4x200 3 min cycle (28/32) + 4x200m 3 min cycle (28/32) 5 min rest between sets, Cool Down: 3x forward/reverse runs, (THIS IS EARLY SEASON/Conditioning)
- Progressive 200's - 3x 3x200m (M 30, 27, 24/W 36, 33, 29) 1min/7min, Scissor Jumps 1x26, 22
- LS: 50s/60s, 40s, 30s Run, 2 min rest, 8 min rest 2x200m M:24/25 | W:29
- LS: 2x300, 200, 150: 3 min rest (200 pace) Scissor Jumps 2x24, 3x150 BU
- 3x 300+150/200m (35/43) w/ 1:30 min rest (last 100m 13.0/16.0 based on(47.50/58.00))
- 2x 200+200 1.5 min rest | 8 min rest (Myles 3 sets)
- FINAL PIECE: After MOST workouts, 3 technical Buildups ending at 90% or faster through the line. Part of cool down, but KEY in getting athletes to stay sharp when fatigued. One of the MANY keys to our success!

QUESTIONS

Coach Ernie Clark

Youtube: Ernie Clark

Insta: coachernieclark

Twitter: coachernieclark

Facebook: Ernie Clark

Ashland University



RACE STRATEGY

- Take control with speed
- 200m speed to get control
- USUALLY whoever wins the 300m mark, wins the race
- Put yourself in a position to be successful
- Finish with competitiveness, desire, training, and toughness!
- “Refuse to Lose” is much stronger than “I want to win”