



# 2018 MHSA COACHES CLINIC PRESENTATION

## 4x400 Relay

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# SIDNEY HIGH SCHOOL – TRACK AND FIELD SUCCESS

- 2017 Boys Class A State Champions
- 2018 Boys 3rd place Class A
- 2000 Girls Class A State Champions
- Multiple 2nd, 3rd places as a team and multiple individual state champions
- We build our program on this tradition of excellence and take pride in the fact that we are part of the Sidney Eagle Track and Field Program. Success breeds success.



# TALKING POINTS TODAY:

1. How we train our 400 runners. Examples of workouts and our training philosophy. Also, strategies in how to run the 400 meters.
2. Order of runners for the 4x400.
3. Handoffs. Examples with video.
4. Questions????



# 4X400 RELAY – THE RACE KIDS HATE TO LOVE

- This is the race that coaches love and kids hate to love. Always around the start of the 3200, every coach gets this:



"Coach, do I have to run the 4x400 today????"



"Coach, my legs are KILLING me!!!! I can't possibly run 400 meters!!!"

TO WHICH WE RESPOND:



# DISCLAIMER!!

A reminder that the following slides contain the philosophy of the SHS coaching staff and is not the only way to train 400 runners and run the 4x400 relay.

The best piece of coaching advice ever given to me was to beg, borrow and steal.. Don't reinvent the wheel when it comes to training. If this works for you, great... if not.. well we tried :)

# TRAINING 400 METER RUNNERS

- Speed kills! In all interval training that we do, we NEVER run over 300 meters in a single interval. Kids do not have the adrenaline to run a 400 properly in practice and can risk injury and not run with proper form. As soon as we see form go in an athlete, we shut them down.
  1. We still get the amount of meters in during a workout (example: 5x300's and 4x400/1x300 is 1,500 meters for both workouts but in the 5x300 workout we can give less rest and condition the body to go faster)
  2. We break our sprinters into two groups: Short Distance -100,200 meters kids and Long Distance- 400/800 runners, 300 hurdlers. Each group will train differently throughout the year.
    1. If we have a kid that can, we try and have our 400 runners run an 800 early in the season for some over distance training. Sometimes it sticks, sometimes it doesn't.
    2. Our 400/800 runners will usually incorporate a long run and a tempo run in their weekly schedule early in the season as well.



# TRAINING 400 METER RUNNERS- SEASON PROGRESSION

We expect that our runners will come into season in relatively good shape. If they are not in a winter sport (encourage cross training!!!!) we start off season lifting and running in January 4 days a week. As a coach, attend as many games as you can and check out the weight room in your off season. Two of the best places to recruit for track :)

1. **Early season**- If we do not have a meet that week, we have two days of intervals, Tuesdays (always Tuesdays no matter what part of the season) and Thursday/Friday (depending on weather).

On our interval days, this is all that we do. Run them and send them home. Kids are prepared for the day and know what is in store. Everyone who is not a pure thrower runs intervals. It's also a bonding experience for the team and gives the kids an opportunity to step up as leaders.



# PRACTICE PLANS- EARLY SEASON

## Sidney Eagle Track and Field Week of March 19-24<sup>th</sup>

Event	Monday Math Meet	Tuesday ACT for Juniors	Wednesday	Thursday Yoga 7:30 pm	Friday	Saturday Spring Break Starts
<b>Sprinters/ Relays</b>	Plyo Workout	Intervals: SD: 6x200 (2:30 rest) LD: 6x250 (2:30 rest) Self Care and Abs x300	Reaction Drills Block Work Intro Relay work	Intervals: 3x5 sets of hills (full recovery) LD: 3x200 SD: 3x150 Self Care and Abs x300	Plyo Mini Hurdle/ Ladder workout Abs x 300	Active Recovery
<b>Pole Vaulters</b>	Inside-slide box	Intervals: SD: 6x200 (2:30 rest) LD: 6x250 (2:30 rest) Self Care and Abs x300	Outside- 5-7 step runs	Outside- 5-7 step runs	Plyo workout	Active Recovery
<b>Hurdlers</b>	Plyo Workout	Intervals: SD: 6x200 (2:30 rest) LD: 6x250 (2:30 rest) Self Care and Abs x300	100-110 Hurdles Starts 1,2,3 EDD's	300 H 1-3 x2 Corner x2 Last 2x2	Plyo Mini Hurdle/ Ladder workout Abs x 300	Active Recovery
<b>Distance</b>	Long Run 30-40 min  400-800: With Sprinters  Lifting: Lower Body	Intervals: 4-5 800's Distance 400/800 Runners: 6-10 400's  Self Care	Easy Run: 25 min Lifting: Upper Body	Tempo Run(Distance and 4/8 Runners) 5-1-1-2-2-3-3-2-2-1-5  Lifting : Lower Body	Intervals: 6-10 400's 400/800 Runners: with Sprinters	Active Recovery
<b>Jumpers</b>	Triple Jump Long Jump Phase work	Intervals: SD: 6x200 (2:30 rest) LD: 6x250 (2:30 rest) Self Care and Abs x300	High Jump Approach Work	Intervals: 3x5 sets of hills (full recovery) LD: 3x200 SD: 3x150 Self Care and Abs x300	Plyo/Mini Hurdle workout	Active Recovery
<b>Throwers</b>	Inside- Disc	Intervals: 5x80 (1:30 rest) Lift	Shot	Disc	Shot	Active Recovery

# TRAINING 400 METER RUNNERS- SEASON PROGRESSION

- **2. Mid Season-** We cut down our interval day to once a week, we use our meets as interval days as well. (example: intervals Tuesday, meet Saturday). If we have two meets in a week, we don't do any formal intervals in practice.
  - This is the hardest part of our season. The intervals are mentally taxing as well as physical. We believe that the mental part of training needs to be addressed as well as the physical.
  - We are very selective is what events we put our runner in during this time. Not every athlete needs to run every event at each meet.

# PRACTICE PLANS- MID SEASON

## Sidney Eagle Track and Field Week of April 9-14<sup>th</sup>

Event	Monday	Tuesday	Wednesday	Thursday Yoga 7:30 pm	Friday Leave at 5:30 pm**	Saturday Billings Invitational
<b>Sprinters/ Relays</b>	Reaction Drills Starts/Phase work Film Study	SD: Cutdown 150's (8) LD: Cutdown 200's (8)	Relay Drills/Handoffs  Starts	Ins/Outs 4x Corner 4x Straight Relay Handoffs Short and Long Relay	Pre-Meet	Billings or active recovery
<b>Pole Vaulters</b>	Pole Runs/Rings	SD: Cutdown 150's (8) LD: Cutdown 200's (8)	5-7 step run	5-7 step runs	Pre-Meet	Billings or active recovery
<b>Hurdlers</b>	Reaction Drills Starts to 1 EDD's	SD: Cutdown 150's (8) LD: Cutdown 200's (8)  EDD's before practice	300 Hurdles 3x 1 <sup>st</sup> 2 3xcorner 3xlast 2 EDD's	110-100 hurdles 3x1st 3x2nd 4x 3 <sup>rd</sup> 4x4th EDD's	Pre-Meet EDD's	Billings or active recovery
<b>Distance</b>	LD: 45 min run Lift Lower Body MD: 30 min run +other events	LD: 2x800, 2x400 4x200 MD: Cut down 200's (8)	LD: 25 min run SD: Other events	Tempo Run LD and MD: 5-10-5	Pre-Meet	Billings or active recovery
<b>Jumpers</b>	Long and Triple Jump Phase work	SD: Cutdown 150's (8) LD: Cutdown 200's (8)	High Jump	Long and Triple Phase work practice at 5:00 with Mr. Nesper	Pre-Meet	Billings or active recovery
<b>Throwers</b>	Discus	5x100's Lift	Shot	Discus	Pre-Meet	Billings or active recovery



# TRAINING 400 METER RUNNERS- SEASON PROGRESSION

1. **End of Season:** We believe in peak performance at the state and divisional meet. Our max interval week is the first week in May and then we taper. Kids need to be fresh at the end of the season. The last three weeks of practice, we have interval day but our 400 runners never run over 200 meters. All speed towards the end of the season. Full recovery between intervals.
- After the season is over we take two weeks OFF.. Kids need to recover physically, mentally and we need a break too! Then the kids hit the off season hard attending camps, preparing for a fall season or getting stronger in the weight room.

Champions are not made in a ten week season!





# PRACTICE PLANS- END OF SEASON

Event	Monday	Tuesday	Wednesday	Thursday Yoga 7:30 pm	Friday Glendive Bus leaves at 12:15 pm	Saturday
<b>Sprinters/ Relays</b>	Speed Plyos Starts	LD: 6x 200 (85-90% 400 pace) Full recovery  SD: 6x100 meters (85%) full recovery	Relay handoffs Starts	Pre- meet	Glendive	Active Recovery
<b>Pole Vaulters</b>	Older kids vault	LD: 6x 200 (85-90% 400 pace) Full recovery  SD: 6x100 meters (85%) full recovery	Younger kids Vault	Pre-meet	Glendive	Active Recovery
<b>Hurdlers</b>	100/110 hurdles; starts up to 4 EDD's	LD: 6x 200 (85-90% 400 pace) Full recovery  SD: 6x100 meters (85%) full recovery	300 hurdles Straight x5 Curve x5 Finish x5 EDD's	Pre-meet 110's start to 5	Glendive	Active Recovery
<b>Distance</b>	LD: Easy 20 min MD: Sprinter workout	LD: Fartlek run MD: LD sprinter workout	MD: relay handoffs, ins and outs LD: 20 min bike+ lift	Pre-meet	Glendive	Active Recovery
<b>Jumpers</b>	High Jump approach work Long/triple phase work	LD: 6x 200 (85-90% 400 pace) Full recovery  SD: 6x100 meters (85%) full recovery	High Jump Bar clearance drills	Finish work Check marks Pre-meet	Glendive	Active recovery
<b>Throwers</b>	Shot	6x100 Lift	Disc	Pre-meet	Glendive	Active Recovery

# HOW TO RUN THE 400???

This has to play to each individual kids strengths. No two kids are going to run the 400 exactly the same. But as a general guideline:

1. Talk to the kids about running in their lane and not to concentrate on the other competitors. Kids worry and fret about lane assignments and yes, its sometimes an advantage to see certain competitors but in an open 400 each person has to run the same 400 meters. The world record was set out of lane 8, just run your race.
2. Get out the first 200 meters. We emphasize running hard the 1<sup>st</sup> 50-60 meters and then settle in. We always have goal 200 splits for our kids and have someone at the 200 mark yelling splits.
3. 200-300 meters. Some kids like to back off this corner but we attack it. We teach kids to sling-shot off the corner for the last 100 meters.
4. Last 100 meters- Biggest thing is to not tighten up. Maintain good form and run your race. Compete and try to maintain speed. Knees up, tall chest, use arms!

# 4X400- BASICS

- We practice the 4x400 once a week- pre meet. Emphasize to kids to GET OUT in the first 100 meters!!! Want handoffs to be fast and streamline.
- Have 6-8 kids on each team ready to go at all times. We take 6-7 eligible kids to state that can run the 4x400. Gotta have tent carriers! :)
- Have your team set by Top 10. We give all 6-8 kids experience in running during a meet. Doesn't matter if you win until divisionals and state.
- Being on this team is a motivator for our kids to be better. They know that running a 53/54 or 65 will not cut it to run on our team at the state meet. This race could determine a team state championship. You want to have a competitive team for this race.

# 4X400- THE ORDER

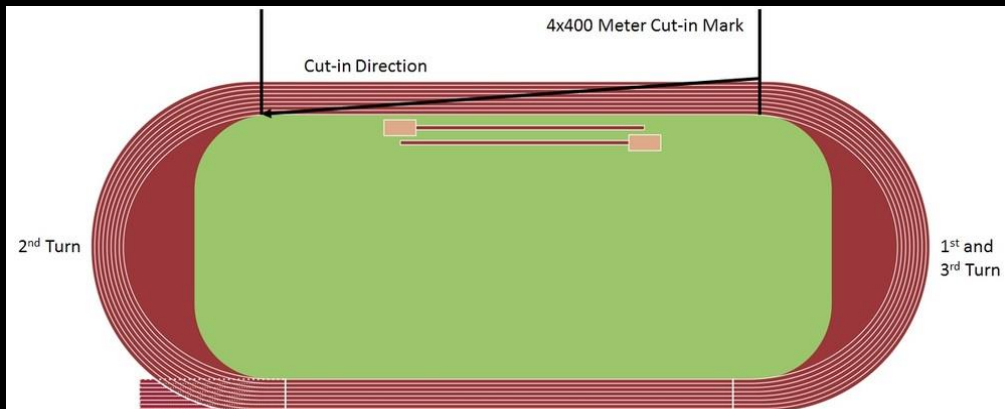
- 1st runner:
  - Open 400 runner
  - Good starter
  - Probably 2nd fastest 400 runner
  - Need someone who will get you in the race right away.





# 4X400- THE ORDER

- 2nd runner
  - Smartest most tactical runner
  - Knows how to cut and set up 3rd runner.
  - Some people put their slowest runner here.



# 4X400-THE ORDER

- 3rd Runner
  - Set-up runner
  - Experienced runner
  - We like to put one of our fastest runners here.



# 4X400- THE ORDER

- 4th runner
  - This is your STUD. Best 400 runner. Gamer.
  - When we are looking at our order, I always say who do we want running last if a state championship is on the line.
  - One of your leaders on the team, one the other members trust to give 100% all the time.



# 4X400 HANDOFFS

- Half-blind handoff
  - 3-5 step turn handoff
  - Always remember to face inside of track when receiving a handoff
  - Holding baton: Glass of milk, DON'T spill the milk.
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- [https://sidneyk12-my.sharepoint.com/:v:/g/personal/scollins\\_sidney\\_k12\\_mt\\_us/ETlthgJSdk9DtoNSVSI5e98BLfmv600LVr8qIJdUSvnMGw?e=wZNJk7](https://sidneyk12-my.sharepoint.com/:v:/g/personal/scollins_sidney_k12_mt_us/ETlthgJSdk9DtoNSVSI5e98BLfmv600LVr8qIJdUSvnMGw?e=wZNJk7)



# 4X400 HANDOFFS

- Running Handoff
  - Push Pass handoff- Don't spill the milk
  - Incoming runner/outgoing runner always have eye contact during handoff
  - Keep speed during handoff
  - We moved to this handoff this year and found it to be very effective

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# HAVE FUN WITH THIS RACE!!



2017 Boys 4x400 Team  
2nd @ state: 3:26.40



2018 Boys Senior 4x400  
relay team. Glendive  
night meet

# QUESTIONS????

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