

400m

Speed Development

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Speed	5 x 200m	100%	3 Minutes	
WATERBREAK					
		2 x 400m	80%	5 Minutes	
WATERBREAK					
	Plyometrics	Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible.
		Standing Long Jumps 3 x 8	100%	1 - 2 Minutes	Lower into a quarter squat position, then jump forward as far as possible, extending arms forward for momentum. Land with both feet, absorbing the impact by slightly bending your knees.
	Cool Down Recovery				

400m

Endurance

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Endurace	3 x 500m	75%	4 Minutes	
WATERBREAK					
		2 x 800m	100%	6 Minutes	
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

400m

Tempo Running & Strength

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Tempo	4 X 300m	75%	2 Minutes	Maintaining proper running form and technique
WATERBREAK					
	Strength	Air Squats 3 x 10 Lunges 3 x 10 Side Lunges 3 x 10	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	Bring Water
	Plyometrics	Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible.
		Standing Long Jumps 3 x 8	100%	1 - 2 Minutes	Lower into a quarter squat position, then jump forward as far as possible, extending arms
		Lateral Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one leg and landing on the other.
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

400m

Race Simulation

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Meet Prep	1 X 400m	100%	10 Minutes	Maintaining proper running form and technique
WATERBREAK					
		1 X 400m	100%	10 Minutes	Concentrate on sustaining speed throughout the distance
WATERBREAK					
		1 X 400m	100%		Concentrate on sustaining speed throughout the distance
	Cool Down Recovery				

400m

Plyometrics & Recovery

Notes:

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Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Plyometrics	Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, extend your ankle, and aim for maximum distance with each bound. Alternate legs with each bound, covering as much ground as possible.
		Single Leg Hops 3 x 8 Per Leg	100%	1 - 2 Minutes	Stand on one leg and perform repetitive hops, focusing on explosive power and quick ground contact time.
		Lateral Bounds 3 x 8 Per Leg	100%	1 - 2 Minutes	Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one leg and landing on the other.
		Standing Long Jumps 3 x 8	100%	1 - 2 Minutes	Lower into a quarter squat position, then jump forward as far as possible, extending arms forward for momentum. Land with both feet, absorbing the impact by slightly bending your knees.
WATERBREAK					
	Strength	Air Squats 3 x 10 Plank 3 x 30s Push Ups 3 x 10	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
WATERBREAK					
	Cool Down Recovery				