

4 X 400m

Exchange & Pace 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	Handoff Drill (10 Minutes)	75%	3 Minutes	Emphasize proper timing and communication
WATERBREAK					
		6 x 200M	80%	2 - 3 Minutes	Should be ran at race pace
WATERBREAK					
	Speed Endurance	3 x 400m	80% start 100% finish	3 minutes	
	Cool Down Recovery				

4 X 400m

Exchange & Speed Development

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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					
	Exchange	Exchange Warm Ups	75%		Communication and efficient handoffs
WATERBREAK					
	Speed Endurance	6 x 200M	90%	3 Minutes	Simulate Relay Legs
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				

4 X 400m

Speed & Strength Development

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					
	Speed	6 x 300m	90%		Focus on maintaining a strong pace throughout each run and finishing strong in the last 100 meters
WATERBREAK					
	Strength	Air Squats 3 x 10 Burpees 3 x 10 Push Ups 3 x 10	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 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				

4 X 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	4 X 400m	100%	10 Minutes	Maintaining proper running form and technique
WATERBREAK					
		4 X 400m	100%	10 Minutes	Concentrate on sustaining speed throughout the distance
WATERBREAK					
		4 X 400m	100%		Concentrate on sustaining speed throughout the distance
	Cooldown Recovery				

4 X 400m

Speed Endurance & Pacing

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					
	Speed	6 x 400M	100%	3-4 Minutes	Maintain a consistent pace throughout each run
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				