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0 ratings0% found this document useful (0 votes)6 viewsThe document outlines a weekly workout plan consisting of strength training, track workouts, cross-training, and rest days. Each day includes specific exercises with set repetitions and effoSaveSave program, you also have access to my online exercise library. In there, you can find 95% of all of the prescribed exercises. The library is still expanding, so if its not in there yet, it will be soon! Head there via this link: If you are EVER in doubt about an exercy the preparation (coordinative sprinting drills such as a-skip, quick switches, high knees, stiff-legged sprint, etc. 400m Program Monday Base Period Week 1 - 4 Special Preparation 1 Week 5 - 8 Warmup: -10 min jog + 200 total jump rope jumps - 3 easy strides over 50m, not going any faster than 80-85% - 15 20 min of dynamic stretching + mobility. Focus is on the legs drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Top speed sprints: - 4 x 50m sprints with a light sled (just speed. Rest between sprints = 3 min. Top speed sprints: - 3 x 50m top speed sprints with a light sled (just a tiny bit of resistance). Rest between runs = 3 min between runs and 8 min between reas. Special Preparation 2 Week 9 - 12 Competition 1 over 50m, not going any faster than 80-85% - 15 20 min of dynamic stretching + mobility. Focus is on the legs - extra focus on posterior chain (hamstrings, glutes, back) Preparation: - 12 self-chosen sprint drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Preparation: - 12 self-chosen sprint drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last resistance). Rest between sprints = 3 min. 6 x 60m build-ups. First two at 90%, last resistance). Rest between sprints = 3 min. 6 x 60m build-ups. First two at 90%, last one 100%. Preparation: - 12 self-chosen sprint drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last resistance). Rest between sprints = 3 min. 6 x 60m build-ups. First two at 90%,	cise, check the exercise library. In there, you can also find a lot of the sprint drills needed during ides over 50m, not going any faster than 80-85% - 15 20 min of dynamic stretching + mobility. It is - extra focus on posterior chain (hamstrings, glutes, back) Preparation: - 12 self-chosen sprint at a tiny bit of resistance). Rest between sprints = 3 min 4 x 50m top speed sprints at 90% at sets of 3 x 200m tempo runs (in flats). Rest between runs = 200m walk. Rest between sets = 5-Preparation Week 13 - 16 Warmup: - 10 min jog + 200 total jump rope jumps - 3 easy strides 35% - 15 20 min of dynamic stretching + mobility. Focus is on the legs - extra focus on posterior one 100%. Top speed sprints: - 3 x 50m top speed sprints with a light sled (just a tiny bit of
200m sprints at 90% speed or just slightly Competition Time! Week 17 20 Warmup/preparation: - 100% self-chosen warmup. Do what makes you feel READY for a pure speed session. Speed session: - 2-3 warm-up block starts over 1015m. 2 x 60m from bloc sprints at 95-100% speed. Some on the straight. Some in the bend. Rest between these = 5 min 4 x 4 hurdle hops - 4 x 4 bodyweight squat jumps Aerobic cooldown: - 12 min cardio (jog, elliptical, bike or similar) Aerobic cooldown: - 12 min cardio (jog, elliptical, bike or similar) Aerobic cooldown: - 12 min cardio (jog, elliptical, bike or similar) Tuesday Self-chosen Power clean (hang clean or from the floor): 5 x 3 reps starting at 75% of 1RM and ending at around 90% of 1RM Half squats: 8 x 3 reps with 90 second break in between sets at 80% or 1RM. Reverse lunge: 4 x 4 reps (heavy loading) + 2 squat jumps at bodyweight after each set. Step-ups seating 90 degree position after each set. Rear kick or similar (heavy): 4 x 5 reps Eccentric razor curls: 3 x 6 reps. One-legged eccentric calf raises: 3 x 6 reps each leg Power clean (hang clean or from the floor): 5 x 3 reps starting at 75% of 1RM and ending after each set. Step-ups (moderate weight): 4 x 3 reps each leg onto a 30-40cm box + 2 one-legged jumps each leg from a seating 90 degree position after each set. Rear kick or similar (heavy): 4 x 5 reps Eccentric razor curls: 3 x 6 reps. One-legged eccentric ending at around 90% of 1RM Half squats: 5 x 3 reps (heavy loading) + 2 squat jumps at bodyweight after each set. Step-ups (moderate weight): 4 x 3 reps each leg onto a 30-40cm box + 2 one-legged jumps each leg from a seating 90-degree position after each set. Step-ups (moderate weight): 4 x 3 reps (light and fast) Quarter squasts (explosive): 4 x 3 reps + two squat jumps at bodyweight after each set. Trap bar jumps (light and explosive): 4 x 3 reps at 40 60 kg. Eccentric razor curls 2 x 4 reps. Wednesday Warmup: -8 - 10 min easy jog -3 easy strides over 50m, not going any faster than 80-85% - 15 20 min of dynamic s	iptical, bike or similar) - 3 sets of 3 x 200m at 85% speed (faster than weeks 5-8 and in spikes warmup Self-chosen warmup Self-chosen warmup Self-chosen warmup Self-chosen warmup ilar) for glute training: 4 x 8 reps each leg (heavy) Eccentric nordic hamstring: 4 x 6 reps One-(heavy loading): 5 x 3 reps each leg onto a 3040cm box + 2 one-legged jumps each leg from a at around 90% of 1RM Half squats: 5 x 3reps (heavy loading) + 2 squat jumps at bodyweight c calf raises: 3 x 6 reps each leg Hang power snatch 5 x 2 reps starting at 75% of 1RM and each set Eccentric nordic curls: 3 x 6 reps. One-legged eccentric calf raises: 3 x 6 reps each leg nin easy jog - 3 easy strides over 50m, not going any faster than 80-85% - 15 20 min of dynamic gs - extra focus on posterior chain (hamstrings, glutes, back) Warmup: - 8 - 10 min easy jog - 3
30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Preparation: - 12 self-chosen sprint drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Plyometrics: - 60-80 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 2 sets of 4-5 x 400m tempo running. Rest between reps tempo running. Rest between reps = 5 min. Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 2 sets of 4-5 x 400m tempo running. Rest between reps = 5 min. Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 2 sets of 4-5 x 400m tempo running. Rest between reps = 5 min. Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 3 sets of 4-5 x 400m tempo running. Rest between reps = 5 min. Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 3 sets of 4-5 x 400m tempo running. Rest between reps = 5 min. Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Workout: - 10 12 min easy jogs on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps from seated, etc.) focus on jumps with a lot of quad and glute involvement 6 x 8 ankle jumps (foot/calf dominant) Plyometrics: - 30-50 total jumps (hurdle hops, box jumps, jumps fro	eated, etc.) focus on jumps with a lot of quad and glute involvement 8 x 8 ankle jumps (foot/calf s = 3 min. Rest between sets = 8 min. Workout: - 100-200-300-200-100 at 80-85% (very fast . Thursday Warmup: - 4-5 min easy jog - 3 easy strides over 50m, not going any faster than 80-nobility. Focus is on the legs - extra focus on posterior chain (hamstrings, glutes, back) Workout: mobility. Focus is on the legs - extra focus on posterior chain (hamstrings, glutes, back) sover 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Plyometrics: - 4 x 4 e. 6-8 min break - 250m at 400m race pace 12-15 min break - 150m at 400m race pace. The strides over 50m, not going any faster than 80-85% - 15 20 min of dynamic stretching + (2) Preparation: - 12 self-chosen sprint drills over 10-30m distance - 3 x 60m build-ups. First two 6. Workout: - 2 sets of 4 x 20m technical accelerations from a standing start. Rest between reps
2 sets of 4 x 60m sprints at 90% of top speed. Rest = 2 min between reps and 5 minutes between sets. These are done in flats 3 rounds of multi-hamstring circuit (exercise library) First exercise = 40 reps Second exercise = 20 reps per leg Third exercise each leg from a seating 90degree position after each set Trap bar deadlift (heavy): 4 x 4 reps Hip thrust (heavy): 4 x 4 reps Step-up jumps (light loading) - Quarter squats: - 3 rounds of multi-hamstring circuit (exercise library) First exercise = 40 reps Second exercise = 20 reps per leg Third exercise = 30 sec per leg - 4 x 4 hurdle hops - 4 x 4 bodyweight squat jumps OR 6-8 standing long jumps Self-chosen was each leg from a seating 90degree position after each set Trap bar deadlift (heavy): 4 x 4 reps Hip thrust (heavy): 4 x 4 reps Step-up jumps (light loading) - Quarter squats: - 4 x 4 reps + two squat jumps at bodyweight after each accelerations from a standing start. Rest between = 3 min 2 sets of 80m-60m-50m-40m sprints. Rest = 3 min between reps and 8-10 min between sets. Self-chosen warmup 5 x 3 reps onto a 30 cm sysped). Rest = 2 min between reps and 8 minutes between sets 3 rounds of 3 hip dominant core exercises (self-chosen) Self-chosen warmup - posterior chain (hamstrings, and the self-chosen) Self-chosen warmup - posterior chain (hamstrings, and the self-chosen) Self-chosen warmup Day OFF Step-up jumps (light loading) OF 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Quarter squats - 4 x 3 reps + two squat jumps at bodyweight squat jumps at bodyweight squat jumps of 6-8 standing long jumps Self-chosen warmup Day OFF Step-up jumps (light loading) OF 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Quarter squats - 4 x 3 reps + two squat jumps at bodyweight squat jumps at bodyweight squat jumps of 6-8 standing long jumps Self-chosen warmup Day OFF Step-up jumps (light loading) OF 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%. Quarter squats - 4 x 3 reps + two squat jumps of	= 30 sec per leg - 3 rounds of 3 hip dominant core exercises (self-chosen) - 3 x 60m technical reps per leg Third exercise = 30 sec per leg - 3 rounds of 3 hip dominant core exercises (self-rmup Step-ups (heavy loading): 5 x 3 reps each leg onto a 3040cm box + 2 one-legged jumps a set Trap bar high pulls: -4 x 3 reps at 1RM power clean Workout: -5 x 20-40m max and distance - 3 x 60m build-ups. First two at 90%, last one 100%2 sets of 6 x 60m sprints at - two squat Workout: -4-5 x 150m at 400m race pace (preferably from the 300m to-go mark until R - 4 x 3 reps onto a 30 cm box box Quarter squats Preparation: -12 self-chosen sprint drills over d-ups (50-60m) 20 min of stretching and mobility Kettlebell swings (moderately heavy): -4 x 8 (40 60 kg) - 4 x 3 reps Eccentric nordic curls - Warmup: -20 min progressive run (10 min easy, a sprint drills over 10-30m distance - 3 x 60m build-ups. First two at 90%, last one 100%.
workout: - 2 sets of 6 x 30 second fillis syraids. Rest between reps = 4 fillis. Rest between reps = 6 fillis. Rest between re	bility. Focus is on the legs - extra focus on posterior chain (hamstrings, glutes, back) est between = 3 min 2 x 80m from blocks. Rest between = 6-8 min 300m-400m-300m-400m er than 400m race pace, and the 250m around 400m race pace. Rest between all runs = 8-10 (preparation: - 100% self-chosen warmup. Do what makes you feel READY for a workout that block starts - 3-5 x 60-80m from blocks from the 400m start at 400m race pace. Rest between a Aerobic cooldown: - 12 min cardio (jog, elliptical, bike or similar) - 2 x 300m from blocks at nt drills are mentioned, the focus should be on a wide variety of high knees, stiff-legged sprints, le mechanics exercises The recommended stretching and mobility work are centred around gresses, the weights get lighter and the speed of the movements gets faster Technique sprints
and ill get back to you! - I did not put any weights there as sleds are so different, so 20 kg would for instance be heavy on one sled and easy on another one. Try it out, as long as you are still sprinting! This goes for all the sled workout 80%: fast running 35% ast running with a limit of sprintilitie movements 90% relaxed sprinting 95% all-out sprinting 95% all-out sprinting! This log is full of training 40% all-out sprinting 95% all-out sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the still sprinting! This log is full of training on another long and the easy on another one. Try it out, as long as you're still sprinting! This log is full of training of the feling that you could go a little faster 100% all the easy of the e	is in the program. Percentages of 100% sprinting may be new to you. So here are some pointers: orkouts from various coaches, and they all have various programs and approaches, such as long y coaching program includes a 400 meter hurdle program from Mike Holloway.Lance Brauman lational power during his 16 years on the Razorbacks staff as the Associate Head Coach. Now, itioning: 8-10 WeeksMonday: AM: 2 mile run with accelerationsPM: Strength/Endurance is of that with a 5 min run between each circuit. We do this barefoot to strengthen the foot and eters.Wednesday:AM: Morning runs with accelerations.4100 meter build ups working to 10100 about 3000 meters total with runs as far as 1000 meters. No matter what, our focus is on ing CyclesMonday: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300-800 allows: EnduranceContinuous warm up (20 min) with Efforts of 300
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