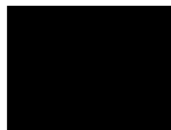


## 400 Meters: Considerations for Training and Competition

Kevin Morning – Vista Del Lago HS



<https://youtu.be/zbqv1Rpjgmw>  
Michael Johnson - World Record 400m - 43.18

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## Objectives for session

- Examination of your coaching practices
- Are your practices one's that you would thrive under?
- Learn new practices

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## Coaching Foundation

- How do you coach?
- How do you plan your practice sessions?  
Weekly? Monthly? Seasonally?
- How is science used in your coaching methods?
- Practice training loads – How are they determined?

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## Principles of Training

- Principle of Progression
- Principle of Accumulation
- Principle of Variation
- Principle of Context
- Principle of Overload
- Principle of Recovery
- SAID Principle

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## Biomotor Considerations

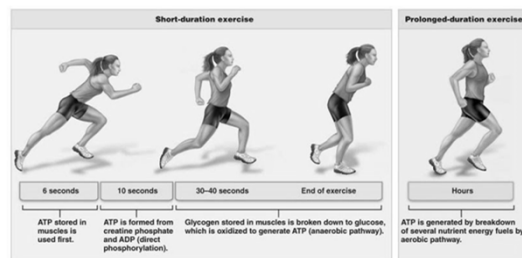
- Speed
- Strength
- Endurance
- Flexibility
- Coordination

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## Energy Systems

- ATP-CP System
- Lactic Acid System
- Oxidative System



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## 400 Meters: Considerations for Training and Competition

### Weight Training

- Primary Lifts
- Body Weight Exercises

### Power Development

- Power Lifts

### Strength Training

- Bounds and Jumps



<https://youtu.be/H2ckbOobeKI>

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## Warm-up model

- What's most important?
- Time management

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## Training Considerations

- What does a week of training session look like?
- What have you taken into account as you designed the workouts?
- Is there a progression to your workout design?
- Is your workout design programmed based on the start of the season or is it programmed based on end-of-season goals?
- How are you going about explaining the race plan?



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## Training Considerations

**"THERE'S A COMPLETE DIFFERENCE BETWEEN TRAINING FOR A SPECIFIC EVENT AND GOAL AND JUST TRAINING."**

MICHAEL JOHNSON

© Lifehack Quotes

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## Technical Race Considerations

**"I AM A SPRINTER, AND I LOVE TO GO FAST. IT'S VERY DIFFICULT FOR ME TO BE PATIENT AND FOLLOW A RACE STRATEGY OR CONSERVE ENERGY."**

ALLYSON FELIX

© Lifehack Quotes

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**"ACKNOWLEDGE THAT YOU FAILED, DRAW YOUR LESSONS FROM IT, AND USE IT TO YOUR ADVANTAGE TO MAKE SURE IT NEVER HAPPENS AGAIN."**

**MICHAEL JOHNSON**  
QUOTESEVERLASTING.COM

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## 400 Meters: Considerations for Training and Competition

### Breaking down the race plan!

- Is your plan based on the competition or on components of the race?
- Does your athlete trust your plan?



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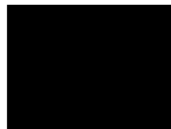
13



<https://youtu.be/rvTpdIrVUXM>  
2017 CIF State Championship Finals Girls 400m

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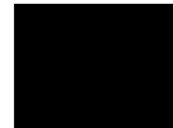
14



<https://youtu.be/8ZvGuuBqdBw>  
2016 CIF State boys 400m finals

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<https://youtu.be/73tBerbQffk>  
Women's 400m FINAL Allyson Felix 49.26 World Championships Beijing 2015

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<https://youtu.be/pJKwUmZMdkI>  
Wayde Van Niekerk 400m WR 43.03

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## 400 Meters: Considerations for Training and Competition

### Question and Answer



"IF WE CARRY ON FILLING UP THE CALENDAR, WE KEEP ON PUSHING THE ATHLETE, WE SHORTEN THE ATHLETES LONGEVITY. THE RISK IS TO SHORTEN A CAREER THAT COULD HAVE LASTED 10 YEARS BECAUSE THE ATHLETE IS BURNT OUT."

ALBERTO JUANTORENA

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