Coaching Strategies for Quarter milers

COACH DAVIAN CLARKE
The purpose of 400m training is to develop speed, techniques and strength levels so that athletes can implement appropriate race strategies to improve race times; its central purpose is to build stronger and more determined athletes whose work ethic will develop them into champions in the long-run.

D. Clarke
THREE(3) TYPES OF SUCCESSFUL 400M ATHLETE
WHAT YOU MUST HAVE IN YOUR ELITE 400M THAT YOUR COLLEGIATE 400M WILL NOT HAVE.
– Another critical factor for a 400m coach is the effects of weight training for both training and racing.
– Achieve strength without adding mass. Athletes frequently strive to add mass or bulk instead of the elasticity and power that is critical
I spend about 40 minutes of the 2 hour work out session that is allotted to me focused on my warm up. I try to emphasize all the biomechanics, stretching and sprinting techniques during this time. It is easier to make corrections in warm ups rather than at full speed runs.

Davian Clarke, University of Texas at El Paso
SELECTING EFFECTIVE COACHING TECHNIQUES
Breaking Down Your 400m Race Strategy

- 1st 50m should be run so that you get to top speed at 50m mark and then try and maintain that speed all the way down the backstretch.
- Once you get to the 200m mark start attempting to position yourself so you are in the proper order to sprint home.
- Last 100m or 300m mark you just push as hard as you can all the way to the line. Try to focus on breathing and arm action.
Activate your prior knowledge of Speed Reserves:

- We all know that 400m sprinters are fast
- We all know they are also strong
- Key is to build one athlete with both skill sets
Goal of feedback is to improve current situations without criticizing or offending. Should be:
• Descriptive rather than Evaluative (visible)
• Specific instead of general
• Given only when requested
• Given as soon as possible
• Realistic
• Positive
Work Outs 2017-UteP Track and Field

Week 1

- 9/6
  - Warm-up Series A
  - Long Run 3.5 mile run 25/29 minute run for distance
- 9/7
  - Instructional Day—Biomechanics of Sprinting
  - Relays Hand--offs, Hurdle series
- 9/8
  - Turf Runs
  - 110m—Run to Cone Marker
  - 6*6*6 NT this week
  - 15+ U-M, 17+ U-W
- 9/9
  - Warm Series A
  - 4x1 Hand Offs Technical Work, Sprinter Arm & Leg Action, 4way lunges—BW,FW,L–R Side
  - Hurdler Leg & Arm Action, Stick Drills, Hamstrings Holds, HK Prance
- 9/10
  - Hill Run—LR 28/34 minutes
Week 2

9/12
Warm up Series A
LR---1.5 mile       4x 80m strides 30/38 minutes

9/13
Instructional Day
Hurdle series FT Clap & one–arm push–ups, hamstring holdsx10
High knee prance 40m, Blocks start technique work, stick drills

9/14
Pole Runs........5,4,3,2,1. Rest....1m,2m,3m,4m
Practice on turf. Abs Stretching

9/15
Instructional Day
10xFT , Clap, forward pushups and reverse pushups..10xHolds Hamstring, 6x stick drills
4x1 drills

9/16
Tennis Courts
Hill Run---LH  6*120m.......SH----60m.. Backward & Forward uphill lunge/sprints
WORK OUTS 2017-UTEP TRACK AND FIELD

Week 3
9/19
Warm A
W–4x400m– M–66 W–76  5m – 6.45m between sets …recovery
Abs & Cool down Drills
9/20
Warm up A
Instructional Day
4–way prones–1min, 10 x 4 –way push–ups, 10xhamstring hold. Hurdle series
Rest Day
9/22
Warm up A
4x4 handoffs & sprinting mechanics
Hurdle drills
9/23
Warm up A
90 sec run…..rest, 90 sec run….rest
90 sec run…..rest, 90 sec run…rest ….10x100m strides
WORKOUTS 2017-UTEP TRACK AND FIELD

Week 4

- 9/26
  - Warm Up A
  - LR – 20 min 4x50m – High Knee Prance
- 9/27
  - Warm Up A
  - Testing Phase I
    - 30m, STL, STJ, Pull-Up + BB MBT
- 9/28
  - Warm Up A
  - Testing Phase II
- 9/29
  - Warm Up A
- 9/30
  - Warm Up A
  - Rest Recovery
WARM

• Supportive
• Strength oriented
• Focus on solutions
• Promotes positive learning

COOL

• Impersonal
• Needs oriented
• Focus on the problem
• Provides constructive criticism
“As a Coach don’t rely on either instinct alone or on prepackaged sets of techniques. Instead think about what is taking place, what other strategies to incorporate, and use that in a critical or analytical way. In other words as a coach you must engage in reflection.”

Coach Davian Clarke, UTEP Athletics
Value of Collaboration Through Coaching

- See what to avoid and/or include in your practices.
- Information on lesson development and instruction.
- Self-assessment and self-awareness of strengths and areas of growth.
- Insights into lesson development and Effective Teaching Strategies.
Please take the time to ask specific questions.

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