

Using Core Training, Tempo Runs and Interval Tabatas in 400/800m Training
“Learning how to run fast when tired.”

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DAILY PRACTICE ROUTINE:

- Dynamic Warm up
- Hurdle Mobility
- Form/Sprint Drills
- Workout Session
- Core/Cool down routine
- Stretching/Injury Prevention

DYNAMIC WARM UP EXAMPLE:

200m – easy skipping

400m-600m – easy jogging

200m – 50m-skip lunges

50m – backwards run

50m – touch downs

50m – hip flexors/cycle around alt.

A Walk – 15m

Trunk Rotations/Twists – 4 points, 10 left and roll 2x/10right and roll 2x

Backwards Walk – 15m

Wood Chopper – 20swings

Lunges – 15m

Toe Touches – cross over/10 touches each foot

Dance Kicks – 15m

Leg Cross overs on back x10 each side

Airplane Toe Touches

Calf stretch/Raise leg 5x

Leg Swings x10

Split Scissorsx10

Dynamic plough x10

***Hurdle Mobility**

L/R side kick

L/R walk overs

Over/unders

***Drills 20m**

B Skip

Line 2 heel

Ins and Outs

Fast leg/cycle “feet”

***Buildups x2+**

WORKOUTS:

-Have a goal and choose from following sessions:

Long Runs, Long Speed Endurance, Raw Speed, Rest Recovery, Tempo, Interval/Core training.

*Conditioning situations may overlap for workout sessions but Long Speed Endurance or Raw Speed sessions are only “goal” for those workout days.

*Simple core routines are good daily along with the proper cool down and stretching.

TEMPO RUNS

- The idea of Tempo running is getting your sprinter/long sprinter to get meters in but not long slow miles. Keeping their turn over sharp but still working their endurance over 1000 – 5000 meters does exactly this.
- Tempo Runs are at 65-85% effort depending on where tempo sessions are in week's workouts or meet schedule. These can be used as rest recovery days, conditioning days or long meters/mileage days per how you put them together. Using a series of 100s, 200s and 300s in various orders make a tempo routine. The rest time is dependent upon goal of session as well. As a rule, use either 45sec with 2min rest or 30sec with 90sec rest. You will use the first # of the rest (either 45 or 30) after each push or comma as listed. You will then use the second # of rest (either 90sec or 2min) after each row/line of pushes.
- Please follow carefully for success of workout. **REMEMBER:** this is easy to moderate!!! It works best for the athletes when the coach times each session so it is exact in meters and in rest.

Examples:

1700m

100, 100, 100
100, 200, 100, 100
100, 200, 100, 200
100, 100, 100

5000m

100, 100, 100
100, 200, 100, 100
100, 200, 100, 200
100, 200, 200, 200
100, 300, 100, 300
100, 200, 200, 200
100, 200, 100, 200
100, 200, 100, 100
100, 100, 100

- Tempo runs are also used in cool downs daily to prevent injury and add a bit of conditioning piece, teaching an athlete to run while tired after a workout. Depending on day, using 4-8x 30 – 80m “Tempo Turnarounds” or going continuous back and forth yet reminding them proper knee lift/cycle through! This is a good cool down without asking them to run around the track more. Adding shallow lunges also helps the flushing process throughout their body for recovery.

*Cool Down Ex:

8x50m tempo turnaround
2x10 high lunge recovery

EXAMPLE OF CORE EXERCISES TO CHOOSE FROM:

Mountain Climbers
Frog Hops
Burpees w/pushups
Fire Hydrants
Walking Pushups
High Knees
V sit ups
Jump Split Squats
Bicycles

Floor Jacks
Power Squats
Push ups
Star Jacks
Knuckle Squats
Survivors
Lateral Skaters
Burpees
Leg Raises

Planks
Side Planks
Floor Angels
Superman
Tuck Jumps
Jump Shots
Sumo Squats
Suitcase Crunches
Tricep Dips

EXAMPLE OF INTERVAL/CORE TABATAS:

Ex: 1

*10 Burpees
20x jumping lunges
20x skaters
20xbicycles
10x pushups
*10 Burpees
20x power squats
20x jump shots
20x crunches
10x tricep dips
*10 Burpees

Ex: 3

25 suitcase crunches
25 pushups
25 power squats
25 mountain climbers
25 survivors
25 knuckle squats
25 frog hops
-repeat 2-4x (gradual increase to complete 100 of each exercise)

Ex: 4

50 high knees
4 burpees
40 mountain climbers
6 burpees
20 floor jacks
8 burpees
10 frog hops
10 burpees

Ex: 6

<u>burpees</u>	<u>exercises</u>
2x	15x push up
4x	15x bicycles
6x	15x tricep dips
8x	15x V-up crunches
10x	15x power squats
12x	15x swimmers

Ex: 2

50 pushups
50 high knees or 50 jump rope
50 power squats
25 pushups
50 high knees or 50 jump rope
50tricep dips
25 push ups
25 power squats
50 high knees or 50 jump rope
50 survivors
25 pushups
25power squats
25 tricep dips

Ex: 5

50 jumping jacks
25 suitcase crunches
50 mountain climbers
25 power squats
50 jumping jacks
25 push ups
50 jumping jacks
25 survivors
50 mountain climbers
25 knuckle squats
50 jumping jacks
25 tricep dips

EXAMPLE OF PARTNER TABATAS:

- Partner A controls the tabata while Partner B repeats 2 exercises over and over until Partner A gets done.
- Then Partners will switch going for 2-6 min as you feel.

Partner A:

Ex 1: 100 high knees
Ex 2: 80 mountain climbers
Ex 3: 30m of Broad jumps down and back

Partner B:

10 pushups/20 bicycle abs
15 knuckle squats/10 frog hops
5 burpees/5 floor jacks

Traveling Track/Gym Session:

2x100m (1min rest btwn) buildups/pushes/strides - your choice but stress/exaggerate form here in these runs.

25 plyo contacts - bounding/frog hops/tuck jumps/hurdle jumps?

2x100m repeat as above but 2-3min rest btwn

25 plyo contacts - same choices as listed first

2x100m repeat as above but 2-3 min rest

Traveling Track Session –repeat 2-3x w/5min recovery btwn:

400m then climb a full set of bleachers or stairs x2 at end then 25 pushups

400m then limb a full set of bleachers or stairs x2 at end then 50 split squats

400m then limb a full set of bleachers or stairs x2 at end then 50 survivors

Short Core Example 1

-jog 5 minutes between each set and repeat 6x

Crunches - 30

Push-ups – 25

Squats -35

V sit ups -30

Clap push up- 5

Supine bike -35

Short Core Example 2

* Stride 100m down and back

- 30, 50 situps

- 10, 20 pushups

- 15,25x Split Squats – alternating legs

* Stride 100m down and back

- 20,40x Scissor Legs Stomach crunch

- 10, 20 Leg Raises on back

- 15, 25 Free Squats

- 5, 10 clap push ups

* Stride 100m down and back

-stretch out/active rest

Long Conditioning Circuit Example

400M at Goal Pace

A Walk – 15m

Trunk Rotations/Twists – 4 points, 10 left and roll 2x/10right and roll 2x

Backwards Walk – 15m

Wood Chopper – 20swings

Lunges – 15m

Toe Touches – cross over/10 touches each foot

Dance Kicks – 15m

30 crunches feet up crossed/30 crunches feet down

400M at Goal Pace

Side Slides Down – 15m

Push-ups – 15-25x

Side Slides Back – 15m

Free Squats – x25

Straight Leg Toe Touches – 15m

Bicycle Crunches – x60

Inch Worm - 15m/jog back 15m

Superman – x20

Heel Walk/Toe Walk ALT. – 15m out/15m back

Fire Hydrant – L/R and F/B x15

Leg Swings with partner/wall/fence

Rock your Legs overhead touch and hold stretch

400m Goal Pace