



**Braves Middle Distance and
Long Sprint Philosophy**

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Personal Introduction

- 1987 Osawatomie HS grad with PRs of 4:35, 2:02(relay split), :52.8(relay split) and 10:29(CC).
- 1992 Ottawa University grad with PRs of 4:01 (1500), 1:56, 9:48(Indoor 2 mile), 15:48(Road), 26:50 (8K).
- Avid road racer from 1993-2009. Still somewhat active. Boston Marathon qualifier 2008, 2009 and 2010.

Coaching Experience

- Paola Panthers 1992-2007
- Bonner Springs Braves 2007-Present
- 22 years of both CC and Track

Athlete Accomplishments (place)

State	400	4x4	800	4x8	Distance	Other Events
Champs	1	0	1	2	1	15
Runner-up	1	2	2	2	5	10
Placers	5	7	13	12	32	
Qualifiers	12	23	22	21		
CC Team Qualifiers		Girls- 13	Boys- 8			

Athlete Accomplishments (time)

Boys sub 2:00	8	Sub 2:05	18 (26)
Girls sub 2:25	9	sub 2:30	9 (18)
Boys sub 50	11		
Girls sub 62	13		
Boys 4x8 sub 8:30	17		
Girls 4x8 sub 10:10	12		
Boys 4x4 sub 3:32	16		
Girls 4x4 sub 4:15	12		

Coaching Guidelines

1. Give back.
2. Commit to improving every year.
3. Leave your mind open to new things.
4. Make kids a priority.
5. Become a student of the sport.
6. Get parents involved.
7. Coach with integrity. Be a positive example.

Advice for New Coaches

- Find a mentor. Not just someone else on your coaching staff but someone from another school. Veteran HS Track and CC coaches are more than happy to share what they do.
- Steal other coaches methods. Everything I do has been stolen from someone else. I truly have nothing original to offer.
- Always continue to listen to other coaches ideas. Keep the ones you like and add them to your own bag of tricks.
- Go to clinics as often as possible. I go to two or three per year. In 22 years, I've never gone to a clinic and not added something to my repertoire.

The Twins Effect

- 2008: The Walker twins transferred to BSHS. At the State meet these two won the following events: 100M, 200M, 110H (1st and 2nd), Long Jump, and 4x1 (state record). They were in the 11th grade.
- 2009: Our 4x1 was just as strong as 2008. This pushed all the young sprinters up into the Long Sprint area (400/800). We had 3 9th graders that ran under 2:05 and in the 53s. I also had a 10th grader that ran 2:00 and 50.5. Any other year and these kids are running 100, 200, 4x1 events.
- 2010: Our “Long Sprint” philosophy paid off. We had a 4x8 that ran 8:20. A 4x4 that ran 3:24.24 (2nd at state). And a 4x1 that ran 43.7 for 3rd at state. The 4x4 and 4x1 were the same 4 kids. The 4x8 contained three of those 4. (Brooks Ballou also ran the 3200 for 5th at State.)
- Present: To this day we get our kids into the correct events. The 4x1, 4x4, and 4x8 will often be the same 5-6 kids. In the past 4 years, we’ve had a 4x4 under 3:32 every year. A 4x8 under 8:25 every year.

Types of Mid-Distance Runners

- 100M-400M type: These will spend more time with the sprint coach than with me. I'll usually have them for 1 day a week.
- 200M-800M type: These will spend 1-2 days each week with the sprint crew but most days with me.
- 400M-1600M type: These will spend more time on aerobic running than the others. These will spend very little time with the sprint crew.

Physical and Mental Characteristics

- Both the 400M and the 800M are aerobic-deficient events. This means the oxygen needed for the race is higher than the oxygen taken in during the race. This also means that anaerobic training is equally (if not more) important as aerobic training.
- 100-400 type: More explosive runners. They have the mental toughness to stretch out to the 400M but usually don't have the endurance to hold on for an 800M. Usually found on both the 4x4 and 4x1. Rarely run CC in fall.
- 200-800 type: Usually don't have the explosiveness needed for the 100M but have the speed to run the 4x1, 4x4 and the 4x8. They have some endurance but usually not enough to be an effective Miler. These kids are tough and run efficiently. Sometimes run CC in fall.
- 400-1600 type: These are usually Milers that have enough speed to run the 4x4 but usually don't run the open 400M. 1600-800-4x4 would be a typical track meet for them. Almost always run CC in fall.

Clyde Hart Excerpt

Introduction: The 400 Meter Dash is an endurance sprint incorporating the speed of the sprinter and the endurance of the half miler. It is considered by many to be one of the most demanding and grueling of competitive events. Usually the 400 meter runner will fall into two distinct categories— *Sprinter types and half-miler types*. Both of these Types have had their share of success over the years. Occasionally you will find an athlete who possesses some characteristics of both the sprinter and half milers.

Michael Johnson, a former Baylor University and World Champion in both the 200 and 400 metes is a prime example of the sprinter type 400 runner. However, he has developed his strength and endurance over the years to the level now that he can better maintain his superior speed over a longer distance than his competitors.

Testing Indicators for the Long Sprints

400-200-200

300-300-200

5 sec per lap rule

Double 400 pr + 10 sec

Season Planning

- Once you've tested your runners with a 400-200-200 or a 300-300-200. Then you can start planning out your competitive season. Some meets would emphasize shorter faster races while other weeks might emphasize strength which may push your 800M kid up to the 1600M or 3200M.
- Race combinations that I prefer: 4x8, 800M, 4x4. Or 1600M, 800M, 4x4. Sometimes if the 4x8 is early we'll do this: 4x8, 4x1, 400M, 4x4. Or 4x8, 4x1, 800M, 4x4.
- In case you haven't noticed, I like to race my top kids in 3-4 races per meet up to League. We consider the regular season meets to be a third "interval" day. I will also toy around with relay orders so that I can figure out the mentality of my team.

Building a Mid-Distance/Long Sprint program

- Planning: Failing to plan is planning to fail. At Bonner we head into each season with the entire season's training written out. Weather and other circumstances often dictate that we alter plans but for the most part we will get the key workouts done that are prescribed for each 2 week cycle.
- Splits: For the 800, I take splits for every 200M. For the 400, I try to get the 200M and 300M splits. This is not always easy.
- Record Keeping: I keep a detailed log for all my kids and do not throw them away after they graduate. Not every kid races the same and the more info you have, the easier it is to identify these needs.
- Relays: We put an added importance on relays. And we practice handoffs almost daily. We also practice cutting in for the 4x8 and 4x4 races. It's also not uncommon for us to run intervals carrying batons.

Split Differential for 800M

- Use it while you got it.
- +2.5 - 3.5 positive split
- Dave Wottle exception.
- It should be noted that Championship races can often be negative splits. Blame this on the “sit and kick” mentality.

800M World Records with Split Differential

Athlete	Year	Finish Time	1st lap	2nd lap	Differential
Glen Cunningham	1936	1:49.7	53.7	56.0	+2.3
Peter Snell	1962	1:44.3	50.6	53.7	+2.9
Jim Ryan	1966	1:44.3	52.9	51.4	-1.7
Dave Wottle	1972	1:44.3	52.9	51.4	-1.5
Alberto Juanterano	1976	1:43.5	50.9	52.6	+1.7
Alberto Juanterano	1977	1:43.44	51.4	52.0	+0.06
Seb Coe	1979	1:42.33	50.6	51.7	+1.1
Seb Coe	1981	1:41.73	49.7	52	+2.3
Wilson Kipketer	1997	1:41.73	49.6	52.1	+2.5
Wilson Kipketer	1997	1:41.24	48.3	52.9	+4.6
Wilson Kipketer	1997	1:41.11	49.3	51.8	+2.5
David Rudisha	2010	1:41.09	49.1	52.0	+2.9
David Rudisha	2010	1:41.01	48.3	52.7	+4.4
David Rudisha	2010	1:40.91	49.3	51.6	+2.3

2014 State 800M

	School	Overall Time	1st lap	2nd lap	Differential
1	Osa	1:54.84	57.91	56.93	-
2	Wich NW	1:55.23	58.57	56.66	-
3	Dodge City	1:55.43	58.16	57.27	-
4	Free State	1:56.69	58.73	57.96	-
5	Winfield	1:56.76	58.02	58.74	+
6	Bonner	1:57.13	58.69	58.44	-
7	Sacred Heart	1:57.14	57.38	59.76	+
8	Mill Valley	1:57.42	57.95	59.47	+
9	Scott City	1:57.47	58.57	58.90	+
10	Beloit	1:57.52	57.23	60.29	+
11	St James	1:57.53	56.46	61.06	+
12	Baldwin	1:57.63	58.83	58.80	-
1	Olathe E	2:16.91	66.69	70.23	+
2	Winfield	2:17.27	67.66	69.61	+
3	Free State	2:17.80	66.50	71.29	+
4	Garden City	2:18.92	67.02	71.90	+
5	St James	2:18.95	66.98	71.97	+
6	Dodge City	2:19.96	67.59	72.37	+
7	Maranatha	2:20.91	70.49	70.42	-
8	Free State	2:20.92	68.61	72.31	+



The Wottle Exception.

Each 200M at the 1972 Olympics was 26.X.

How to run a 400M race

- There are many ways to race the 400m, but I prefer running the first 200m **within one second of your SB** (season best), and then the next 200m within 2 seconds of the opening 200m. So a 20.0 sec SB/PB will result in splits of 21 + 23 = 44, with the opening 200m with blocks. That's a differential of 2 seconds, but anywhere between 1 and 2 is good.
- LaShawn Merritt runs his opening 200m **within 1.5 sec of his 200m PB** with a differential of close to 1 second!

Split differential for 400M.

Athlete	2013 WC 400m Race Splits				200 PB	1st 200 - 200 pb		2nd 200 - 1st 200	
	1st 200	2nd 200	1st 300	last 100		sec	%	sec	%
Christine Ohuruogu	23.80	25.60	35.70	13.30	22.85	0.95	95.84%	1.80	92.44%
Amantle Montsho	23.34	26.00	35.00	13.70	22.89	0.45	98.03%	2.66	88.60%
Antonia Krivoschapka	23.50	26.30	36.00	13.00	23.03	0.47	97.96%	2.80	88.09%
Stephanie McPherson	23.70	26.30	36.00	13.60	23.04	0.66	97.14%	2.60	89.03%
Natasha Hastings	23.50	26.80	36.30	14.20	22.61	0.89	96.06%	3.30	85.96%
Francena McCorory	23.30	27.40	35.70	15.00	22.92	0.38	98.34%	4.10	82.40%
Kseniya Ryzhora	23.60	27.40	36.30	14.70	22.91	0.69	96.99%	3.80	83.90%
Novlene Williams-Mills	24.30	27.20	37.10	14.40	23.25	1.05	95.48%	2.90	88.07%
Fastest	23.30	25.60	35.00	13.00	22.61	0.69	96.95%	2.30	90.13%
Slowest	24.30	27.40	37.10	15.00	23.25	1.05	95.48%	3.10	87.24%
Average	23.63	26.63	36.01	13.99	22.94	0.69	96.98%	3.00	87.33%

courtesy SpeedEndurance.com



Top 800M that could also run the 400M effectively.

Alberto Juanterano	44.26	1:43.50
Garry Reed	45.45	1:43.93
David Rudisha	45.13	1:40.91
Sebastion Coe	46.87	1:41.73
Duane Solomon	45.98	1:42.82
Johnny Gray	44.36	1:42.65



Duane Solomon

400PR= 45.98

800PR= 1:42.82

Mile PR= 4:03



Wilson, Martinez, Montano and Seb Coe.

(Just too cool to not include.)



2013 World Championship 800M Final

Brenda Martinez: 400M PR= 51.9

800M PR= 1:57.91

1500M PR= 4:00.94

Relay Strategies

- Textbook: Fastest runner 4th, 2nd fastest runner 1st. I love it when I have 4 good runners and can actually follow the textbook.
- Unconventional: Too often, I've only got 3 good runners and that's when the fun starts. How do you hide a slower leg? You usually can't. But sometimes you can get your 3 fast runners to become faster by putting them in the right situation for them.
- Must know your runners. This can't be emphasized enough. Some fast kids aren't tough. Some tough kids aren't fast. You, as the coach, need to identify who and what you have on your team.
- Must know your competition. Not quite as important as the previous concept but still vital to successful racing. 2010 4x4...
- Get in the race and stay in it. What ever it takes.

Relays

- 1995 Boy's 4x8 (8:24) Textbook- unsuccessful.
- 1996 Girl's 4x8 (9:51.01) slowest 1st, fastest 3rd.
- 1998 Girl's 4x8 (9:57) Textbook- unsuccessful.
- 2001-03 Girl's 4x8s (fastest first)
- 2004 Boy's and Girl's 4x8s G- Textbook. B- fastest to slowest.
- 2005 Girl's 4x8 (9:46) Almost textbook.
- 2010 Boy's 4x4 (3:24.23) fastest 2nd, 2nd fastest 3rd.

Training for 800M

- Multi-paced workouts. Some workouts will be faster than race pace. Some workouts will be slower than race pace. And some workouts will be at goal race pace.
- Speed workouts. These are 300M and lower in length. (mostly speed endurance)
- Pace workouts. Almost exclusively 200M repeats.
- Overdistance workouts. 300M and above usually at 1600M or 3200M race pace.

Training for 800M Continued

- It should be noted that the 100-400 athlete will only participate in one or two days a week with the other 800M candidates. And it's usually on a Monday.
- All of our athletes run at least a mile cool down at the end of each practice. That includes most sprinters and jumpers. The 400-800 athlete will usually run 2-3 mile cool downs. This is a great way to add to our Aerobic fitness.
- Most of what we do would be considered Anaerobic in nature.

2 week cycle for early season

- Mon: 300 at 100%, followed by 4-6 x 150 at 95%. This will normally include anyone running from 100M to 800M.
- Tues: Recovery run.
- Wed: 8x200 at 30 sec (boys) 35 sec (girls).
- Thurs: Recovery run.
- Friday: 6-8 x 300M at mile race pace. Anyone running 400 and below will run the sprinter workout.
- Sat: 4-7 miles. Depends upon off season mileage.
- Mon: 300-300-200 x 2. First 3-3-2 will count as test 800m.
- Tues: Recovery
- Wed: 8x200 at 30 sec and 35 sec.
- Thurs: Recovery run.
- Fri: 6-8 x 400 at mile race pace. Anyone running 400 and below will run the sprinter workout.
- Sat: 4-7 miles.

2 week cycle for mid-season

- Mon: 350M at 100%, followed by 6x150 at 95%.
- Tues: Recovery run.
- Wed: 8x200 at 30 sec and 35 sec.
- Thurs: Recovery run.
- Fri: Meet day.
- Sat: 5-8 miles.
- Mon: 600-200 with 60 sec rest. Then 4x200 at 400M race pace. These are sometimes changed to 4x150 at 400M race pace.
- Tues: Recovery run.
- Wed: 8x200 at 30 sec and 35 sec.
- Thurs: Recovery run.
- Fri: Meet day.
- Sat: 5-8 miles.

2 week cycle for post season

- Mon: 300 at 100%. Followed by 3x150 at 95%.
- Tues: 2 miles then 4x200M. Times specific to State or Regional goal.
- Wed: 3 miles then 4x150s at 95%.
- Thurs: 2 miles then 3x150. Sometimes will run a 200M time trial.
- Fri: Regional Meet.
- Sat: 3-5 miles.
- Mon: 2 miles then 4x200 at very race specific pace.
- Tues: 2 miles then 4x150 at 95%.
- Wed: 2 miles then 3x150.
- Thurs: 2 miles then 200M at 100%.
- Fri: State Meet
- Sat: State Meet

People that influenced my philosophy of training and racing.

Marvin Smith
Errol Logue
Chris Kornhaus
Carl Oczarzak
Chris McAfee
Jim Wright
Terry Drake
David Vaughn
Richard Ebel
Mike Spielman

Paul Boone
Bill Downing
Rob Harber
Jesse Griffin
Van Rose
Rod Madden
Rick Attig
Joe Vigil
Will Freeman
Clyde Hart

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