

Train

with

Pain... 400M ... LEE EVANS

Stan Dowell

Everytime you sprint 400 meters your personal character will be challenged. Four hundred meters is nothing more than a sprint with PAIN at the end. Train to live with this pain.

My main concern is to start the development of ANAEROBIC and AEROBIC sources of energy which relate to 400 meters. SPEED STAMINA is the building foundation for a successful 400 meter sprinter. An attempt must be made to gradually adapt the body to the stress of running. I recommend a period of long distance running (2-6 miles, daily) in October to help develop a solid foundation of endurance. Long distance running develops basic strength and endurance, but it does not develop leg speed. With this in mind I always try to incorporate some type of leg speed tempo.

I divide a 400 meter season into 3 periods; EARLY (Oct.Nov.Dec.), MIDDLE (Jan.Feb.Mar.), and RACING (Ap.May June).

NOTE: Weight training must start with the first week of running in early October. The 400 meter sprinter must develop his upper and lower body. Arm strength will help to propel the body during the racing season. Weights two days a week.

(1.) EARLY SEASON (Volume to develop endurance - Oct.Nov.,Dec.)

October:

M. 5 mile run
T. 2 miles - 8x50m
W. 4x800
Th. 3 miles
F. 2 miles - 6x100m

M. 6 miles - 6x100m
T. 3x900m
W. 3 miles
Th. 2 miles of 50m strides.
F. Easy 4 miles

**These are just some of the varied examples of the different weeks used in the early months.

November/December:

M. 6x800m in 2:23.0
T. 2 miles - 6x150m
W. 6x100m - 4 miles
Th. 2 miles in 15:00
F. Easy 3 miles

M. 2 mile run with a 50m sprint every 400m.
T. 3 miles 8x50m
W. Easy 4 miles
Th. 2 miles - 8x50m
F. Race 4 laps of 50m(sprint-Jog) in 6:00.

6x500 @ 70 40 40

(2.) MIDDLE SEASON (Long Interval - Jan.Feb.Mar.)

These months must be used to create adequate stress, both PHYSICALLY and MENTALLY. Speed and stamina are best acquired over months of work and once acquired are easily retained without lessening sharpness, even during the speed period.

From now on we must be highly concerned with leg speed and tempo. Most of the workouts are geared to utilize and maintain the natural speed of the athlete. SPEED STAMINA with progressive acceleration!

January:

- M. 4 miles in 32:00
- T. 4x800 (2:15.0 with 6 min. interval)
- W. 3 easy miles 6x150m
- Th. 2 miles - 3x1200m 8.5
- F. 6 miles

- M. 2 miles of 50m - sprint/jog (14:00)
- T. 4 miles
- W. 4x900m - 2 miles warm down
- Th. 3 miles
- F. 15x200m - walk 150m interval

February: (Special attention to the interval)

- M. 3x800m in 2:10.0 (8:00 interval)
- T. 4 miles
- W. 10x150m in 20.0 (walk 100m interval)
- Th. 2 miles - 4x50m sprint
- F. Race 4 laps of 50m sprints in 5:20.0

- M. 6x600m easy stride
- T. 4x150m - 3 miles warm down
- W. 2 miles - 8x50m sprint
- Th. 5x500m in 1:27.0 (8:00 interval)
- F. Long easy 6 miles

March: (Start of shorter intervals)

- M. 4x500m in 67.5
- T. 8x150m - walk 100m interval
- W. 3miles 6x50m
- Th. 4 laps of 50m sprint/jog in 5:15.0 2 miles w/down
- F. 6x50m starts on the turn. Stride 4x300m
- M. 6x150m in 16.0 with 3:00 interval
- T. 6x200m in 25.5 walk 4:00 interval
- W. 2 miles - 6x50m
- Th. 3x300m in 36.5 walk interval of 7:00
- F. Jog 6 laps - Run quick 2 miles

I never try to run more than two hard days in succession.

(3.) RACING SEASON (Total muscle fatigue - Local muscle endurance)

These racing months are the climax of the total program. I try to concentrate on the transfer of speed stamina into the actual race. I think that special speed stamina work-outs with special attention to the interval will help achieve this.

APRIL - MAY - JUNE (High intense racing work-outs)

April:

M. 2x500m in 62.50 (8:00 rest)
T. 6x100m in 11.5 (3:00 walk interval)
W. 6x50m starts off the turn. 6 lap w/down
Th. 3x300m in 36.0 (long interval of 9:00)
F. 6 easy laps of 50m sprint/jog.

M. 2x800m in 2:04.0 6x50m
T. 2x150m - 4x100m - 2x150m (15.0 - 11.0)
W. 4 laps of 50m in 5:30 - 2 miles w/down.
Th. 4x200m in 22.50 (5:00 interval walk)
F. Long easy 2 miles

May:

M. 3x200m in 21.6 (9:00 interval)
T. 6x150m in 15.0 (5:00 interval)
W. Race 2x500m in 61.5 (through the 400 in 49.0)
Long interval rest of 12:00.
Th. Rest
F. Rest
Sat.....Meet!!!

JUNE:

M. 1x500m in 60.0 (through the 400 in 48.0) 6x50m.
T. 4x50m starts on the turn.
2x200m in 21.2 (long rest of 12:00)
W. Race 1x300m in 33.0 - 6 laps w/down.
Th. Rest
F. Rest
Sat.....Meet!!!!

What makes a "CHAMPION"?

1. Emotional control
2. Speed
3. Stamina
4. Supreme competitor

Q/A: 125-110

Stu Duell
Independence AK

Lee Evans

400 # workouts

JAN. 23, 1989

Hello Hank,

I'm glad you like the Seminars.
So, you have father trouble too!
I have this about every track season,
and handle it as follows: "I will not
allow any athlete to compete for
the school unless he is on my
track every day, running my program."

I hope you are tough, and never
allow any outside interference.

About Lee Evans' workout
program; I always started his
year with 800 meter workouts,
And then worked down into the
400 during the months of April,
May, and June.

*OCT. M - 4M - 10X50

T - 8X200 - 4X150

W - 2M of 50^s (SPRINT-JOB)

TH - 4X600 - 4X100

F - 6X300 - 3X150

*NOV. M - 2M - 6X150

T - 10X150

W - 4X500 - 8X50

TH - 2M^s of 50^s

F - 3M

*DEC. M - 2M of 50^s

T - 5X150 - 5X500

W - 6X100 - 4M

TH - 6X150 - 6X200

*JAN. M - 3M

T - 4X150 - 4X200 - 4X50

W - 5X300 - 5X100

TH - 2M - 6X50

These are just some of the
many varied workouts I use.

Good Luck!

Stan Powell