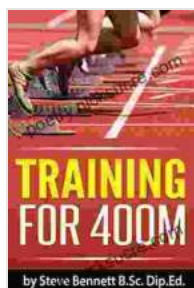


Training for the 400m: A Comprehensive Guide by Steve Bennett

The 400m is a challenging and rewarding event that requires a combination of speed, endurance, and technique. If you're looking to improve your performance in the 400m, it's important to have a comprehensive training plan that addresses all aspects of the event.



Training For 400m by Steve Bennett

★★★★☆ 4 out of 5

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In this article, I'll provide you with everything you need to know about training for the 400m, including:

- Physical preparation
- Technical aspects
- Mental preparation

Physical Preparation

The physical preparation for the 400m involves developing a strong foundation of speed, endurance, and strength. Here are some of the key exercises that you should incorporate into your training program:

- **Speed drills:** Speed drills are essential for developing the fast-twitch muscle fibers that are used in the 400m. Some common speed drills include:
 - Flying 30s
 - Acceleration drills
 - Hill sprints
- **Endurance training:** Endurance training is important for developing the aerobic capacity that is needed to sustain a fast pace for the entire 400m. Some common endurance training methods include:
 - Long runs
 - Tempo runs
 - Interval training
- **Strength training:** Strength training can help to improve your overall strength and power, which can translate into improved performance in the 400m. Some common strength training exercises for runners include:
 - Squats
 - Deadlifts
 - Lunges

Technical Aspects

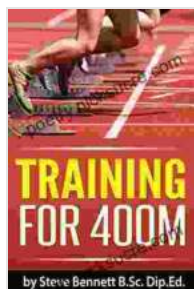
In addition to physical preparation, it's also important to focus on the technical aspects of the 400m. Here are some of the key technical points that you should keep in mind:

- **Starting position:** The starting position for the 400m is similar to the starting position for the 100m and 200m. You should start with your feet shoulder-width apart, your knees slightly bent, and your body leaning forward. Your arms should be behind you, with your hands slightly above your shoulders.
- **Drive phase:** The drive phase is the first phase of the 400m. In this phase, you should focus on accelerating out of the starting blocks and reaching your top speed as quickly as possible. You should keep your head up, your shoulders relaxed, and your arms swinging in a coordinated manner.
- **Mid-race phase:** The mid-race phase is the second phase of the 400m. In this phase, you should focus on maintaining your speed and running with a relaxed and efficient stride. You should keep your head up, your shoulders relaxed, and your arms swinging in a coordinated manner.
- **Finishing phase:** The finishing phase is the third and final phase of the 400m. In this phase, you should focus on giving it your all and crossing the finish line as quickly as possible. You should keep your head up, your shoulders relaxed, and your arms swinging in a coordinated manner.

Mental Preparation

Mental preparation is just as important as physical preparation when it comes to training for the 400m. Here are some of the key mental strategies that you should keep in mind:

- **Set realistic goals:** It's



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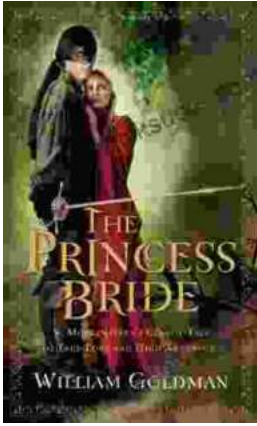
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