

200 Meter Training

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As is the case in all Track and Field running events, the runner will have certain strengths, and the training of that individual would depend on where these strengths lie. The 200 meter runner will usually fall into one of two categories, A-100/200 type or B-200/400 type. In some rare cases you will have individuals that will possess ability to fall into both.

It is important to establish early on which type your 200 runner is. I feel very strongly that training should always be directed at a runner's strengths more than to their weaknesses. There is a time and place in the training program to improve upon a runner's weaknesses. In the case of the 200 meter runner, this should be done periodically throughout their training year. It will be different for each of the two types. For example, if the 200 runner is a 100 meter type, then that runner's Off Season training program should incorporate drills and workouts that will enhance his endurance and strength. In the case of a 400 meter type runner, we need to be conscious of the fact that this runner needs to work on their quickness and stride rate, and this needs to be done throughout the course of the year with more emphasis being done in late season.

A famous coach once made the statement that too many coaches work too long and hard to improve upon the weaknesses of their runners, and neglect to work on their strengths. Once you have determined what type of 200 runner you are working with, then you need to proceed with a program designed to ultimately enhance his strengths. There are some basic principles that I like to use as guidelines working my 200 runners.

- I Go from quantity to quality.**
- II Strength is synonymous with speed.**
- III Relaxation is the key element in good 200 meter running.**
- IV Minimize all-out speed running in practice.**

As to the race strategy and overall technique in racing the 200 meter as opposed to the 100 meters, I feel there is a distinct difference. Too many outstanding 100 meter runners are tempted to run the 200 meter in the same fashion that they are accustomed to doing in the 100 meters. I feel this is a mistake

The 200 meter runner has to realize that at about 50 to 60 meters they have to stop pressing and get into a relaxed sprint rhythm. This will help to maintain their velocity throughout the course of the race. It is a common mistake on the part of the 200 meter runner to try to press all the way through the first 100 meters, and then attempt to hang on at the end. The 200 runner can maintain within a few hundredths of a second, his best hundred meter time by relaxing and mentally concentrating on getting into a relaxed running style. By doing this he will have a better chance to maintain his top speed down the final straightway where ultimately the 200 meter will be won.

I believe in trying to minimize the amount of all-out sprinting in practice. As an example, take the case of Michael Johnson who trains as a B-Type (200-400), he was limited in his speed work to practice starts, relay handoffs and racing, and speed drills. If speed drills are implemented in workouts at the proper time, then nothing is lost, and a lot can be gained by minimizing all out sprinting.

I would advise working on starts around the curve. One particular drill that we use is to place a marker in the lane at 30 meters and have your sprinter take 4 to 6 starts at this distance, and then move the marker out to 40 meters, take one start there, and continue moving the marker out until the runner has taken starts at least through the first 60 meters.

I am enclosing some sample workouts for each of the four training periods of our year at Baylor University. I hope they will be of assistance to each of you in working with your 200 meter runner.

200 Meter Training

Sample Workouts

I. Pre-Season (Sept.-Oct.-Nov.) (grass area preferred)

- Monday**
1. Warm-up (30 min.)
 2. 6 x 100 Technique runs
 3. $\frac{16 \times 200}{2}$ 36 (39)
 4. Wgts.
- Tuesday**
1. Warm-up (30 min.)
 2. 6 x 50 Technique runs
 3. A – $\frac{4 \times 350}{10}$ (35) 52.5
B – $\frac{4 \times 600}{10}$ (75) 1:52
 4. 800 cool-down slow (grass)
- Wednesday**
1. Warm-up (30 min.)
 2. 10 x 50 Technique runs
 3. $\frac{3 \times 5}{2}$ Long Hills (300)
 4. 1 x 800 Jog
 5. Wgts.
- Thursday**
1. Warm-up
 2. 15 min. Cross-Country Run
- Friday**
1. Wgts.

II. Indoor Season (Dec.-Jan.-Feb.)

- Monday**
1. Warm-up
 2. $\frac{3 \times 150}{3}$ Build-ups
 3. A – $\frac{8 \times 200}{2}$ 28
B – $\frac{10 \times 200}{2}$ 28
 4. $\frac{4 \times 40}{30}$ Quick Action
 5. Wgts.

- Tuesday**
1. Warm-up
 2. 3 x 150 Build-ups
 3. 8-10 Starts (curve)
 4. A – $\frac{2 \times 300}{5}$ (26) 39
B – $\frac{2 \times 450}{10}$ (54) 62
 5. $\frac{1 \times 200}{\text{wk}/200}$ 30
 6. $\frac{1 \times 5}{2}$ Short hills (100)

- Wednesday**
1. Warm-up
 2. $\frac{3 \times 150}{3}$ Build-ups
 3. Starts 6-8 curve
 4. A – $\frac{2 \times 250}{5}$ (26) 32
B – $\frac{2 \times 350}{5}$ (26) 46
 5. h-drill $\frac{3 \times 10}{3}$
 6. $\frac{1 \times 200}{5}$ 29
 7. Wgts.

- Thursday**
1. Warm-up
 2. 3 x 150 Build-ups
 3. A – $\frac{6 \times 100}{2}$
 4. B – $\frac{8 \times 100}{2}$
 5. $\frac{1 \times 800}{5}$ 29

- Friday**
1. Warm-up
 2. 3 laps (60/40) walk curves
 3. $\frac{1 \times 200}{\text{wk}/\text{lap}}$ (28) (42)

III. Early Season (Mar.-Apr.-May)

- Monday**
1. Warm-up
 2. 3 x 150 Build-ups
 3. A – $\frac{6 \times 200}{2}$ 26
B – $\frac{10 \times 200}{2}$ 26
 4. $\frac{4 \times 40}{30}$ Quick Action
30 sec.
 5. $\frac{2 \times 200}{30}$ 30
 6. Wgts.

- Tuesday**
1. Warm-up
 2. Starts 6-8 curve
 3. A – $\frac{2 \times 250}{5}$ (25) 31
B – $\frac{2 \times 450}{10}$ (53) 61
 4. $\frac{4 \times 40}{30}$ Quick Action
30
 5. $\frac{2 \times 200}{30}$ 30

- Wednesday**
1. Warm-up
 2. A – $\frac{3 \times 150}{5}$ (18)
B – $\frac{3 \times 350}{5}$ (26) 46
 3. $\frac{4 \times 40}{30}$
 4. $\frac{2 \times 200}{30}$ 30
 5. Wgts.

- Thursday**
1. Warm-up
 2. A – 2 sets speedmakers (60/40)
B – 3 sets speedmakers (60/40)
 3. $\frac{2 \times 200}{30}$ 30

- Friday**
1. Warm-up
 2. 3 laps (60/40)
 3. $\frac{1 \times 200}{\text{wk}/200}$ 28

IV. Late Season (June-July-Aug.)

- Monday**
1. Warm-up
 2. A – $\frac{5 \times 200}{1:45}$ 25
B – $\frac{7 \times 200}{1:45}$ 25
 3. $\frac{4 \times 40}{30}$ Quick Action
 4. $\frac{1 \times 200}{\text{wk}/200}$ 28
 5. Wgts.

- Tuesday**
1. Warm-up
 2. Starts 6-8 curve
 3. A – $\frac{2 \times 250}{5}$ (23) 28
B – $\frac{2 \times 450}{10}$ (50) 57
 4. $\frac{4 \times 40}{30}$ Quick Action
 5. $\frac{2 \times 200}{30}$ 30

- Wednesday**
1. Warm-up
 2. A – $\frac{3 \times 150}{5}$ (16)
B – $\frac{3 \times 350}{5}$ (24) 44
 3. $\frac{4 \times 40}{30}$ Quick Action
 4. $\frac{2 \times 200}{30}$ 30
 5. Wgts.

- Thursday**
1. Warm-up
 2. A – 2 sets speedmakers (60/40) (progressive)
B – 3 sets speedmakers (60/40) (progressive)
 3. $\frac{2 \times 200}{30}$ 30

- Friday**
1. Warm-up
 2. 3 laps (60/40)
 3. $\frac{1 \times 200}{\text{wk}/200}$ 26

200 meter training

- I. Determine what type of 200 runner will be trained.**
 - A. Speed type 100/200**
 - B. Endurance type 200/400**

- II. Determine training methods according to the runner's strengths.**
 - A. Work to improve weakness during off-season.**
 - B. Work to develop strengths during the entire year.**

- III. Set up a program to best develop both areas: strengths and weaknesses**

A. Divide year into four equal segments:

Off-season

Pre-season

Early season

Late season

B. Select training site, grass, hills, etc.

C. Begin related conditioning activities, weight training, plyometrics, swimming, hill running, etc.

**IV. Go from quantity to quality in
Developing a training program**

A. Build a base with aerobic training

B. Use a pyramid approach to setting up training program

**V. Strength & speed are synonymous.
Ways to get stronger are:**

A. weight training (standard weight training programs)

B. related strength training (plyometric, hill running, sand running, resistance rope runs, etc.

C. Endurance runs, pure aerobic running.

D. Tempo endurance runs, aerobic running in slow, high, volume number of runs.

E. Strength endurance (runs that last longer than 10 seconds.)

F. Power speed (emphasis is on speed of muscle contraction, is usually done with fewer than 10 repetitions and no more than 10 seconds per repetition.)

G. Event running (runs with race strategy in mind, working on different aspects of the race.)

H. Speed runs (will vary from distances of 30 to 150 meters)

V. Relaxation: the key to good sprinting

A. Body mechanics must be perfected.

B. Mental image must be developed of what is required in relaxation. of body parts.

- C. Drills are implemented to stress the importance of relaxation.**
- D. 150 meter build-ups, working on increasing speed while not tightening up.**
- E. Speed-maker drill, sprints and jogging.**

VI. Minimizing Speed in Practice

- A. Slower running allows for more running and more running will increase strength.**
- B. Slower running allows for less rest between runs. Less rest will increase strength.**

- C. Slower running will aid sprinter in learning better technique and thus help sprinter's ability to relax.**
- D. Slower running will help protect sprinter from injury.**

VII. Developing the Start

- A. Make sure the strong leg is in the front block of the starting blocks.**
- B. Proper distance must be determined between each block.**
- C. A comfortable starting position must be determined.**
- D. 200 starts should be done on the turn of the curve.**

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XI. Race strategy and technique

- A. Start should be as fast as possible while negotiating the curve.**
- B. Drive hard for the first 50 meters**
- C. From 50 meters to 150 meters sprinter must focus on maintaining maximum velocity while trying to stay relaxed.**
- D. From 150 meters on to the finish, sprinter must try to accelerate speed while keeping technique intact.**

Speed Development

I. Speed can be improved with proper training.

A. Genetic makeup determines an athlete's maximum potential,

**but improvement is possible....
to what degree is largely up to
the athlete and those persons
who direct the training.**

**B. The degree of improvement that
the athlete will make is deter-
mined by his abilities, his choice
of training, and his coach.**

**II. The coach must first identify sprint
candidates**

A. Fast-twitch and slow-twitch fiber

B. Flexibility

C. Reaction Time

D. Body fat (restricts speed of movement)

E. Physical make-up (size)

F. The speed of muscle contraction (can be improved with proper training)

III. Explosive Power

A. Speed in short distance running can be improved through strength/power training

B. The speed of muscle contraction can be improved with proper training.

IV. Running Stride Length

- A. A key element in the speed equation**
- B. If done improperly, it can be a disadvantage to the sprinter.**

V. Stride rate (steps per second)

- A. Can be improved without hurting stride length.**
- B. Just like stride length, if the stride rate is not executed properly, it will be a major disadvantage to the sprinter.**

VI. Relaxation and Technique

- A. This is the third element of the speed equation along with stride length and stride rate.**

- B. Like the other two elements, if The athlete doesn't practice relaxation and proper technique, he will be at a disadvantage.**

VII. Training the Sprinter

- A. Year-round program of training**
- B. Use the pyramid approach to setting up the year's training program.**
- C. Always go from quantity to quality.**
- D. If the athlete takes the time to reload, he will never peak too early.**

VIII. Work to improve the key elements in good sprinting

- A. Overall conditioning and fitness**
- B. Specific conditioning**
- C. Stride Length**
- D. Stride rate**
- E. Foot placement**
- F. Air-time**
- G. Recovery leg.**

IX. Improving Stride Length

- A. Better sprinting form**
- B. Legs and ankles must get stronger**

C. Work to improve both hip and ankle flexibility

X. Improving Stride Rate

A. Proper warm-up can enable sprinter to have faster stride rate.

B. Body fat can hinder stride rate if body-fat ratio is too high.

C. Strength/power training (weight training and plyometrics) are a great benefit to development of stride rate.

D. Sprint-assisted training has some benefit, but the verdict is still out on how much it benefits.

E. Down-hill running

- F. Fast-action drills, such as the h-drill is helpful in developing stride rate.**
- G. Pawing drill is great in developing the recovery leg.**
- H. Ladder-on-the-ground drill requires fast action of the recovery leg.**

XI. Speed-Maker drill

- A. Designed to incorporate all the elements in fast sprinting into one drill.**
- B. This drill allows the coach to be in position to observe the runners as they run repeated short sprints of 60-70-80-90 meters.**

- C. During this drill, the athlete is focused on proper sprint technique and can be corrected by the coach as he passes by during his recovery phase.**

XII. Train slow/Race fast

- A. Run full out in only a few of the training sessions.**
- B. Starts, relay hand-offs, and drills that cover 60 to 90 meters are the only drills where full effort is required.**
- C. Cuts down on injury possibilities**
- D. Slower runs allows the athlete to run more in training, while resting less.**

- E. Strength and speed are synonymous.**
- F. Strength is gained not only in the weight room but on the track. Design a training program to develop strength and endurance in sprinters.**

