

From prep to pro: the 400 meters

FALL SEASON

Week#1	Week#2	Week#3	Week#4
M: 1 mile/ weights	1.5 mile/ weights	2 mile/ weights	2 mile/ weights
T: 1 mile/ weights	1.5 mile/ weights	2 mile/ weights	2 mile/ weights
W: Drill outs	Drill outs	Drill outs	Drill outs/strides
Th:1 mile/ weights	1.5 mile/ weights	2 mile/ weights	2 mile/ weights
Fr: Drill outs	Drill outs	Drill outs	Drill outs/strides
S: 1 mile/ weights	1.5 mile/ weights	2 mile/ weights	2 mile/ weights
Su: OFF	OFF	OFF	OFF

EARLY SEASON

Week#1	Week#2	Week#3	Week#4
M: 3x600 / weights	3x600/ weights	3x600/ weights	600,500,400/ weights
T: 3x300 / weights	4x300/ weights	5x300/ weights	4x300/ weights
W: Drill outs	Drill outs	Drill outs	Drill outs
Th: 3x600 / weights	3x600/ weights	3x600/ weights	500,400,300/ weights
Fr: Drill outs	Drill outs	Drill outs	Drill outs
S: 2x600,2x300/ weights	2x600, 3x200/ weights	2x600,3x100/ weights	OFF
Su: OFF	OFF	OFF	OFF

MID SEASON

Week#1	Week#2	Week#3	Week#4
M: Weights/ 500,400,300	Weights/ 500,400,300	Weights/ 500,300,200	Weights/ 500,250,150
T: Drill outs	Drill outs	Drill outs	Drill outs
W: Weights/ 5x200	Weights/ 3x200,6x40	Weights/ 3x200,6x60	Weights/ 6x150
Th: OFF	OFF	OFF	OFF
Fr: Weights/ 4x350	Weights/ 2x450	Weights/ 1x500, 3x40	Weights/ 2x350, 4x40
S: Pool	OFF	Pool	OFF
Su: OFF	OFF	OFF	OFF

LATE SEASON

Week#1	Week#2	Week#3	Week#4
M: Weights 350,250,150	Weights/ 300,200,100	2x350, 4x40	4x200
T: Drill outs	Drill outs	Drill out	Drill outs
W: Weights/4x60,50,40,30	Weights/4x60,50,40,30	120,100,80,60	2x60,2x50,2x40,2x30
Th: OFF	OFF	OFF	OFF
Fr: Drill outs	Drill outs	Drill outs	Drill outs
S: MEET	MEET	POOL	CHAMPIONSHIPS
Su: OFF	OFF	OFF	CHAMPIONSHIPS