400m RACE INVENTORY

The Longest Dash

STARTING

STARTING THE RACE
30 to 60m Acceleration

HOLDING SPEED OFF THE TURN

- **CHECK LIST**

a. Body Position
b. Eyes Parallel
c. Chin Down
d. Arms Active
e. Good Frequency
f. Rhythmic Breathing

BACK STRETCH RUNNING

- Max Speed Minimum Effort

ENTERNING THE TURN 3rd 100

- Change the rhythm (uphill running)

OFF THE TURN 3rd 100

- Downhill Running

FINAL 100
COMING HOME

- Arms
- Body Position
- Rhythmic Breathing (for Clarity)