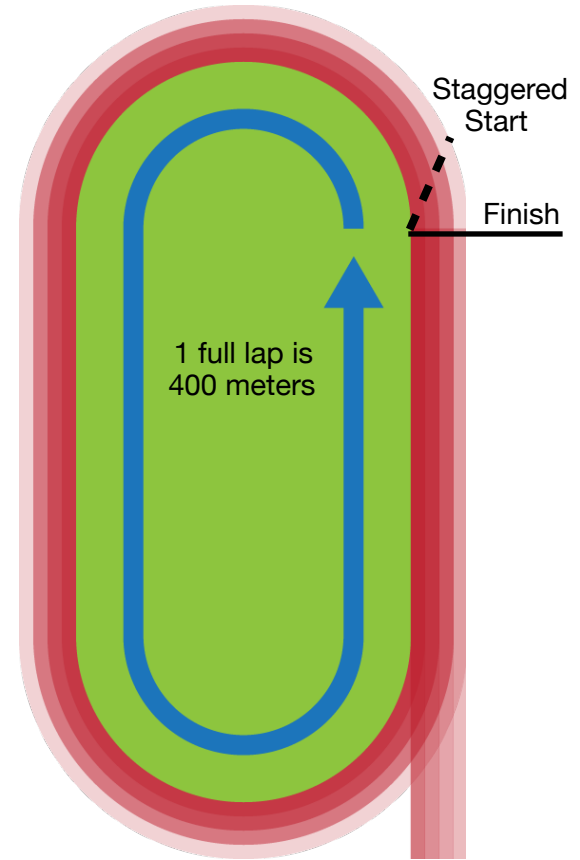


Sprints | 400-meter Dash

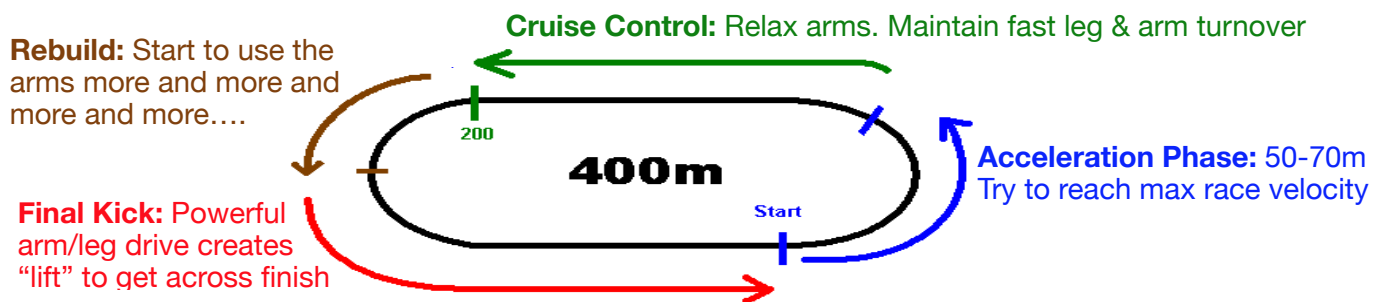
The 400-meter race is one lap around the track. This is the longest sprint event. It is impossible to run at maximum speed for 400-meters, so this race takes a lot of strategy.

- ◆ **Start:** Runners are assigned a lane and must stay in this lane for the duration of the race. Since the outside lap of a track is longer than the inside lap, the starting line is staggered. This ensures that that everyone runs the same distance.
- ◆ **Acceleration phase:** Runners use the first 50-70m to accelerate to maximum race velocity.
- ◆ **Cruise Control:** The first straight away should still be fast, but comfortable and relaxed. This is not a time to jog! Conserve arm energy by not pumping as aggressively.
- ◆ **Rebuild:** Focus on the arms! Gradually increase arm pumping action through the final two curves. This will help to set up a quick final 100 meters.
- ◆ **Final Kick:** The legs need all the help they can get now. All attention goes to the arms as they pump aggressively upwards and give the legs lift.
- ◆ **Finish:** The finish time is marked when the runners chest crosses the finish line so be sure to lean into finish. Don't slow down until you CROSS the line!



Helpful Drill

- ◆ Try to run for 1 minute at a fast, but controlled pace. Make note of where you stop.
- ◆ Take a full 2 minute rest while walking back to your starting point.
- ◆ Run for another minute. Try to repeat the same pace so that you end at the same place as the first try.
- ◆ Repeat 3-4 times.



World Records in the 400m Dash

Division	Time	Name	Division	Time	Name
Women	47.60	Marita Koch	Men	43.03	Wayde Van Niekerk
Girls 9-10	59.81	Monique Henderson	Boys 9-10	58.74	Jules Noel
Girls 11-12	55.01	Robin Reynolds	Boys 11-12	50.75	Bryce Love
Girls 13-14	53.40	Brandi Cross	Boys 13-14	47.16	W. Obea Moore