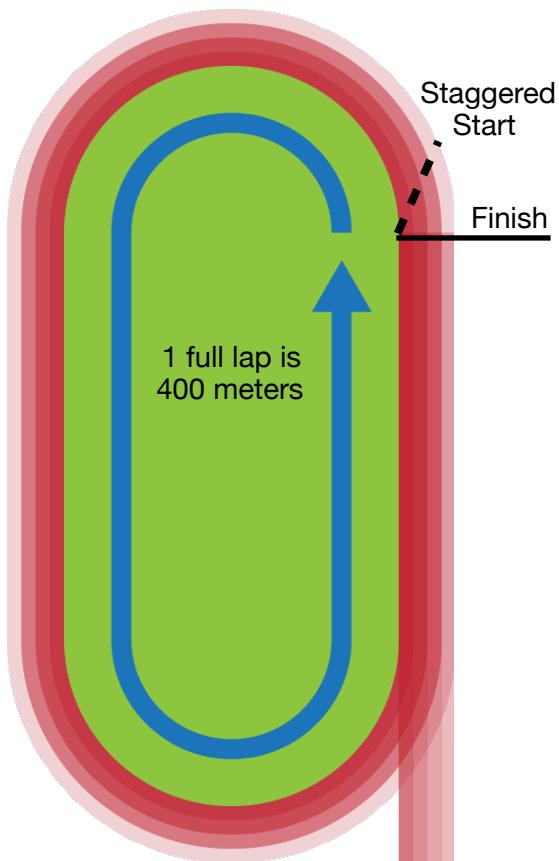


# Sprints | 400-meter Dash

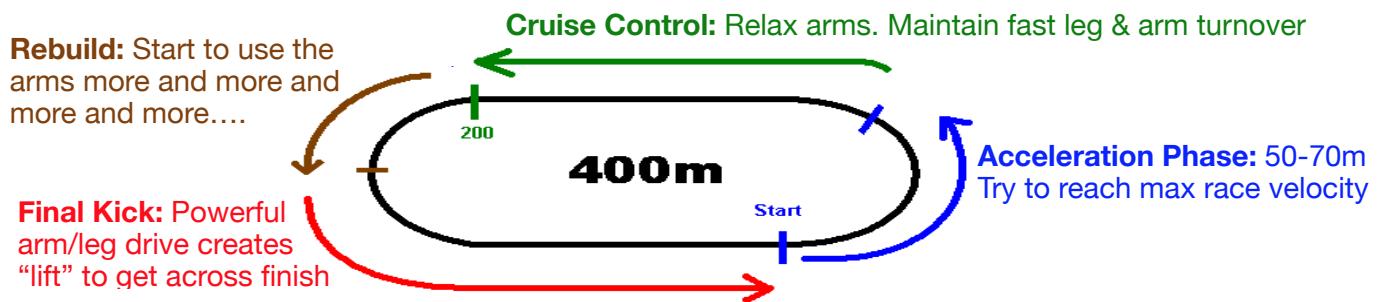
The 400-meter race is one lap around the track. This is the longest sprint event. It is impossible to run at maximum speed for 400-meters, so this race takes a lot of strategy.

- ◆ **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 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

| <b>Division</b> | <b>Time</b> | <b>Name</b>       | <b>Division</b> | <b>Time</b> | <b>Name</b>       |
|-----------------|-------------|-------------------|-----------------|-------------|-------------------|
| 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     |