

# HOW TO RACE A 400

## (And Not Die in the Process)

**BASIC PRINCIPLE:** you're not going for an even split (or rather, an even split isn't your best possible race). Your 2<sup>nd</sup> 200 should be 2.5-4 seconds slower than your first. If it's over 5 seconds slower, you've run the first 200 too fast, or you need to get in shape!

### PROPER RACE DISTRIBUTION

**0-50m**—Get out *fast*, achieve race speed ASAP, establish a quick tempo immediately.

**51-190m**—Race speed should be achieved. Maintain tempo, focus on efficient mechanics (drive arms, drive knees, back straight, shoulders relaxed, chin level). Fast, comfy rhythm. Don't press, but DO NOT slow down. MAINTAIN.

**191-250m**—ATTACK THE TURN. Hit your 200 goal pace (0.8-1.0 sec slower than 200 PR). The 200m-300m section is the most important of your race.

**251-350m**—RACE. Accelerate through the turn. Set your sights on someone, go get them. Hold off anyone trying to get you.

**351-400**—FOCUS. Discipline. Hold form. Maintain mechanics and fight the temptation to swim or lock up. Level chin, big arms, quick feet. Do NOT reach, run *through* the finish.

**The 400 is really 350m of racing+50m of guts and technique. Train appropriately.**

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