

400 Training  
A Championship  
Foundation

-Joe Cusack  
-Jennifer Reeder



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Joe Cusack, Blue Springs Boys T&F HC (2008-2022)

State Champions - 2014, 2015, 2017

State Runner-Up - 2013, 2018

State 3rd Place - 2016, 2018

District Champions - 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018

Conference Champions - 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018



Jennifer Reeder, Blue Springs Girls T&F HC (2006-Present)

State Runner-Up - 2015, 2021, 2023

State 3rd Place - 2007, 2015, 2021

District Champions - 2013, 2017, 2018, 2021, 2023

Conference Champions - 2007, 2012, 2013, 2015, 2021, 2023

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### Sub 50 Second Club 400 Meter Dash Personal Best Marks Recognition (Getting their Attention)

• Gerron Herring	47.75	16	Total = 58	
• Taysean Goodwin	48.27	14		
• Dustin Thomas	48.63	7		
• Roy Young	49.04 / 48.8h	3		
• Keith Griffin	49.15	6		
• Matt Marzolf	49.24	4		
• Brandt Bell	49.49	1		
• Evan McCray	49.56	1		
• Jordan Dodd	49.69	4		
• Donnie Prater	49.85	1		
• Alex Johnson	49.99	1		

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### Sub 50 Second Splits / 4x400 Meter Relay

• Taysean Goodwin	47.0 (17)	Brandt Bell	49.1 (5)
• Gerron Herring	47.5 (7)	Kane Harmon	49.2 (4)
• Carlos Anderson	48.0 (3)	Prince Griffin	49.2 (3)
• Dustin Thomas	48.1 (6)	Tayron Whitley	49.2 (3)
• Jordan Dodd	48.2 (6)	Colton Gurera	49.3 (6)
• Matt Marzolf	48.6 (12)	Keith Griffin	49.3 (3)
• Dustin Thomas	48.6 (6)	Josh McCullough	49.4 (5)
• DeMario Johnson	48.6 (1)	Danny Jantzen	49.5 (4)
• Tyree King	48.7 (7)	Eli Leavell	49.6 (4)
• Roy Young	48.8 (1)	Donnie Prater	49.6 (1)
• Alex Johnson	48.9 (7)	Erron Holley	49.7 (2)
• Antwon President	48.9 (3)	Jacob Belke	49.8 (1)
• Evan McCray	49.0 (2)		

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## In-House Recruiting and Motivating 400 Meter Athletes:

- Year - Round Effort
  - Look at other sports & support the kids!
  - Talk Track (ALWAYS!)
- Tradition
  - Record Boards
  - Banners
  - Making Connections with other sports (ALWAYS!)



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## What to look for in a 400 Meter Sprinter

- Guts, Good Teammate, Reliable, Loyal to the Program, Dedication
- Top 100 Meter Sprinters
- 800 Meter Sprinters
- 400 Meter Group – We develop this group!



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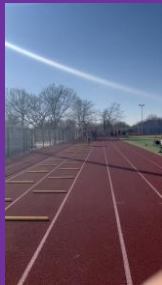
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## In-Season (Workout Template)

- Warm-up w/ Stations (30-35 Minutes)
  - 2 Laps (Tempo Run Straights / Walk Curves) w/ Tempo Increase x 3
  - Stations x 5
    - Form Running (Emphasis on Cycling)
    - Dynamic Drills
    - Plyometrics
    - Hurdle Mobility
    - Core Strength (Ab Work)
- Technique Segment (15-45 Minutes)
  - Build-Ups (Accelerations), Wickets, Blocks, Stick Work
- Daily Workout (30 Minutes)
- Cooldown (5-10 Minutes)



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### In-Season (Pre-Meet Phase – Weeks 1 & 2)



- Week 1 Example
  - Monday 6x Flying In / 4x Flying In/Out/In Speed
  - Tuesday 3x400 @ 90 / 90 Recovery
  - Wednesday 3x100 @ 12 / 4-6 Min Speed Endurance
  - Thursday 4x400 @ 90 / 90 Recovery
  - Friday 12x60 Meter Hills Strength Endurance
  - Saturday 2-3 Mile Run Recovery
- Week 2 Example
  - Monday 4x Flying In / 5x Flying In/Out/In Speed
  - Tuesday 1x Flying In/Out/In/Out/In Recovery
  - Tuesday 6x400 @ 90 / 90 Recovery
  - Wednesday 4x100 @ 12 / 4-6 Min Speed Endurance
  - Thursday 8x400 @ 90 / 90 Recovery
  - Friday 6x80 / 8x60 Meter Hills Strength Endurance
  - Saturday 2-3 Mile Run or 10x400 @ 90 / 90 Recovery

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### In-Season (Pre-Meet Phase – Week 3)

- Week 3 Example (Last Week for Pre-Competition)
  - Monday Time Trial (100 and 300) Speed Endurance
  - Tuesday 10x400 @ 90/90 Recovery
  - Wednesday 5x100 @ 12 / 4-6 Min Speed Endurance
  - Thursday 10x400 @ 90/90 or Similar Recovery
  - Friday 4x100 / 5x80 / 6x60 Meter Hills Strength Endurance
  - Saturday 2-3 Mile Run Recovery
- Time Trial Week (Tradition / Excitement / Setting the 4x400)
- Emphasis on the Boy's 300 (Breaking 40/39/38/37/36 and Best Ever Mark)
- Emphasis on the Girl's 300
- Attention on Progression Chart
- Putting the Previous Year in the Rear View Mirror

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### Blue Springs Time Trial 300 Meter – All-Time Best Marks

• Josh McCullough	35.19	Evan McCray	36.42
• Jordan Dodd	35.24	Chris Clark	36.60
• Taysean Goodwin	35.47	David Bushey	36.76
• Matt Marzolf	35.55	Keith Griffin	36.89
• Richard Fontenot	36.00	Antwon President	36.97
• Erron Holley	36.12	Xavier Hall	36.98
• Carlos Anderson	36.14	Stephen Benson	37.01
• Kane Harmon	36.24	Hunter Haupt	37.03
• Prince Griffin	36.26	Eli Leavell	37.12
• Colton Gutera	36.26	Alex McCullough	37.18
• Danny Jantzen	36.30	Cade Musser	37.20
• Alex Johnson	36.40	Donnie Prater	37.23

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### In-Season Championship Meet Phase (Weeks 11-12)

- Week 11 Example
  - Monday 3x250 @ 30 / 10-12 Min Speed Endurance
  - Tuesday 3x400 @ 60 / 2:30 Min Recovery
  - Wednesday Flying Zones / Downhills on Grass Speed
  - Thursday Pre-Meet 1 Speed
  - Friday Pre-Meet 2 Active Rest
  - Saturday MO Class 5 District Meet Speed Endurance
- Week 12 Example
  - Monday 2x300 @ 36 / 12-14 Min Speed Endurance
  - Tuesday 2x400 @ 55 / 2:45-3:00 Min Recovery
  - Wednesday Flying Zone / Downhills on Grass Speed
  - Thursday Pre-Meet 1 Speed
  - Friday Pre-Meet 2 Active Rest
  - Saturday MO Class 5 Sectional Meet Speed Endurance

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### In-Season-Pre-Championship Meet Phase (Week 10) KC Suburban Conference Week – Gold Division

- Week 10 Example (Conference Week)
  - Monday (Speed Endurance) 2x250 @ 30 / 10-12 Min
  - Tuesday (Recovery) 4x400 @ 65 / 2:20 Min
  - Wednesday (Aerobic Capacity) 4-6 x 100 (Limit Recovery Time)
  - Thursday (Speed / Pre-Meet)
  - Friday (Speed Endurance) Conference Championship Meet
  - Saturday (Recovery) Bike w/ Yoga or Full Rest Day



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### In-Season -Championship Meet Phase (Week 13) State Championship Meet

- Week 13 Example (State Week)
  - Monday 1x350 @ 42 or 40 Sec Run Speed Endurance
  - Tuesday Pre-Meet 1 (Downhills on Grass) Speed
  - Wednesday Pre-Meet 2 Active Rest
  - Thursday Pre-Meet 3 Rest
  - Friday State Meet Prelims Speed Endurance
  - Saturday State Meet Finals Speed Endurance
- 4x400 Meter Relay
  - Lineup in the Final Race
  - Podium Finish
  - Ending the Season
  - Lasting Memory



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Closing Thoughts (1):

- Off-Season
  - Provide Examples of Multi-Sport Advantages and Connections
  - Keep Your Eyes Open (Finding Athletes)
  - Support Your Kids Year-Round Efforts
- Pre-Season
  - Multi-Sport Athlete Places Focus on Current Season
  - Accountability Established
  - Building a Base (Preparing to Reach Potential)
- In-Season
  - Be Conscientious of the Phases and Use Variation in Meet Entries
  - Bring the 400 Meter Athlete along Through Quality (Not Quantity)




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Closing Thoughts (2):

- Thank you to the Following Coaches and Programs:
  - Phil Young – Neosho H.S.
  - Harry Lineberry – Neosho H.S. (MTCCCA Hall of Fame)
  - Bob Gillispie – Neosho H.S.
  - Al Potter – Neosho H.S.
  - Ron Foster – St. Joseph Lafayette H.S.
  - Mark Gourley – Park Hill H.S.
  - Dennis Licklider – Jefferson City H.S. (MTCCCA Hall of Fame)
  - Gary Parker – Blue Springs H.S. (MTCCCA Hall of Fame)
  - Roberta McWoods – Kirkwood H.S. (MTCCCA Hall of Fame)
  - Jesse Griffin - Lee's Summit West H.S. (MTCCCA Hall of Fame)
  - Neal Blackburn – Rock Bridge H.S. (MTCCCA Hall of Fame, 2023)




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Closing Thoughts (3):

- Thank you Continued:
  - Family – Michael P. Mary, Michael J. Patty, Greg, Audrey and Margaret
  - Friends – Darren, David, Jay, Katie, Kevin, Rick, Ron, Todd, and Many More
  - Coaches, Faculty, Administrations of:
    - Blue Springs H.S.
    - Jefferson City H.S.
    - Park Hill H.S.
  - Rich Copenhaver, Geoff Larimer, and Staff – Hazelwood Central H.S.
  - Charlie Beck – University City H.S. (MTCCCA Hall of Fame)
  - Don Norford – Long Beach Poly H.S. (Hall of Fame)
  - Jonas Kroghsberg – Harvard Westlake School
  - Mark Brady – DeSoto High School (DeSoto, TX) and Ft. Worth Country Day
  - Tom Lester, Frank Gallick, Heather Knudsen, Brad Parson, Matt Johnson, Bridget Kleime, Aliyah Lee, David Pollard
  - All Coaching Colleagues

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