# Speech 3 OUTLINE SAMPLE

## NAME: Student COMM 100 Fall 2015

## TITLE: The 400 meter

## ORGANIZATIONAL PATTERN: Topical

## SPECIFIC PURPOSE: Informative

# INTRODUCTION

ATTENTION GETTER: The 400m is one of the most physically challenging events in the world.

## PSYCHOLOGICAL ORIENTATION: The 400m is a race that has been around since 1896 and it tests the human body into seeing how long one can run at close to full speed.

## LOGICAL ORIENTATION: How many of you here have run track? Now how many of you have run a 400m?

THESIS STATEMENT: The 400m is one of the most mentally and physically grueling event’s in the world and it takes years of practice and dedication to perfect this race.

1. The 400m is one of the most challenging events in the Olympics today.
2. What is the 400m?
3. It is a quarter of a mile, which is exactly one lap around an outdoor track.
4. I put the emphasis in outdoor because there is also an indoor track season but since they cannot have a full track indoors they have to break it up resulting in a runner having to take multiple laps.
5. The 400m made its debut in the first-ever modern Olympic games, held in Athens in 1896. Years later the 400m debuted in Australia in 1964 for women.
6. It is considered one of the most challenging events in running because of a few reasons.
7. Its actually a full sprint all the way around the track unlike other events like the 800 or even the mile where one may be able to start off slow and speed up or vice versa.
8. Now if you think about distance runners or if any of you have had a friend who was on the cross country team you would know their workouts are based on just a lot of mileage meaning going on like 5 to even 10 mile runs.
9. Now on the other hand 400m runners not only go on a few mile long runs but they also have to do a lot of short sprints and even long sprints to build up there sprint endurance. So there are a lot of muscle groups that have to be worked on as a 400m runner.
10. Finally 400m runners have to deal with large amounts of lactic acid. Now what is lactic acid? Think of a time when you were exercising meaning running or lifting, anything really and your muscles just get really fatigued while doing this. That in short is what lactic acid is, it’s something that happens because your body can not get enough oxygen to your muscles and then your body has to create energy else where using sugar and this then results in lactic acid.

TRANSITION: To become good or even great at this event you have to try and master the different aspects of the race.

1. Michael Johnson has the record.
2. Now I am going to talk about one man who actually has the world record in the event. This man is Michael Johnson!
3. He set the Olympic record back in 1996 but actually 3 years later he set the world record that is still withholding itself.
4. Not only does he have the 400m record but he also was the previous world record holder of the 200m. Until Usain Bolt, whom I am sure many of you have heard about broke this record. This shows how fast Johnson really was and how much It benefited him in the 400m.
5. Video here!

TRANSITION: Now that you have seen what a good 400m looks like I am going to tell you guys about the different ways you can run it.

1. The 400m can be ran in a few different ways and if you guys ever want to run a 400m you should use method 1.
2. Method 1.
3. Start fast, Pace, and Give it all you have. (The four “P’s”)
4. The first method is best explained by Michael Johnson with the four P’s which are: Push out of the blocks at top speed; pace in the second 100 meters; position yourself for the race's end in the third 100 meters; and pray for the home stretch.
5. You can’t sprint the entire race so you have to pick and choose when to run fast.
6. It is physically easier to speed up in the beginning of the 400m then at the end when you are extremely tired.
7. It is also important to try to pace after the first 100 meters in the race because you will be extremely fatigued if you don’t.
8. Then it is just a mental and physical fight with your body until the finish line.
9. This is the method used by most college and Olympic methods.
10. Method 2
11. This technique is used for first time runners and still can produce fast times.
12. In this technique you start off at a comfortable pace but still try to keep up with the stager in the race, which is basically how you are lined up in the race.
13. You can also try to copy the stride of the person on the outside lane of you meaning when one of there legs go down one of yours go down.
14. The entire purpose of this method is to try and save as much energy as possible and when you get to that last 150meters you can do an all out sprint and hopefully catch and pass other racers
15. Use this and you will surprise a lot of runners and people watching at how well you close your race.

# CONCLUSION

## LOGICAL CLOSURE: The 400 is one of the most challenging races in the world but it something that can be perfected and executed if practiced enough and execute on the technique.

## PSYCHOLOGICAL CLOSURE: The 400 is something that everyone can do and should try at least once.

## CLINCHER: Now that you all know a little something about the 400m I expect to see you guys all out there!

### References:

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