

## HURDLERS' GUIDE

1. SPEED is the most important aspect of the 100m/110m hurdle race. We try to develop speed on a daily basis. The development of our hurdlers is achieved by making practice safe and successful, thus, building speed and confidence.

### II. SPEED HURDLING

1. Lower the height of the hurdlers (women 30" and men 36")
2. Reducing the spacing of the hurdles:  
Women - 8.0-8.20-8.30 -- Distance between (8.5)  
Men - 8.6-8.80-8.90 -- Distance between (9.14)
3. Always pad the hurdles

### III. MOST IMPORTANT ASPECTS OF HURDLING

- #1. Take off
- #2. Preparation for takeoff
- #3. Running between the hurdles
- #4. Lead leg action
- #5. Least important - trail leg

#### THINGS TO REMEMBER

Good teaching cues - attack the hurdle, be aggressive, drive, quick punch of knee or arm, be explosive.

Poor teaching cues - reach for the toe, chest down to the knees, straight lead leg.

### IV. "HURDLING IS 11 DIFFERENT ACCELERATION RUNS - 100 HURDLES/110 HURDLES

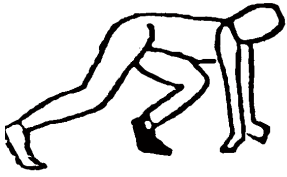
1. With wind
  2. Down hill
  3. Towing the athlete
- Speed Hurdling

### V. DAILY HURDLING PROGRESSION

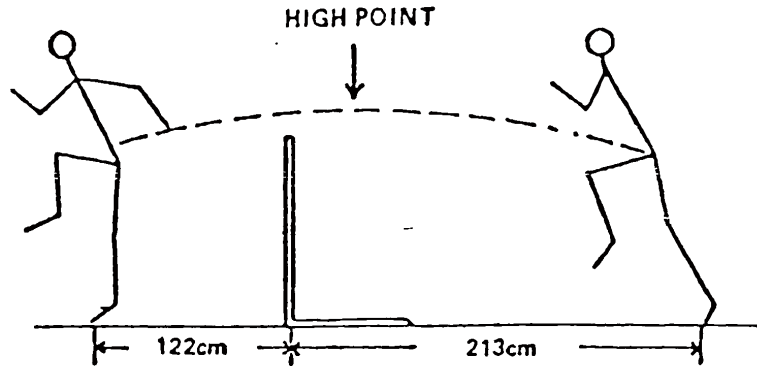
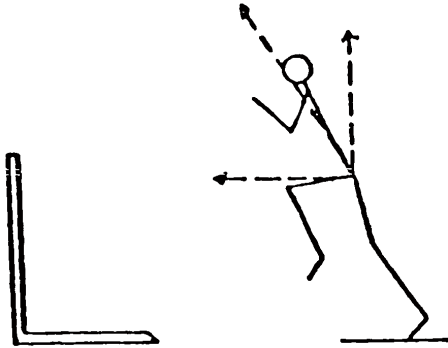
1. Hurdle Stretching - (20 min.)
  - A. Stretching on and over the top
  - B. Leg swings
  - C. Quick rotations (trail leg)
  - D. Wall lead leg drill
2. Wall trail and lead drills
3. 2 x trail (5 hurdles) distance of 7 meters (Women) 7.6 meters (men)  
3 x lead  
3 x over
4. 5 x 5 hurdles. 3 step-quick drill-over the top 7 meters (Women) 7.6 meters (men)
5. Workout:
  - 3 x 5 hurdles @ 8.0 m.
  - 2 x 4 hurdles @ 8.0m.
  - 2 x 3 hurdles @ 8.0m.
  - 2 x 2 hurdles @ 8.0m.
  - 3 x 1 hurdles @ 8.0m.

## VII. THE START

- A. Girls - (8) strides to the first hurdle - lead leg is the back foot in the blocks.  
 B. Boys - (7) strides to the first hurdle - lead leg is the forward foot in the blocks.



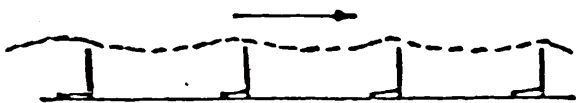
The Black Shoe is the Drive Step



TOTAL HURDLE RACE  
Evaluation of rhythm

Take off point prior to the hurdle  
(too close and they tend to float)

for girls is 6 feet, boys is 7-8 feet



TOTAL HURDLE RACE  
The line of the parabolic curve of the center of gravity.

Touchdown is 3-4 feet past the hurdle

### MAPING OUT THE FIRST HURDLE

#### Stride Length Drill

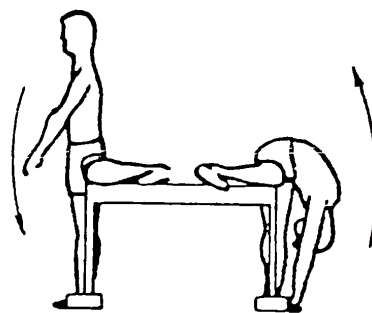
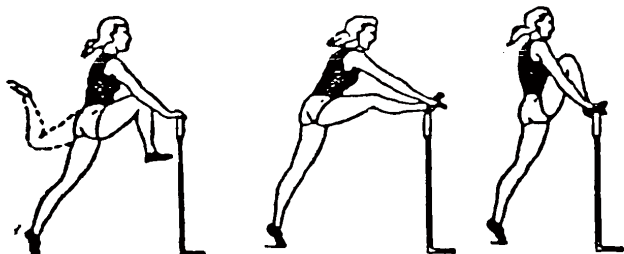
MEN	0.60	1.70	3.05	4.55	6.20	8.00	9.90	11.70m	13.72
	1.10	1.10	1.35	1.50	1.65	1.80	1.90	1.80	2.02m
WOMEN	0.65	1.70	3.05	4.45	5.95	7.60	9.35	11.05	13.00
	1.10	1.05	1.35	1.40	1.50	1.65	1.75	1.70	1.95m

- \*Measure from the front block pad.
- \*Always start from the blocks!!
- \*Tape down sticks on the marks

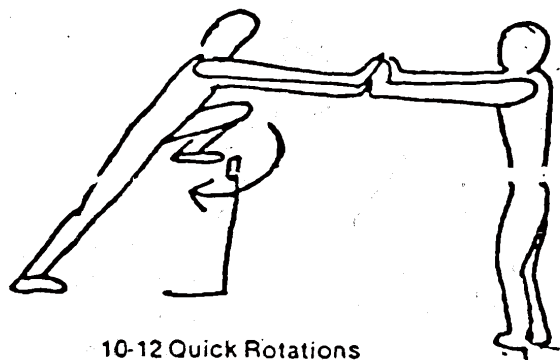
VI. WHAT TO LOOK FOR IN A POTENTIAL HURDLER

- A. Speed
- B. Flexibility
- C. Strength
- D. Persererance/Guts

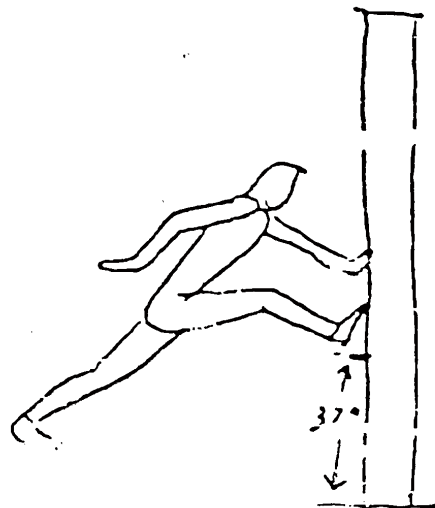
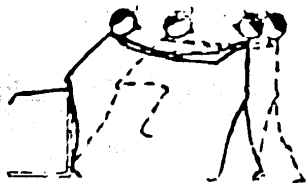
## Hurdle Stretches



TWO TO A HURDLE II

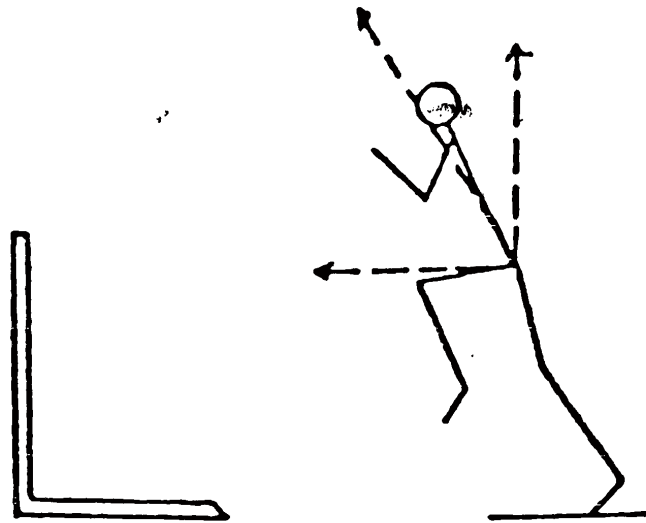


10-12 Quick Rotations  
Per Set



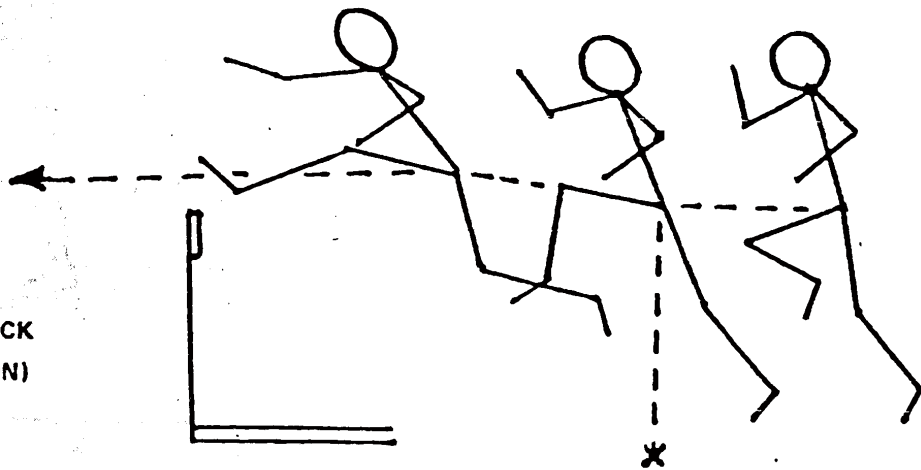
VIII. TAKE OFF

Take off point prior to the hurdle (too close and they tend to float)



for girls is 6 feet, boys is 7-8 feet

THE HURDLE ATTACK  
(TAKEOFF POSITION)



NOTE: Aggressiveness is a good characteristic of the hurdler. We emphasize attacking the hurdle, that means hurdle #1 through the finish.

## IX. ARMS

1. Like sprinters, vigorous
2. Square shoulders and hips, no twisting
3. "Open -Door" lead arm
4. Trail arm punch
5. Equal and opposite action, the faster the lead arm is pulled back, the faster the trail leg works over the hurdle.

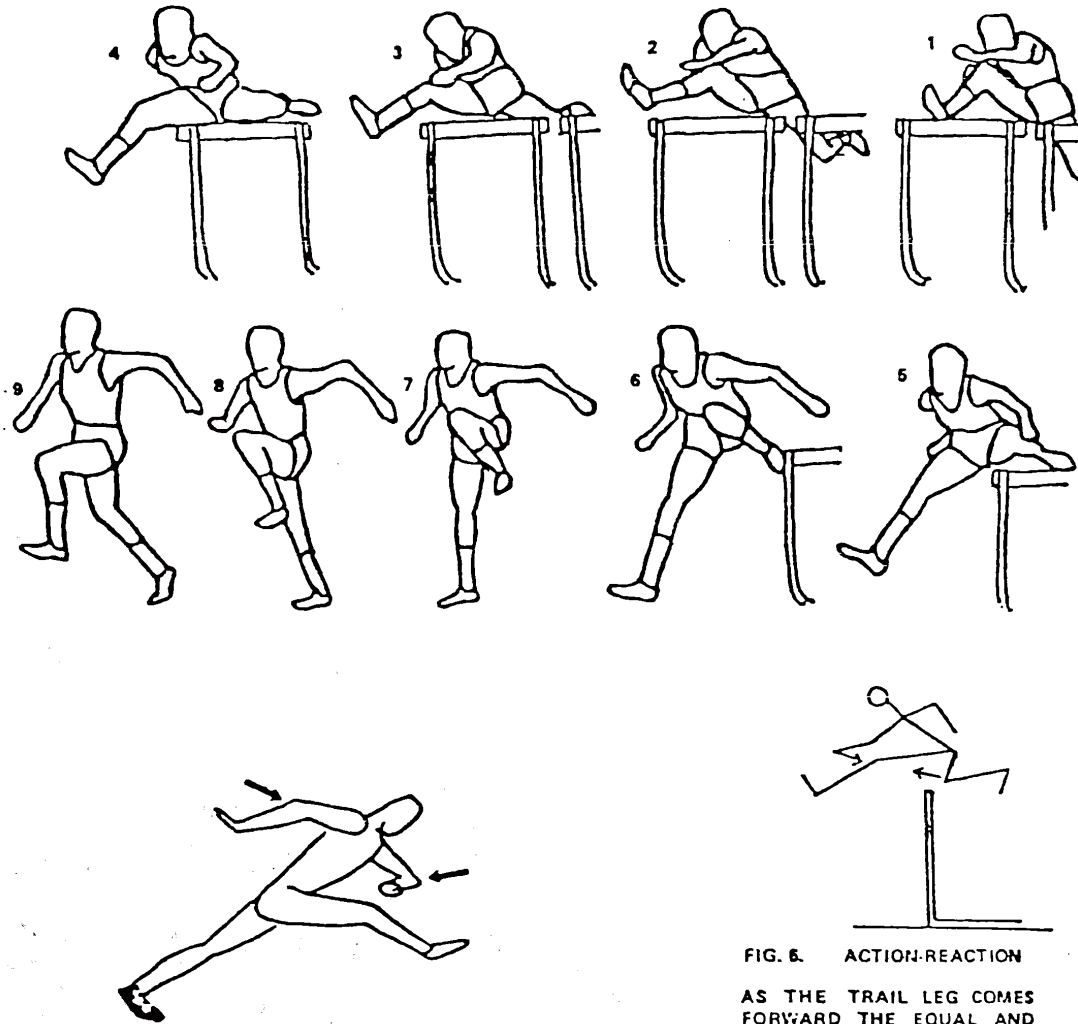


FIG. 6. ACTION-REACTION

AS THE TRAIL LEG COMES FORWARD THE EQUAL AND OPPOSITE REACTION IS THE BACKWARD MOVEMENT OF THE LEAD ARM.

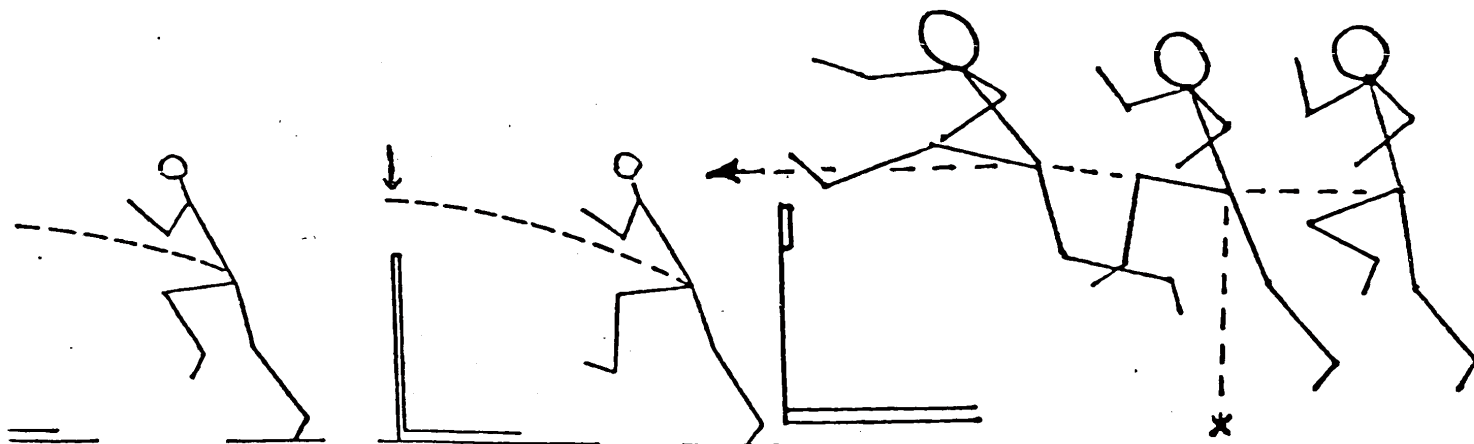
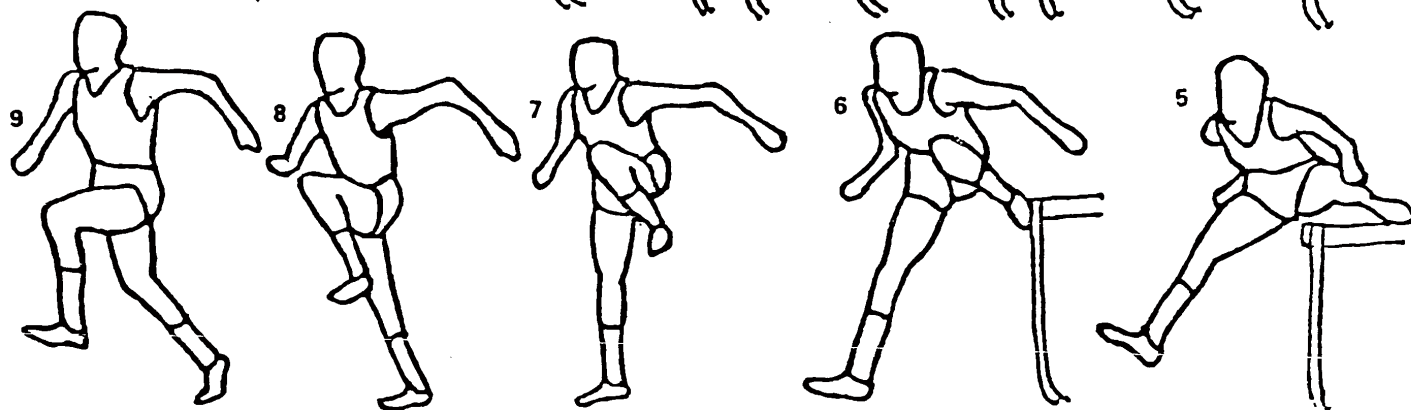
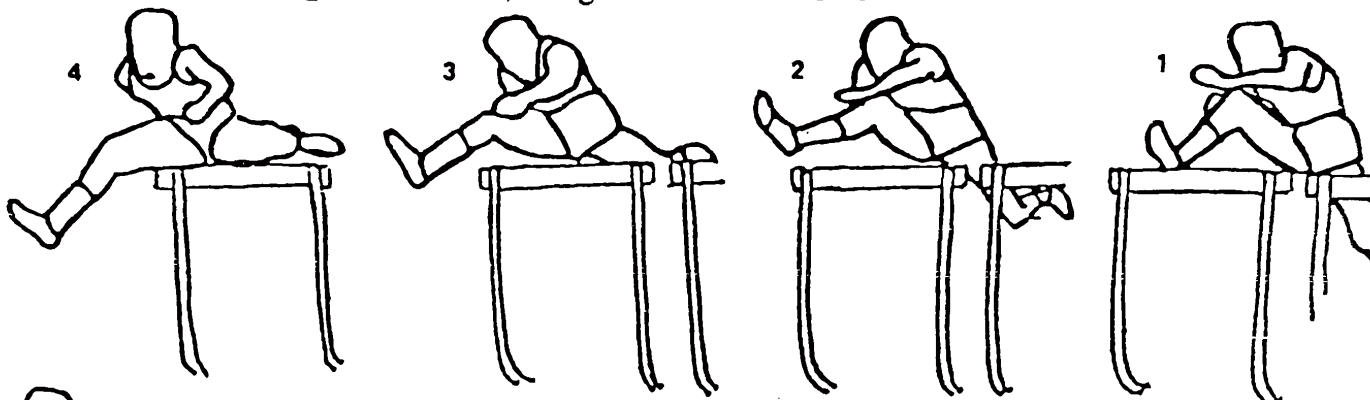
### Arm Action

1. **Lead Arm:** When the trail leg starts to come through, the lead arm returns to the correct sprinting action as soon as possible. There is no need to reach for the toe, this causes twisting. Should attempt to keep the arms as close to normal sprinting form as possible. A flailing arm will cause balance problems.
2. **Trail Arm:** The trail arm should be kept relaxed and as close to the body as possible and just ahead of the hip.
3. **Between the hurdles:** The action should be vigorous. Be a sprinter! Fast arms will help stride pattern. Get arms back into sprinting action as soon as possible after clearing the hurdle.
4. **Shoulders and Hips:** The shoulders and hips should always be square to the hurdle and forward, not twisted or dipped one way or the other.
5. **Head and Eyes:** Attempt to keep the head stationary with the eyes focused up and toward the next hurdle.

Run tall - hurdles are an exaggerated sprint race.

## X. LEADLEG

1. Lead with the knee, not the foot.
2. Some flexion in the knee on hurdle clearance.
3. Return to the ground as quickly as possible.
4. Left leg lead if possible - tremendous advantage for intermediate hurdling.
  - a. Bent lead leg, not straight ~~and not locked~~ over is quicker than a straight lever.
  - b. Quick snap-down onto balls of feet.
  - c. Leading with the knee, straight over the hurdle not around.



3. THE LEAD KNEE

LEAD LEG MUST BE LIFTED STRAIGHT UP IN SAGITTAL PLANE.

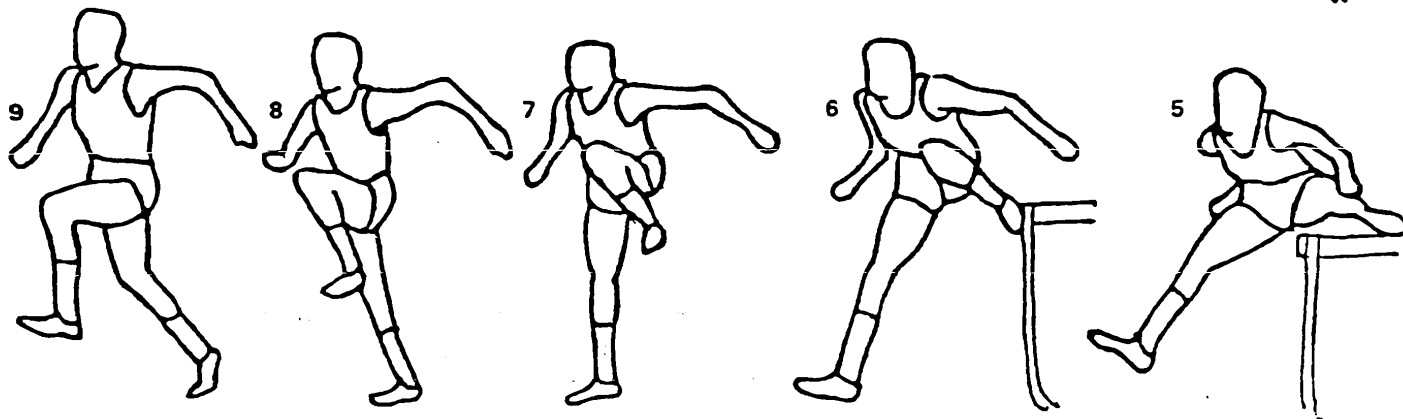
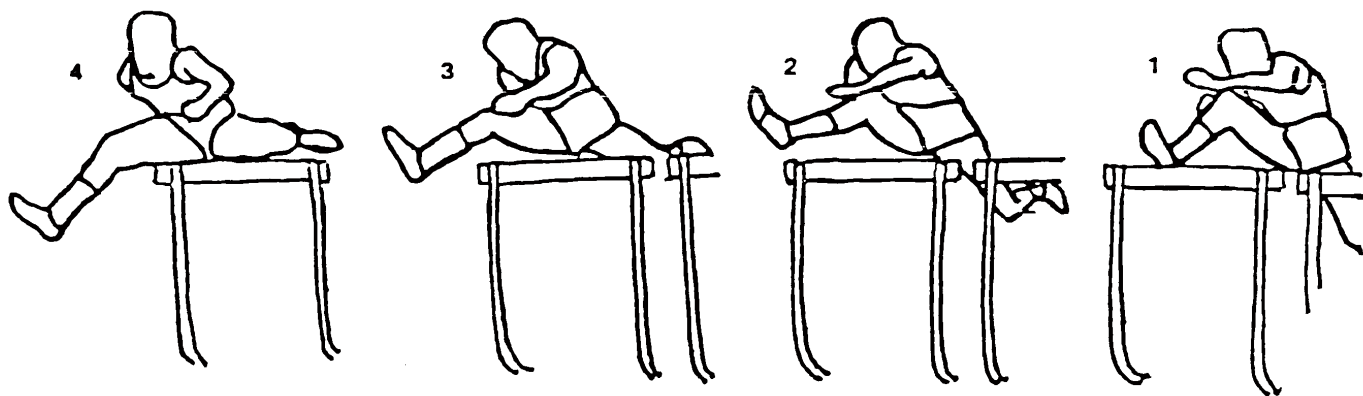
FIG. 4. THE LEAD LEG

A LOCKED KNEE OF THE LEAD LEG RAISES THE CENTER OF GRAVITY.

THE HURDLE ATTACK (TAKEOFF POSITION)

## XI. TRAIL LEG

1. The trail leg should be brought through high, fast, and generally flat, with the loss elevated.
2. The hip continues to rotate as the knee is pulled through, causing the athlete to "step out" toward the next hurdle. Need to stress speed to prevent overstriding off the hurdle.
  - a. Need flexibility and quickness.
  - b. Knee slightly elevated no [REDACTED]
  - c. Foot tucked.
  - d. Knee rotation under the arm pit



## 400 Meter Hurdle Workouts and Drills

### I. 2- nd curve Drill : (4 hurdles, # 5, 6, 7, 8)

1. Run full speed thru the curve, jog back across the field , Run full speed thru the curve, jog back across the field ,Run full speed thru the curve.
2. Do 2-3 sets @ Full speed with jog recovery

### II. Alternate Lead Leg Drills:

1. 4 steps between (7.5 - 8.0 m apart) 4-5 hurdles
2. 8-9 steps between - key is to build speed and hold the speed thru 4-5 hurdles and get used to taking the hurdle with alternate lead leg with good speed.
3. Turn Around Drill: set up one hurdle in the lane. Have the athletes turn their back towards the hurdle and start walking away . The coach blows a whistle and the athlete immediately turns around and attacks the hurdle taking it with what leg comes up. The key is to attack, make a good decision (judgment) before it's too late over 10 meters and carry momentum thru with no loss of speed.

### III. Piece Meal Drill: a full 400 hurdle race together, working different parts of the race:

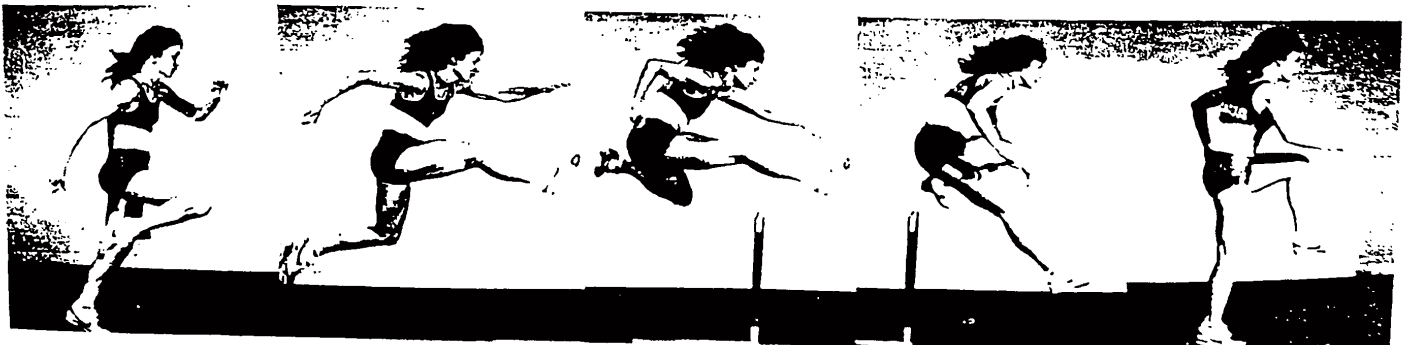
1. Blocks over 1 st hurdle or 1-2 hurdles
2. Blocks thru 5 hurdles (200 m)
3. 2 nd curve drill (See the drills above )
4. Last 100m with 2-3 hurdles(hurdles # 8-9-10) , run 200 hard , stride curve, hard last 100 m. or 100 hard, 100 stride, 100 accelerate, 100 m. all out.

#### Stride Pattern

23 strides to H1,  
17 to 10

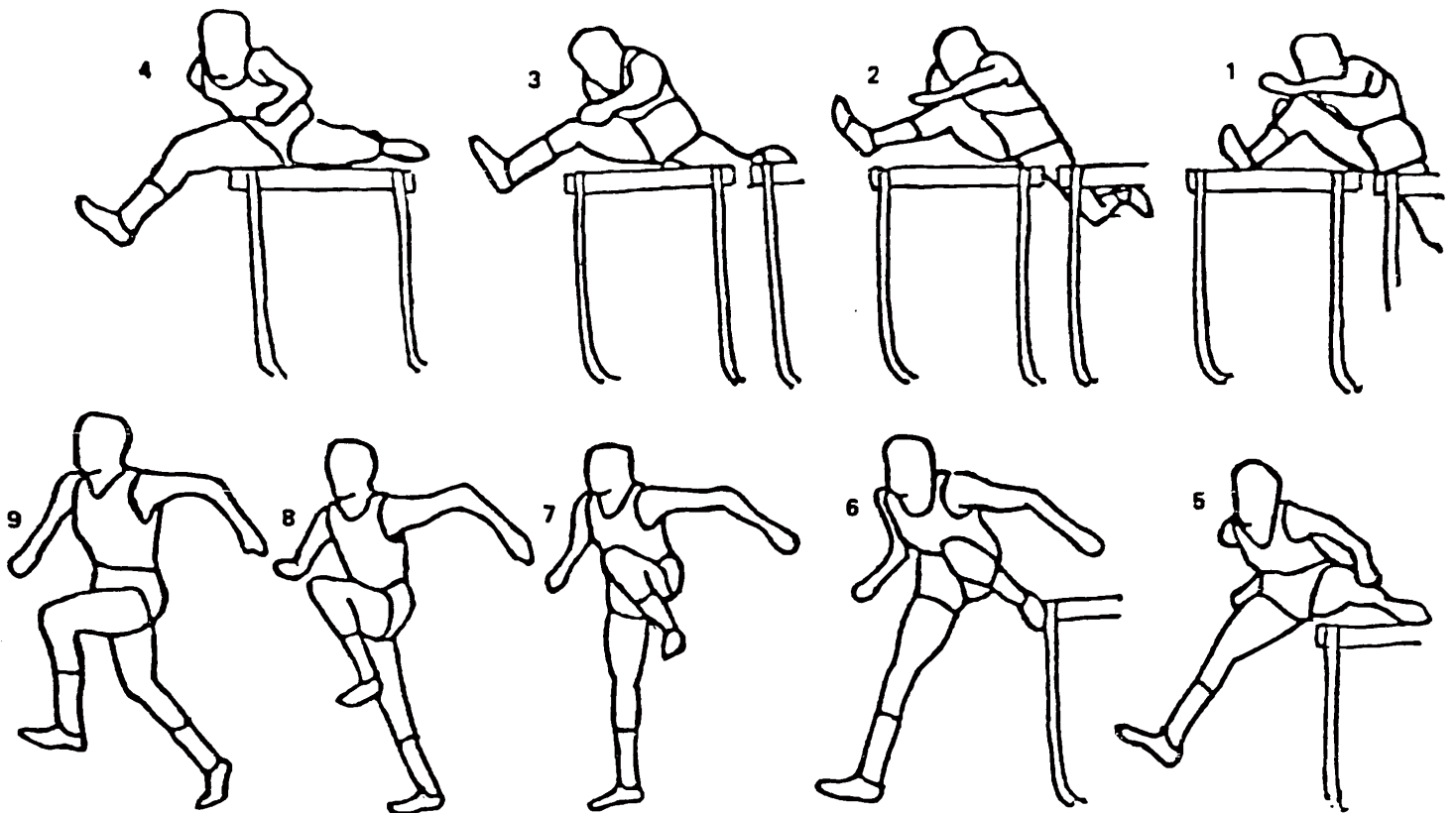
24 strides to H1, 16 to  
7, 17 to 10

23 to H1, 15 to 7, 16  
to 9, 17 to 10

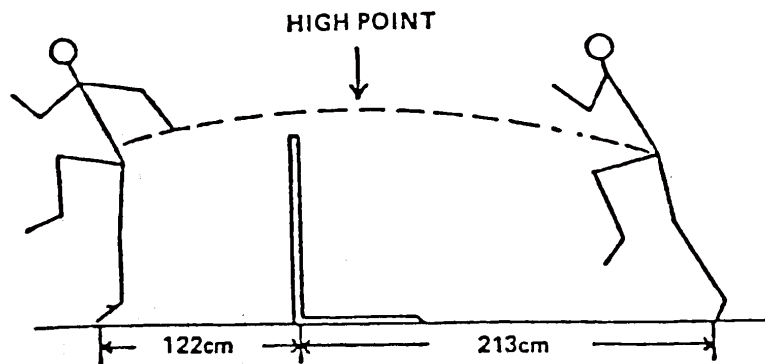


Canada's Andrea Page demonstrates the graceful technique of a top-class 400m hurdler.

XII. TOUCHDOWN



TOUCHDOWN



3-4 feet past the hurdle.

XIII.

Name \_\_\_\_\_

### HURDLE ANALYSIS

	Level 4	Level 3	Level 2	Level 1	
Hurdle Technique	Outstanding	Good	Okay	Needs Work	Comments
1. Take-off					
2. Lead Arm					
3. Lead Leg					
4. Trail Arm					
5. Trail Leg					
6. Sprint form					
7. Sprint Posture					

\*These seven points are very important in the development of proper hurdling. Always remember that speed is the most important aspect. SPRINT, because YOU are a SPRINTER first and a HURDLER second!