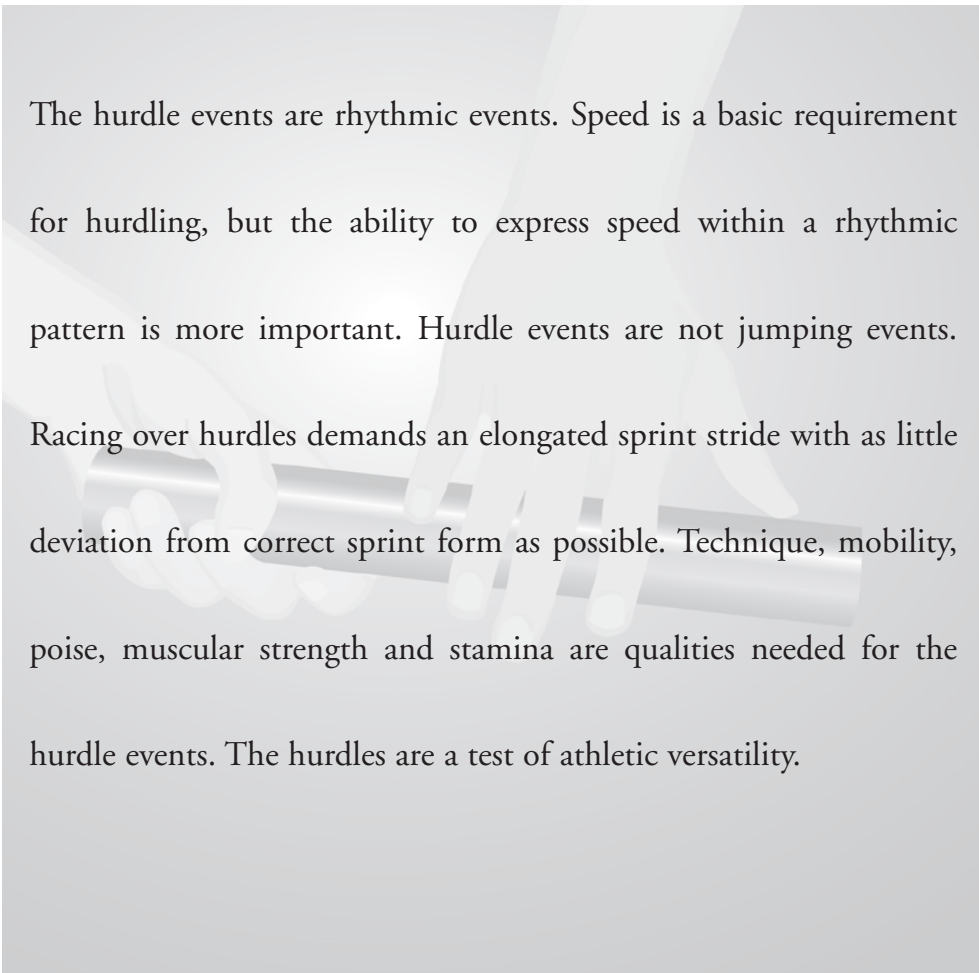


## Training Hurdlers

The background of the text area features a faint, semi-transparent image of a hand holding a hurdle. The hand is positioned as if about to grip the hurdle, with fingers wrapped around its top rail. The hurdle is a cylindrical object with a central bar and two side rails. The overall image is in grayscale and has a soft, ethereal quality.

The hurdle events are rhythmic events. Speed is a basic requirement for hurdling, but the ability to express speed within a rhythmic pattern is more important. Hurdle events are not jumping events. Racing over hurdles demands an elongated sprint stride with as little deviation from correct sprint form as possible. Technique, mobility, poise, muscular strength and stamina are qualities needed for the hurdle events. The hurdles are a test of athletic versatility.

## A Philosophy for Coaching the Hurdles

The hurdler's most important physical asset is speed. The key to success is maintaining speed between hurdles. This is where rhythm becomes a key ingredient.

Nine factors can be identified as contributing to successful hurdling: speed, rhythm, technique, flexibility (which includes range-of-motion), strength, stamina (to maintain proper technique), poise and body type (especially leg length).

Of these nine factors, all but the hurdler's body type can be greatly enhanced by proper training.

HURDLE REFERENCE CHART				
	Girls' 100m H	Boys' 110m H	Girls' 300m H	Boys' 300m H
<b>Hurdle Height</b>	33 inches	39 inches	30 inches	36 inches
<b>Number of Hurdles</b>	10	10	8	8
<b>Distance to First Hurdle</b>	13 meters	15 yards	45 meters	45 meters
<b>Distance Between Hurdles</b>	8.5 meters	10 yards	35 meters	35 meters
<b>Distance from Last Hurdle to Finish</b>	10.5 meters	14.02 meters	10 meters	10 meters
<b>Strides to First Hurdle</b>	8-9	8-9	22-24	21-23
<b>Strides Between Hurdles</b>	3	3	15-18	14-17
<b>Strides from Last Hurdle to Finish</b>	5	6	5	5
<b>Total Strides</b>	50-51	51-52	140-205	140-195
<b>Flat Time vs. Hurdle Time</b>	Add 2.0- 2.5 sec.	Add 2.0- 2.5 sec.	Add 2.5- 4.0 sec.	Add 2.0- 3.5 sec.
<b>Takeoff Distance to H</b>	5'3"-6'4"	6'6"-7'6"	5'-6'	6'6"-7'6"

# Teaching the Technique of Hurdling

## FUNDAMENTAL MECHANICS

- Hurdling is sprinting over the hurdle, rather than jumping over it. The center of gravity is actually raised very little to clear the hurdle.
- Hurdle clearance is accomplished by transferring speed (horizontal momentum) vertically at takeoff.
- A short last stride helps the body accelerate into the takeoff.
- Forward lean at takeoff transfers vertical momentum into a flat, parabolic flight of the body over the hurdle.
- At takeoff, the lead leg creates a short moment-of-inertia by leading with the knee to the hurdle.
- The eyes should look up during takeoff and focus on the next hurdle.
- The lead arm and trail leg should act as short, quick levers over the hurdle to accomplish a rapid clearance. Improper arm-action creates compensating actions, which result in off-balance landings.
- Forward lean must be maintained over the hurdle until touch-down to maintain forward velocity. This allows the athlete to return to the ground in sprint position.
- Sprint speed can be improved by increasing either stride length or stride rate. Hurdling speed can only be improved by increasing the efficiency of hurdle clearance and the stride rate between hurdles.

## HURDLE TECHNIQUE CHECKLIST

### Head and Chest

- Chest over lead thigh in advance of the lead leg knee.
- Head no higher than normal sprinting position.
- Eyes focused on the next hurdle at takeoff.
- Shoulders level and parallel to the hurdle.
- Hold forward lean until lead foot touches down.

### Lead Leg

- Drive the knee, rather than kick the foot, to the hurdle.
- Lead toe pulled back, not pointed.

- Reach a bent lead leg over the hurdle.
- Begin snap-down when the lead foot, not the hip, reaches the hurdle.
- Drive the lead leg straight at and over the cross piece. Don't "hook" the hurdle.
- Straighten the lead leg during snap-down.
- Land on the ball of the foot.
- Drive off the ball of the foot into the getaway stride.
- Do not drop onto the heel.

### **Trail Leg**

- Pull the knee through under the armpit, not flat across the top of the hurdle. The heel passes close to the hip. Keep the foot dorsiflexed with the toes pointed *up*.
- *Pull* the knee over the hurdle and *push* the foot down.

### **Lead Arm**

- At eye level during takeoff.
- Upper arm parallel to the thigh of the lead leg.
- Lead arm bent 120-degrees during reach and pullback.
- Lead hand sweeps back *below* the trailing knee.

### **Between Hurdles**

- Vigorous drive off the hurdle into a long "getaway" stride.
- Good high-knee sprint action on the balls of the feet.
- Active **cut-step** into takeoff at the next hurdle.
- Full extension off the ball of the foot into takeoff.

## **Stages of Hurdling: Girls' 100m and Boys' 110m**

### **The Start**

The lead leg should be positioned in the back block if an even number of strides are taken to the first hurdle (preferably eight strides), and the trail leg should be in the back block if an odd number of strides are used. In the "set" position, the hips should be slightly higher than the shoulders with the arms supporting the shoulders directly

above the starting line. The hurdler's "set" position should be comfortable without too much weight over the hands.

### **The First Strides**

The hurdler must move to a *tall* sprinting position by the time he or she is two strides away from the first hurdle. The center of mass should be high going into the takeoff.

The hurdler should drive off the front block with a full extension of the leg for a *long*, quick first stride. Each successive stride to the hurdle should lengthen until the cut-step into the takeoff (see Fig. 11-1).

### **The Takeoff**

The takeoff at each hurdle is crucial because it must be part of a continuous acceleration through the initial stages of the race. Hitting a hurdle or landing off-balance will result in a loss of speed, which can never be recaptured in a race of 100 to 110 meters.

Taking off too close to the hurdle forces a vertical takeoff to clear the hurdle, resulting in a higher, slower parabolic flight over the hurdle. The taller the athlete, the further he or she must take off from the hurdle for a flat, fast clearance.

For female 100m hurdlers, the race is run over barriers 33 inches high. The takeoff distance to the hurdle should be approximately six feet. For male 110m hurdlers, the

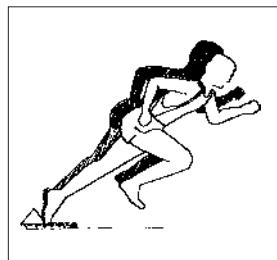


Fig. 11-1. Sprint Start for sprinter vs. hurdler (shadow figure).

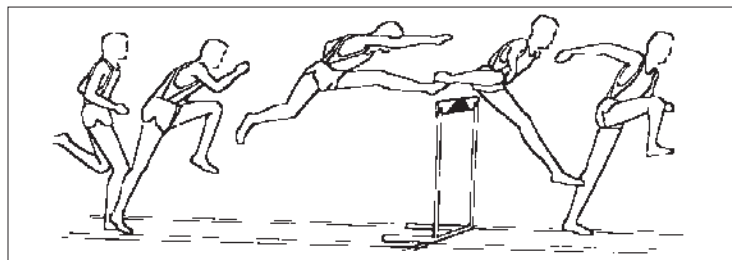


Fig. 11-2. Boys' 110m Hurdle Clearance.

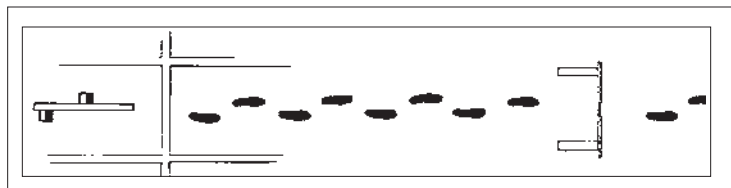


Fig. 11-3. Strides to the 1st Hurdle (Boys' 110m/Girls' 100m).

race is a sprint over 39-inch barriers. The takeoff distance to the hurdle should be about 6½–7½ feet, depending on the athlete's height, leg length, stride length and forward velocity. Figures 11-2 and 11-3 illustrate the takeoff and action over the hurdle.

The lead leg action is initiated by driving the knee towards the top of the hurdle. The lift of the lead knee should be explosive, aiding the powerful extension off the takeoff leg. The lower leg is relaxed and tucked under the thigh as the lead leg drives upward. The foot should be dorsiflexed with the top of the foot pulled up toward toward the shin. This tucking action gives the hurdler a short, quick, bent lead leg, and helps shift the center of mass forward over the hurdle. The lead arm should reach slightly across the body to keep the shoulders square to the hurdle.

### **Lead Leg Action Over the Hurdle**

The peak of the hurdler's parabolic flight should be achieved prior to reaching the hurdle. The lead leg should remain slightly bent over the hurdle. Once over the hurdle, the objective is to get back down to the track as quickly as possible. This is accomplished by a **snap-down** action of the lead leg. Snap-down should begin as soon as the lead foot, not the hip, has passed over the hurdle. The lead leg should be nearly straight by the time the foot touches down below the hips on the other side of the hurdle.

### **Trail Leg Action Over the Hurdle**

Once the takeoff leg leaves the track, it becomes part of the trail leg. The heel of the trail leg should come to the buttocks with the toe pointed out to the side so the foot will avoid hitting the hurdle. For a short, quick lever over the hurdle, trail leg position should be high *and tight*, with the knee under the armpit and the heel close to the hip. Avoid a "flat" position with the hip, heel and foot all on the same horizontal plane. The action of the trail leg should be a continuous movement during the hurdle clearance, without a pause, or **float**, over the hurdle. As the trail leg pulls through, the lead arm will swing to the side in wide arc as a response to the trail leg action. The shoulders remain square to the hurdle throughout.

### **Touch Down**

At touch-down, the hurdler's center of mass should be directly over or slightly ahead of the lead foot. The hurdler should land on the ball of the foot and not drop to the heel (which creates a braking action). This puts the athlete in position to drive forward off the ball of the foot into the getaway stride. The trail leg knee must drive for-

ward, not drop to the side, for a long first stride to the next hurdle.

### **Sprinting Between the Hurdles**

Unlike flat sprinting, in hurdle events, no two of the four strides used over and between two hurdles are the same. The getaway stride is relatively short. The second stride is the longest, and the third stride is a cut-step to accelerate the center of mass into the takeoff for the next hurdle.

Proficient high school hurdlers will take eight strides to the first hurdle and three strides between hurdles, so the hurdler with the quickest stride rate will have the greatest success if his or her technique is equal to that of their opponents.

### **Run-In After the Last Hurdle**

In a close race, the hurdler who is first to return to sprint form off the last hurdle and best times his or her lean into the finish line, has the best chance of victory.

## **COMMON HURDLING MISTAKES AND CORRECTIVE TECHNIQUES**

- Decelerates at the hurdle: Caused by a long stride into the takeoff. Correct by emphasizing attacking the hurdle with a short cut-step.
- Insufficient lean into the hurdle: Usually caused by a straight lead leg (driving the foot, rather than the knee, to the hurdle). Correct by emphasizing a bent lead leg and leaning the chest to the thigh as the knee drives to the hurdle.
- Off-balance at touch-down: Caused by shoulders turning as lead leg drives to the hurdle. Correct by keeping the shoulders square to the hurdle and driving the lead arm forward, head high and slightly across the body.
- Drops to heel at touch-down: Caused by **sitting up** on top of the hurdle. Correct by maintaining lean into touchdown.
- Wild straight-arm **paddle**: Caused by a **flat trail leg** recovery of the lead arm on the opposite side. Correct by bringing the trailing knee up under the arm pit and keeping the heel close to the hip.
- Cannot 3-step between hurdles: Caused by a short first stride which results from dropping the trail leg as it clears the hurdle. Correct by pulling the trailing knee through high and driving forward for a long first stride off the hurdle.

## STAGES OF THE 300M HURDLES

### Start to the First Hurdle

The hurdler uses a normal sprint start from the blocks. High school boys normally take 21–23 strides to the first hurdle, girls 22–24 strides. (22 strides to the first hurdle equates to a 15-stride pattern between hurdles.) When the hurdler takes an even number of strides to the first hurdle, the lead leg should be placed in the rear block. For an odd number of strides to the first hurdle, the lead leg is placed in the front block. The number of strides taken from the start to the first hurdle is a good indicator of the stride pattern to the following hurdles:

Strides to 1st Hurdle	Strides Between Hurdles	Required Stride Length
21	13	8'0"
21–22	14	7'6"
22	15	7'0"
22–23	16	6'6"
24	17	6'1"
25	18	5'5"

The speed to the first hurdle should be slightly slower than flat 400m pace due to the controlled stride pattern demanded by hurdling. The last three strides to the hurdle should be consistent in length, never chopped, and accelerate to the hurdle. It is essential that beginning hurdlers count their strides to establish their optimum stride pattern and rhythm. Rather than count each footstrike, a hurdler should count each time the takeoff foot hits the ground.

### Hurdle Clearance

With the lower hurdle heights (36 inches for boys, 30 inches for girls), the forward lean required to drive the center of mass over the hurdle is minimal and the stride over the hurdle is not a dramatic departure from the sprint stride used between hurdles (see Fig. 114).

### Strides Between Hurdles

A stride pattern of 15 to 17 strides is most commonly used by high school boys. For high school girls 17 to 19 strides is typical. It is essential to maintain rhythm and quick, efficient hurdle clearance to perform well in the 300m hurdles. **Stuttering** before any of the eight hurdles (chopping strides to bring the desired lead leg to the

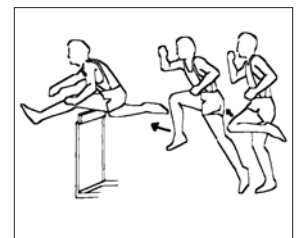


Fig. 11-4.  
300m Hurdle Clearance

hurdle) will cause the hurdler to lose speed that can never be recaptured during the race. This event is a 300m sprint around a curve with a 180-degree change of direction and eight interruptions! The hurdler's stride pattern is going to be influenced by having to run into the wind, with the wind to the side, with the wind at the back, running around a tight curve in an inside lane or long curve in an outside lane, and by fatigue. The only way most 300m hurdlers can consistently maintain speed and rhythm in this event, hurdle-to-hurdle, race-after-race, is to learn to hurdle using either leg as a lead.

### **Hurdling on the Curve**

Using a left lead leg is preferable because it allows the hurdler to run closer to the left (inside) border of the lane. Most important is clearing the center of the hurdle to avoid bringing the trail leg outside and below the plane of the hurdle, which will result in disqualification.

### **Run-In to the Finish Line**

To counter the fatigue experienced in the final straightaway of this race, the 300m hurdler must make a conscious effort to accelerate into the last two hurdles.

### **HURDLE TOUCH-DOWN TIME CHARTS**

An effective method to evaluate the various stages of a hurdle race is for the coach to record the athlete's touch-down times after each hurdle. The charts on the facing page cover a wide range of performances for boys' and girls' hurdle events.

## **Methods of Training for the Hurdle Events**

### **CONSIDERATIONS IN TRAINING HURDLERS**

- Hurdle training must emphasize the following areas:
  - Technique
  - Rhythm
  - Speed
  - Stamina
  - Ballistic strength
  - Flexibility

**CHAPTER 11**  
*Training Hurdlers*

<b>BOYS' 110m HURDLES</b>											
<b>TARGET TIME</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>FINISH TIME</b>
13.6	2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2	13.6
14.0	2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4	14.0
14.4	2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9	14.4
14.6	2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0	14.6
15.0	2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2	15.0
15.5	2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6	15.5
16.0	2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0	16.0

<b>GIRLS' 100m HURDLES</b>											
<b>TARGET TIME</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>H9</b>	<b>H10</b>	<b>FINISH TIME</b>
13.8	2.5	3.6	4.6	5.7	6.8	7.9	9.1	10.2	11.0	12.2	13.8
14.0	2.5	3.6	4.6	5.7	6.9	8.1	9.3	10.4	11.2	12.4	14.0
14.3	2.6	3.6	4.7	5.9	7.1	8.3	9.5	10.7	11.7	12.9	14.3
14.8	2.6	3.8	4.9	6.0	7.2	8.4	9.6	10.9	11.8	13.0	14.8
15.0	2.6	3.8	4.9	6.1	7.3	8.5	9.7	11.0	12.0	13.2	15.0

<b>BOYS' AND GIRLS' 300m HURDLES</b>											
<b>TARGET TIME</b>	<b>H1</b>	<b>H2</b>	<b>H3</b>	<b>H4</b>	<b>H5</b>	<b>200M SPLIT</b>	<b>H6</b>	<b>H7</b>	<b>H8</b>	<b>FINISH TIME</b>	
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4	36.6	
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8	38.0	
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	38.0	39.4	
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3	40.8	
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7	42.2	
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1	43.7	
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5	45.2	
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9	46.6	
48.8	8.0	13.2	18.4	23.6	29.0	31.4	34.6	40.4	46.3	48.8	

## CHAPTER 11

### *Training Hurdlers*

- Training must be adapted to meet the needs and skill levels of the athletes. Lower hurdle heights and shorter hurdle spacings should be used to allow novices to hurdle with speed and rhythm from the onset.
- Beginning hurdlers should be taught to lead with either leg. Many 13–14-year-old freshman/sophomore hurdlers have to 4-step and alternate legs in the 100m and 110m hurdle events. This is a skill that will serve all hurdlers well in the 300m event.
- Constantly emphasize hurdling is a sprint over barriers, and hurdle mechanics should deviate only slightly from sprinting mechanics.
- As soon as hurdlers become proficient with a drill, they should practice that drill at full racing speed. The hurdles are sprint events and little is accomplished by practicing hurdling slowly! A good method to ensure the hurdler trains at racing speeds is to use the touch-down timing charts in this chapter as a training guide. Coaches should take split times when the lead foot touches the ground after clearing each hurdle. Recording hurdle split times in training and races will help coaches pinpoint weaknesses in their athletes' performances and design workouts to address those weaknesses.
- Speed-endurance, or stamina, is an important aspect of hurdle training. Technique usually begins to deteriorate after the seventh hurdle, the point at which most races are won or lost. Hurdlers must train over six, eight, 10, and occasionally 12 hurdles to fully develop the stamina necessary for hurdling.

### **Stationary Hurdle Drills**

Drills which isolate specific hurdling techniques should be part of every day's hurdle training. Introduce drills over low hurdles so basic hurdle mechanics can be practiced easily at sprint speeds.

- Lead Leg Punch-Ups (hurdle placed against a wall or fence):

Hurdler takes one step into takeoff, driving the knee to the hurdle and unfolding the lower leg so the ball of the foot meets the wall or fence directly above the hurdle. Bent leg straightens out to thrust hurdler back to his or her takeoff mark (see Fig. 11-5).

- Trail Leg Circles (hurdle placed two feet from a wall or fence):

Hurdler stands with the lead leg beside and forward of the edge of the hurdle, leaning forward with hands on the wall or fence. The trail leg is pulled through over the side of the hurdle high and tight, with the knee coming up underneath the armpit, the foot dorsiflexed with the small toe pointed up, and the heel drawn close

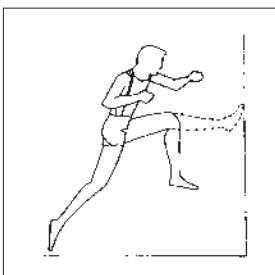


Fig. 11-5.  
Lead Leg Punch-Ups.

to the hip. As the foot passes over the hurdle, the knee pulls through high and is driven toward the wall. The foot then sweeps down and begins another circuit over the side of the hurdle (see Fig. 11-6).

### Running Hurdle Drills

#### Over-the-Side Drills: 3–5 Hurdles

##### *Lead Leg*

- **Quick-Step.** Fast lead leg over the hurdle with five short prancing strides between hurdles.
- **3-Step.**  $\frac{3}{4}$  speed with shorter hurdle spacings.
- **3-Step.** Full speed with normal hurdle spacings.
- **1-Step.** Full speed with 10–12 foot spacings.

##### *Coaching Points*

- Active cut-step taking off into the hurdle.
- Quick lead leg attack of the hurdle.
- Knee drives to the top of the hurdle with the heel tucked under the buttocks and the foot dorsiflexed.
- High point of the takeoff trajectory is achieved directly above the hurdle.
- Lead leg aggressively *snaps down* coming down off the hurdle.

##### *Trail Leg*

- **Quick-Step.** Fast lead leg over the hurdle with five short, prancing strides in between.
- **3-Step.**  $\frac{3}{4}$  speed with shorter hurdle spacings.
- **3-Step.** Full speed with normal hurdle spacings.
- **1-Step.** Full speed with 10–12 foot spacings.

##### *Coaching Points*

- Heel moves quickly to the buttocks as soon as the takeoff foot leaves the ground.
- Trail leg circles the hurdle without pause in one continuous motion from takeoff to touch-down.
- Trailing foot is dorsiflexed with the small toe pointed *up* throughout the arc of the trail leg.
- Trail leg knee is *pulled forward* and then the trailing foot *pushed down* during the clearance phase of the hurdle. (The hurdler should imagine the lead leg and trail leg are racing each other.)

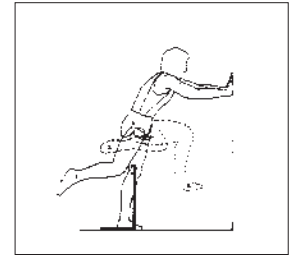


Fig. 11-6.  
Trail Leg Circles.

### **Over-the-Top Drills: 3–5 Hurdles**

- **Quick-Step.** Fast lead leg over the hurdle with five short prancing strides in between.
- **3-Step.**  $\frac{3}{4}$  speed with shorter hurdle spacings.
- **3-Step.** Full speed with normal hurdle spacings.
- **1-Step.** Full speed with 10–12 foot spacings to the ground.

## **Training Periodization Plan for the High School Season**

Training for all events should follow the concept of periodization which divides training into a cycle of several phases. Periodizing training allows hurdlers to emphasize particular types of training and skills during a specific period of the season. Other types of training are not neglected, but are emphasized less during that period.

The components of hurdle training are numerous and complex. As a rule, three to four weeks seems to be the maximum period during which athletes can sustain improvement with any one type of training. After that, training yields less improvement. During a two-to-four-week training phase, primary emphasis should be given to one type of training, secondary emphasis should be given to another type of training, and somewhat less emphasis (maintenance training) to a third.

Within any training phase, it is unwise to include more than three quality training days per week, including races. The remaining days should be easy training and recovery days.

Training is stress. When a coach is planning the training of a group of athletes, strong consideration should be given to how stress is going to be introduced and managed. Recovery is an essential component of all training because improvement occurs during recovery when the body rebuilds to adapt to the stresses that have been introduced.

### **TRAINING HURDLERS WITH A SYSTEM**

A system of training uses several methods of training within a seasonal training cycle. The following is recommended as a hurdler's training cycle for the traditional high school track season:

2-4 WK PHASE		PRIMARY EMPHASIS	SECONDARY EMPHASIS
Preseason	1	Aerobic Running	Circuit Training
	2	Circuit Training	Aerobic Running
Early Season	3	Repetition Training	Speed Drills
	4	Repetition Training	Speed Drills
Mid-Season	5	High-Lactate Training	Speed Endurance
	6	Speed-Endurance	High-Lactate Training
Late Season	7	Peak Speed Training	High-Lactate Training

## SUMMARY

### Preseason

The training emphasis for hurdlers should be on *establishing an endurance base, enhancing rhythmic skills, strength and flexibility*, with some attention to speed.

### Early Season

Training emphasis should be on *refining hurdling technique, sprint mechanics, general sprint conditioning*.

### Mid-Season

Training emphasis shifts to *hurdle stamina* using drills and repetitions over 6–12 hurdles, and *sprint stamina* through interval training. Mid-season training should *conclude emphasizing speed* through quality sprint reps and hurdle drills at full racing speed.

### Late Season

Hurdle training emphasis through the league, section and state qualifying meets should focus on *low-volume, high-quality technique training, recovery, and racing*.

PLANNING AIDS FOR DEVELOPING YOUR TRAINING SYSTEM

HURDLERS WORKOUT

Sequence

Date:

**RUNNING WARM-UP:**

Pre-stretch plus:

**FLEXIBILITY/MOBILITY EXERCISES:**

Static Series     Swing Series

**BUILD-UPS:**

**TECHNIQUE SPRINTS:**

**STATIONARY HURDLE DRILLS:**

Lead Leg      Trail Leg Circles

**RUNNING HURDLE DRILLS:**

X 1-Step Drills over  H

X 3-Step Drills over  H

X 1 Alt. Lead Drills over  H

X Fast-Step Drills over  H

X Lean Drills over last  H

**WORKOUT:**

X Block Starts over  H

X Full Flights

Hurdle Progressions

Sprint Workout

**WARM-DOWN:**

**RHYTHMIC PLYOMETRIC DRILLS:**

**POWER PLYOMETRIC DRILLS:**    Running - Bounding - Hopping

**WEIGHT TRAINING CIRCUIT:**

**SAMPLE 100M/110M HURDLERS WORKOUT**

Sequence

Date: Mon April 9

- 1** **RUNNING WARM-UP:**  
Pre-stretch plus: **1600m surging straights of last 2 laps**
- 2** **FLEXIBILITY/MOBILITY EXERCISES:**  
 Static Series     Swing Series
- 3** **BUILD-UPS:** **TECHNIQUE SPRINTS: 8 x 60m**
- 4** **STATIONARY HURDLE DRILLS:**  
**10** Lead Leg    **10** Trail Leg Circles
- 5** **RUNNING HURDLE DRILLS:**  
**5** X 1-Step Drills over **2** H  
**5** X 3-Step Drills over **2** H (**9yd / 7.5m** spacings for F-S)  
X 1 Alt. Lead Drills over H  
X Fast-Step Drills over H  
X Lean Drills over last H
- 6** **WORKOUT:**  
 **5** X Block Starts over **1** H  
 X Full Flights  
 Hurdle Progressions **2 x 3H-5H-7H**  
 Sprint Workout
- 7** **WARM-DOWN: 800m**  
**RHYTHMIC PLYOMETRIC DRILLS:**  
**POWER PLYOMETRIC DRILLS:** Running - Bounding - Hopping
- 8** **WEIGHT TRAINING CIRCUIT:**



## HURDLE TECHNIQUE CHECKLIST

### Head and Chest

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- Chest on thigh; chin in advance of knee.
- Head no higher than normal sprinting position.
- Eyes focused on the next hurdle at takeoff.
- Shoulders level and parallel to the hurdle.
- Hold forward lean until foot makes contact with ground.

### Lead Leg

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- Drive knee, don't kick foot, to the hurdle.
- Toe pulled back—not pointed at hurdle.
- Reach bent leg over hurdle.
- Begin snap-down when heel—not hips—reaches hurdle.
- Don't "hook" hurdle.
- Drive off ball of foot; don't drop onto heel.

### Trail Leg

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- Knee tucked under armpit—not flat over hurdle.
- Heel close to hip.
- Toe pointed forward—not back.
- Pull knee over hurdle; push foot to track.

### Lead Arm

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- Eye level at takeoff.
- Upper arm parallel to lead thigh.
- Arm bent 120-degrees during reach and pull-back.
- Hands sweeps back below trailing knee.

### Between Hurdles

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- Vigorous drive off hurdle into long first stride.
- Good high-knee sprint action on balls of feet.
- Slightly shortened last stride to hurdle.
- Takeoff approximately 7 feet from hurdle.
- Full extension from takeoff leg.