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How to Achieve Breakthrough Performances in the 300/400M Hurdles

- Introduction
- High School Track & Field History
 - Personal Experience
 - Lessons Learned
 - Beginnings of Breakthrough Technique
- Choosing a Lead Leg
 - Importance
 - Affect on Overall Performance

- Alternating Lead Legs
 - Importance
 - Affect on Overall Performance

- Trail Leg
 - Importance
 - Affect on Overall Performance

- Getting out of the Blocks
 - Development of the Drive Phase
 - First Two Steps out of Blocks
 - Adjusting/Alternating Feet Positions
 - Variances Due to Increased Strength/Speed, Weather Conditions, etc.

- Developing a Stride Pattern
 - Importance
 - Consistency
 - Basic Goals: boys v. girls

- Overcoming Potential Setbacks
 - Fatigue
 - Pace
 - Final 40m

- Key Workouts
 - Technique
 - Alternating Lead Leg
 - Trail Leg
 - Blocks – Drive to first three steps

 - Speed
 - Running fast over hurdles, not just running fast
 - Time Goals for Speed Workouts: boys, girls

 - Workout Schedule
 - Hard Workout - M, W, F (5 • 3 • 2, 1-6 / 2-8 Hurdles)
 - Technique Workout – T, Th

- Q & A