Techniques, Drills, and Training for Intermediate Hurdlers

Indoor and Outdoor All-American 60M H and 100M H

Indoor and Outdoor All-American 60 M H, 100M H, and 400M H

300/400 Meter Hurdles

The intermediate hurdles and the 400M hurdles are very similar, but also have some differences:

1. Distance 300M hurdles 400M hurdles
2. Starting location straight away curve
3. Number of hurdles 8 10

Stride pattern to the 1st hurdle are similar, but may vary slightly depending on the athlete

300M hurdles - stride pattern to 1st hurdle will be 21-22 for males, 23-24 for females

400M hurdles – stride pattern to 1st hurdle will be 21-22 for males, 23-24 for females

Stride pattern between hurdles for both will be 13-14-15 for men, 17-18-19 for women (will vary depending on athlete)

Technique for 300/400M Hurdles

- Development of speed as a sprinter, because all hurdlers must believe they are sprinters first
- Develop speed and speed endurance
- Training a 400M runner, who is an athlete and not afraid of endurance based training, sometimes become a very good 300/400M hurdler
- Hurdlers must understand how to maintain rhythm and speed over the hurdle

• A coaching point for me is to not get caught up in the stride pattern in between the hurdles, if indeed it is efficient and effective
Special Qualities of a 300/400M Hurdler

Physical Attributes (strength)
Mental Attributes (aggressive nature and mental toughness)
Speed
Endurance
Hurdle Ability (control)
Concentration
Rhythmic Motion (understanding starting race out of blocks from slow to fast)

Attributes of a Champion Hurdler

Because some athletes may not physically fit your hurdler mold, don’t disregard their possibility.

Believe in your training schedule and the development of that individual athlete.

Hurdlers come in all shapes and heights. However, the male hurdler that is 6 feet or taller has an advantage over a hurdler who stands under 6 feet. And the female that is 5'8” or taller has an advantage over the one who shorter.

Note – I have coached many All-American hurdlers who didn’t fit the mold.

A good hurdler must have the following skills:

- Speed
- Flexibility
- Fearlessness
- Competitiveness
- Strength
- Endurance
- Quickness

1. A champion hurdler must have the qualities of a good sprinter. They need to be fast and strong. He/she must practice starts and work on sprint techniques.

2. A champion hurdler must have CONCENTRATION. The hurdler must be able to focus on technique and form. Most importantly he/she must keep his/her head up and focused on the hurdle ahead.
3. A champion hurdler must have range of motion and flexibility. This can be established through a series of hurdle stretches and repeated hurdle drills.

4. A champion hurdler must have control over his/her body while running between and over hurdles. He/she must be able to control her strides in order to take the same number of strides from one hurdle to the next.

Training

My base training is a duplicate of the training for my 400M/400M hurdles/800 runners

Monday –
1. Speed endurance: 100, 200, 400, 110H/100H
2. Speed endurance/Tempo endurance: 400/400H/800

Wednesdays –
A Power Speed Day
100, 200, 400, 110H/100H will run nothing longer than a 200

400/400H/800 starts practice with a temp run of 15 minutes, 25 minutes, 35 minutes. Will run nothing longer than a 400

Sample Workout

200’s – working on a 10 week schedule
Week 1 – 12x200’s in or under 45 min
Week 2 – 11x200’s in or under 40 min
Week 3 – 10x200’s @ 30 min, 33 women
Week 4 – 9x200’s @ 29 men, 32 women
Week 5 – 8x200’s @ 28 men, 31 women
Week 6 – 7x200’s @ 27 men, 31 women
Week 7 – 6x200’s @ 26 men, 29 women
Week 8 – Conference Week
Week 9 – National Qualifying Week
Week 10 – Nationals Week

* Note at week 5: 400MH/400/800 are running broken 400s and focus is hitting our time on 1st 200M and 2nd 200 M is a good tempo finish (in these workouts we will vary it by using hurdles)
Tuesday/Thursday

- Strength Training
  - ~30 to 45 minutes of Olympic lifts

- Speed Development/Block Work
- Technique Work for Hurdles
- Relay Handoffs
- Rest and Recovery/Video Day
  - Team warm up/easy temp run
  - Training room treatment
  - Pool workout
  - Video, watch event from previous week’s meet

Drills and Technique Training

Drills:
- Walking hurdles – lead leg and trail leg
- Jogging hurdles – lead leg and trail leg
- Running hurdles – lead leg and trail leg
- Lead leg and trail leg drills over hurdle
- Wall drills – lead leg and trail leg (focus on driving knee as well as arm and foot action)
  - When working on lead leg drills, focus on knee up and toe up
  - Trail leg drills, focus on tucking trail leg under the armpit and pulling through not dropping through

- 5-Step Drill
- 1-Step Drill
- Hard on Hard off Drill (attacking each hurdle w/a quick lead leg and quicker trail leg)

- Drilling must happen on both legs, dominant and non-dominant
- Posture and positioning over hurdles is key
- Starting out of blocks, over 1st hurdle is key and will dictate the pace of the race
- Hurdles must be aggressive, but under control
- Start hurdle race by attacking the 1st hurdle slow, but finishing hurdle race fast
- Hurdlers must learn how to be sprinters in between hurdles
Breaking Down 300H/400H Race

Block starts – 1st hurdle 1-5
    Hurdles 5-7
    Hurdles 7-9
    Hurdles 9 – finish

Running the curve and training over hurdles on the curve is key to a
300M/400M hurdler

All hurdle drills should be inclusive of all hurdle races