**Training your 100/110m and 300m/400m hurdlers within the High School Season**

**A. Tempo Training**

1. Recovery is short, how much volume and how much recovery depends on the time of the season, 60 percent effort

2. Workout examples:

   Long hurdler (*train with the 200/400m sprinters*)

   10X200m, (M, 28-30; W, 33-35) with 2:00min recovery or 4X600; if you incorporate hurdles in the workout, add a little more recovery

   Short hurdler (*train with the 100/200m sprinters*)

   8X200m (M, 29, W, 33) 6X250m (M, 34-35; W, 37-38) with 3-5 minutes rest

**B. Speed Endurance Training**

   a.1. Recovery is more than tempo training, running is faster than tempo training; not full speed, 70-80 percent effort

   a.2. Workout examples:

      a.2.a. Long hurdler: 4XSplit 400s (run 200m M, 24-25, W, 28) rest 60 seconds, run 25, 28 200m), 5-8 minutes recovery, Run 200m (M, 24, W, 28), rest 60 seconds, run 200m over hurdles (M, 26, W, 30)

      a.2.b. Short hurdler: 5XSplit 300s (run 100m (M, 11-12, W, 12-13) rest 60 seconds, run 200m, M, 24-25; W, 27-28), with 5-8 minutes rest

**C. Speed Training**

   a.1. Recovery is usually 8-15 minutes depending on the distance, volume tends to be lower compared to tempo and speed endurance training, 90-100 percent efforts

   a.2. Workout examples:

      a.2.b.a. Long hurdler: From the blocks, 1-5 hurdles; 4-6X150m

      a.2.b.b. Short hurdler: From the blocks 1-5 hurdles; 5X flying 30s, 60s, 80s
D. **Active Recovery**

   a.i. Intensity is low (jogging pace), volume is higher

   a.ii. **Workout examples:**

   A circuit with jump rope, med ball throws and exercises 25-30 minutes

   2X1 mile of run 100m, 10X push ups, 20X abs, then 100m (focus more on running form)

   20min easy jog

   Yoga

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E. **Rest**

   No physical activity, rest

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F. **In season Workout Sample**

1. **Monday**

   - Long hurdler 4XRun 200m flat, rest 60 seconds, run 200m over hurdles; 4X300m over hurdles, rest 60 seconds, run 100m flat

   - Short hurdler From the blocks, 1X10H, 2X8thH, 2X6thH; 4X200s

   *Speed Endurance* Lift (upper body main focus)

2. **Tuesday**

   - Long hurdler From the blocks 8X80m sprints

   - Short hurdler 3pt stance 8X60m sprints

   - Abs, push ups, plank work

   *Speed* Lift(lower body main focus)

3. **Wednesday**

   - Long hurdlers 5X200s run 200m, walk 100m

   - Short hurdlers 6X100m form runs, Yoga

   *Tempo Day*
4. Thursday  
   *If not competing that week, 20min easy jog, abs, push ups, plank work, lift
   *If competing on Friday, Pre-meet warm up ending with 2-3 block starts over 1-3 hurdles
   *Active recovery

5. Friday  
   *If competing, run fast!
   *If not competing  
     Long hurdlers, 5Xfrom the blocks 1-5 hurdles; 1X450m
     Short hurdlers; From the blocks, 5X5thH; 2X300s
   *Speed/Speed Endurance

6. Saturday  
   Rest if not competing  
   If competing run fast!

7. Sunday  
   If competed Friday and/or Saturday, rest day; If didn’t compete, Active recovery On your own 15 easy jog, stretch, abs

8. Questions