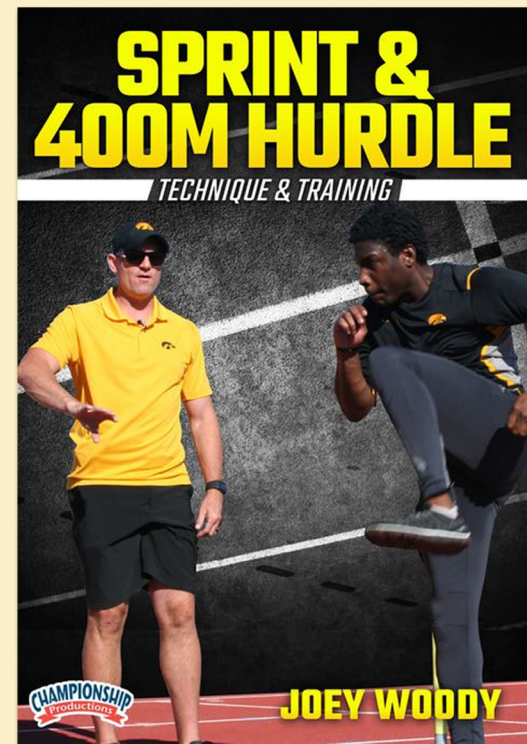
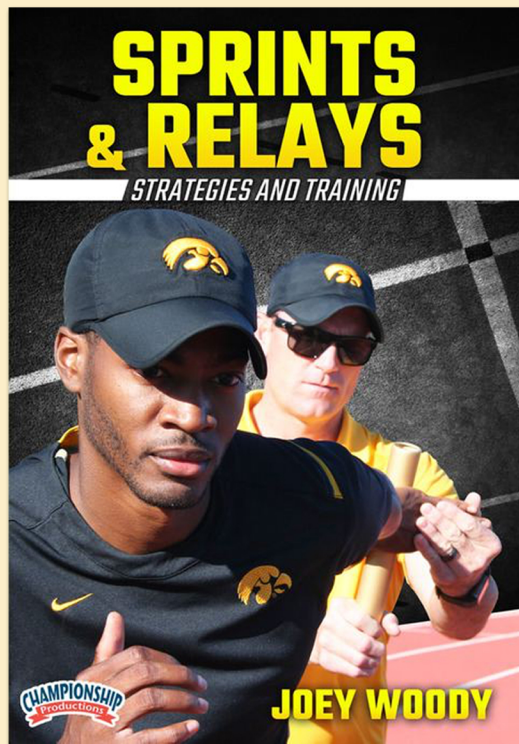
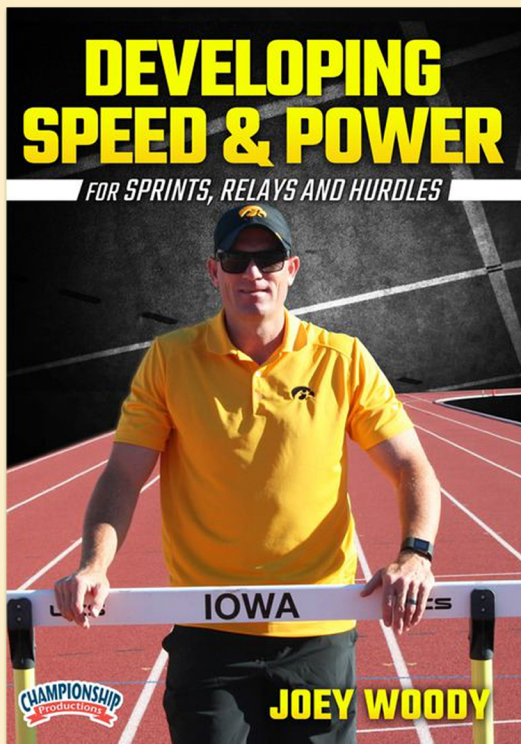


MY COACHING VIDEOS



ORDER ONLINE 24/7 @
www.ChampionshipProductions.com



400M HURDLE TRAINING



Championship Productions 2015
Iowa Track and Field
Joey Woody

KEY QUALITIES OF A 400 HURDLER

- Above Average Speed
- Great Endurance Capability
- Great Mental and Physical Toughness
- Willingness to Train Hard
- NO FEAR!
- Ability to Hurdle
 - Both Legs Efficiently

400 HURDLE TRAINING PHILOSOPHY

- Train the Athlete – Not Just the Event
 - Know athlete's strengths/weaknesses
- 400m Training Year Round - PLUS
 - Slightly more volume
 - More endurance capacity work
 - More technical work
- Train Race Rhythm Over Hurdles - KEY
 - No hurdle training at less than race pace

400 HURDLE TRAINING PHILOSOPHY

- Developmental Athletes
 - M: 37-38/300H, 53.5-55/400H /// W: 43-45, 61-63
- Train Toughness - #1 Key
 - 300-400m Hills / Special Endurance / Compete Multiple Races
- Speed Development is Critical
 - Everyone is a Sprinter
- Ends to Middle Training Concept

Accel>Vmax>SE.>Sp.End I>RACE MODEL<Sp.End II<Tempo Int<Tempo Ext.

400 HURDLE TRAINING PHILOSOPHY

- Train Quality over Quantity - Train to Race
 - Ex: 500-400-300 @ 90-95% / 10:00RI
versus
4 x 500m @ 80-85% @ 5:00 RI
More Volume / Less Quality Reps
- Train Strength & Power Development Year Round
- Train Specific Speed/Race Tempo



GREAT 400 HURDLERS = GREAT SPRINTERS

Sprint PR's from 400m hurdle athletes on the all-time list:

Women

- 52.34 (1) Yuliya Pechonkina, 2003: 400m - 51.00 (I)
- 52.42 (2) Melaine Walker, 2009: 100H - 12.75 /, 400m - 51.61
- 52.61 (3) Kim Batten, 1995: 200m - 400m - 50.61
- 52.63 (5) Lashinda Demus, 2009: 100H - 13.08, 400m - 51.09
- 52.74 (6) Sally Gunnell, 1993: 100H - 12.82, 400m - 51.45
- 52.82 (9) Deon Hemmings, 1996: 100m - 11.58/11.29w, 200m - 22.64, 400m - 50.63

GREAT 400 HURDLERS = GREAT SPRINTERS

Men

- 46.78 (1) Kevin Young, 1992: 200m - 20.72w, 400m - 45.11
- 47.02 (2) Edwin Moses, 1983: 400m - 45.60
- 47.10 (3) Samuel Matete, 1991: 400m - 44.88
- 47.19 (4) Andre Phillips, 1988: 200m - 20.51, 400m - 44.71
- 47.24 (6) Kerron Clement, 2005: 100m - 10.23, 200m - 20.40(I),
400m - 44.48 / 44.57 (I) WR, 300H - 35.42
- 47.25 (7) Angelo Taylor, 2008: 200m - 20.23, 400m - 44.05
- 47.25 (7) Felix Sanchez, 2003: 400m - 44.90, 800m - 1:49.36
- 47.30 (8) Bershawn Jackson, 2005: 200m - 20.46w,
400m - 45.06
- 47.97 (34) Joey Woody, 1998: 110HH - 13.63, 200m - 21.21,
400m - 46.04, 800m - 1:47.75, Split 44.7

SPEED DEVELOPMENT IS #1 KEY

- YEAR ROUND SPEED DEVELOPMENT
- Every Race has an Acceleration
 - Train Acceleration Component to Overcome Inertia
- Increased Max Velocity = Higher Tolerance for Faster Paces – Steve Dudley MSU
 - Train to Improve V_{max}
 - 20m segments with varying build-in distances
 - Ins/Outs to challenge V_{max}
 - Assisted sprinting

SPEED DEVELOPMENT FOR 400 HURDLES

- Pre-Season General Prep.
 - Train Acceleration 1 day/Week and Vmax 1 day/week
- Pre-Season Specific Prep.
- Combine Acceleration and Vmax training 1 day/week
- Train Speed Endurance 1 day/week
- Pre-Competition
- Combine Acceleration / Speed Endurance

400 HURDLE TRAINING PROGRESSION

- Pre-Season General Prep. (6-8 Weeks)
 - Train Speed/Pwr Qualities
 - Short Hills, Stairs, Plyos, Short Jumps, Accel. Lines, Vmax Drill (Vince Anderson, Texas A&M)
 - Train General Endurance
 - Short Rest Tempo Ext./Long Hill Runs/Circuits
- Pre-Season Specific Prep (6-8 Weeks)
 - Advance Speed/Pwr Qualities
 - Long Jumps, H-Hops, Extend Lines, Vmax Training,
 - Train Specific Endurance
 - Med. Rest Tempo Intensive / Longer Hills

400 HURDLE TRAINING PROGRESSION

- Pre-Competition (6-8 Weeks)
 - Extend Speed/Pwr Qualities // More Event Specific
 - Speed Endurance, Long Stairs, Speed Bounds, SL Bounds, Extend Vmax Runs, Completion Runs
 - Train Race Rhythm
 - Special Endurance I & II, Race Modeling
- Competition (6-8 Weeks)
 - Maintain Speed/Pwr Qualities
 - Train Race Rhythm
 - REST



400M WORKOUT EXAMPLES

- Race Pace Simulation Short (SE I / Speed End)
 - 2 sets (2 x 200) @ 90-97% 400 pace
 - Goal 400 = 48.5" (2 x 200 @ 25-25.5" – 1' Rest Interval)
 - 2 sets (4 x 100) @ 90-100% 400 pace
 - Goal 400 = 48.5" (4 x 100 @ 12-12.5" – 30"-1' Rep Interval / 5-8' Set Interval)
- Race Pace Simulation Medium (SE I)
 - 3 x 300 or 4 x 250 @ 90-97% 400 pace – 8-20' Rep Interval
- Race Pace Simulation Long (SE II)
 - 2 x 450 or 2 x 500 or 500-400-300 @ 85-95% 400 pace - 10-20' Rep Interval

400 HURDLE TRAINING PROGRESSION

- Indoor Season
 - Race Multiple Events (400/4x4/60H/200m)
 - Race the 500/600/800m
 - Uneven Spaced Hurdles - Alternate
- Early Outdoor Season (3-5 Weeks)
 - Specific Prep/Pre-Comp Phase
 - Increase Special Endurance Volume
- Early Season 400H Training - (Feb/March)
 - 5 block starts over 3-5H (Indoors)
 - Pre-fatigue the system / Work over last 5H

400 HURDLE TRAINING PROGRESSION

- Early Season 400H Training - (Feb/March)
 - 5 block starts over 3-5H (Indoors)
 - Pre-fatigue the system / Work over last 5H
- Mid Season 400H Training (March-April)
 - 3-4 x Block starts to 6-7 Hurdles – begin transition
 - Transition over # 5-8 Hurdles (1-200 flat/hurdle #4-8)
 - Increase focus over last 5H (100 flat/hurdle #6-10)

400 HURDLE TRAINING PROGRESSION

- Late Season 400H Training (April-June)
 - 2-3 x Block starts to #7-8 Hurdles
 - 2-3 x 300's over last 3-5 Hurdles
 - 2 x Starts over 6H / rest 1:00 / fly over last 4H
 - 300 @ 95% / rest 1-2:00 / 3 x last 5H / walk back
 - 2 x 400 over last 3-5H / 15-20:00 Rest

400 HURDLE TRAINING CONCEPTS

- Move the Hurdles in to Keep Stride Pattern
- Master Your Race Rhythm... Then Challenge It
- Add More Volume to the 400 Hurdler (500m vs. 450m)
- Better to Over Stride Than to Stutter
 - Steering Drills – Blind Drill
- Focus on Power Exercises/Drills to Increase Stride Length (Hills/Stairs/Bounds/Plyos)
- Hurdle Drills with Alternate Leg

TRAIN ATHLETE / NOT JUST EVENT

- Strength & Power Training
- Multi-Directional Training
- Multi-Directional Strength Exercises
- Prehab Exercises
- Cross Training
- Core Development & Conditioning
- Multi-Jumps/Multi-Throws
 - STJ/SLJ/3 and 5 DL Hop/Bounding
 - Med Ball and Shot Throws
 - Overhead Back/Between the Knees Forward



STRENGTH AND POWER DEVELOPMENT

- Three components of Faster Running*
 - How often you contact the ground
 - How much muscular force you can apply during ground contact
 - How much ground contact time is available to deliver that force
 - *Stride Length and Stride Rate are **EFFECTS** of the three components*
 - Our Enemy = Gravity
 - Sprinting is a Vertical movement – Not horizontal

*“Underground Secrets to Faster Running” - Barry Ross

STRENGTH AND POWER DEVELOPMENT

- Mass Specific Force - Increase Muscular Strength without Increasing Mass
 - Bigger does not = Stronger
 - High Intensity (85+%)
 - Short Duration
 - Less than 8 seconds total Set time-phosphagen energy depletion / No Lactic Acid
 - Long Rest Intervals
 - Regenerate phosphagen pool
 - Conversion
 - Complex high force resistance exercises with high speed plyometric exercises

STRENGTH AND POWER DEVELOPMENT

- General Prep
 - Strength Endurance Cycle (4 Weeks)
 - Max Strength Cycle (4 Weeks)
- Specific Prep
 - Max Power Cycle (4-6 Weeks)
- Pre-Competition
 - Power/Speed Conversion Cycle (4-6 Weeks)
- Competition
 - Maintenance

CONVERSION TO THE TRACK

- Stride Length Increases from More Applied Force
- Stride Rate Increases from Less Ground Contact Time
 - AT is virtually equal > elite vs non-elite
 - Complex resistance training with high speed plyometric exercises
- Benefits
 - Running speed increases > Increased SL & SF
 - Running efficiency increases > Less effort per Stride
 - Increased coordination, balance, stability

IN-SEASON WEEKLY SCHEDULE

- ✗ Mon – 3-4 x Fly-In 30's / Starts over Hurdles (5 x 5H / 5:00 RI)
- ✗ Tues – Special Endurance II (500 – 300 / 15:00 Rest)
- ✗ Wed – Smooth/Easy Tempo (5 sets 100+200+100 @ 75% pace / 1:00 Rep Rest – 3:00 Set Rest) // or 6-8 x 150m Hills – smooth
- ✗ Thurs – 2 x 1st 5H / 3 x last 5H / Walk 200 Rest or 300 Fast / Walk 1 lap / 3 x last 3-4H
- ✗ Fri – Compete or Premeet

WORKOUT EXAMPLES

- Acceleration

- Accel. Line – Vince Anderson TAMU
- 10-30m accels (2pt./3pt./falling)
- Short Hills / Stair Sprints – 3 x 3 x 6 sec / walk down rest/3-5:00 Set Rest

- Vmax

- 20-40m Accel + 10-30m Fly – Varying Flys (Francis)
- Ins/Outs (20-30m accel>10-20m ON>10-20m OFF>10-20m ON
- Assisted Sprints

WORKOUT EXAMPLES

- Speed Endurance
 - 2-3 sets x (2-3 x 30-60m)/1-2:00 RI/6-10:00 SI (GSSE)
 - 3-4 x 80-150m @ 90%+/5-10:00 RI (Anaerobic SE)
 - 4-5 x 120-150m Progressive Runs (med-fast-faster or fast-faster-fastest)- Vince Anderson, Texas A&M
- Special Endurance I (Long Speed End.)
 - 3-4 x 170-300m @ 90%+ (6-12:00 RI)

WORKOUT EXAMPLES

✗ Special Endurance II

- + 2 x 450-600m; Breakdown 6-5-4/5-4-3/4-3-2; 2 x 300+200 (1-2:00) – Lactic Acid Power
 - ✗ 90%+ (Challenge 400m pace / 8:00-20:00 Set Rest)

✗ Tempo Intensive:

- + Repetitions of 100-600m with Medium Rest (3-5:00) @ 80-90% Intensity – 4-6 WEEK CYCLE
 - ✗ We spend little time on this area - Too slow for performance / Too intense for recovery on medium rest intervals – Charlie Francis

WORKOUT EXAMPLES

- Tempo Extensive
 - Repetitions of 100-600m with short rest (:30-3:00) @ Below 80% intensity (Generally 100-300m) – YEAR ROUND

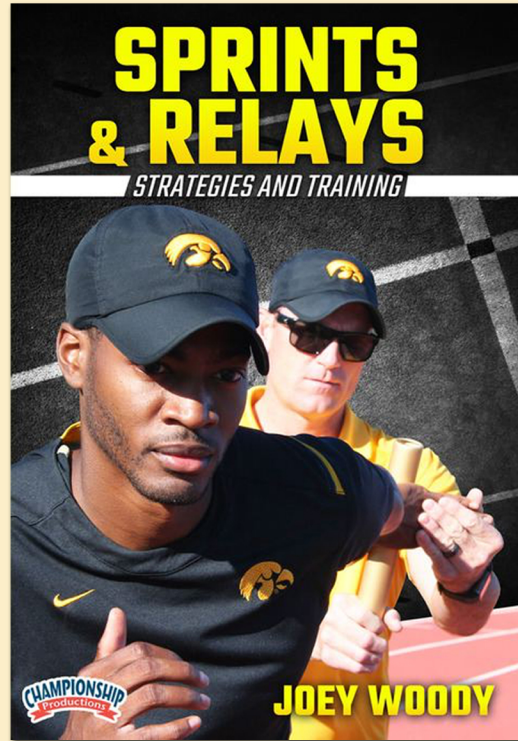
SUMMARY

- Train Athleticism
- Train Speed/Power Year Round
- Train Mental Toughness Through Physically Tough Workouts
 - Jan. 1, 8:00 am – 5 x 300 Hills / -10 Below Zero
 - 4x1, 110HH, 400m, 400H, 4x400 Relay
- No Fear & No Limits
- More Technical Information: “Long Hurdles” – Scott Roberts in Track Techniques

I LEARN FROM YOU...PASS THE BATON ON!!

- Chris Bucknam – Arkansas, UNI
- Jim Bush – UCLA, USC
- John Raffensperger – Iowa City High School
- Vince Anderson – Texas A&M
- Bill Lawson – Kent State, UNI
- Clive Roberts – Iowa
- Mark Guthrie – Wisconsin, Wisc. LaCrosse
- Ken Harnden – Florida State
- Curtis Frye – South Carolina
- Larry Wieczorek - Iowa
- Pat Henry – Texas A&M
- Jason Wakenight – Iowa - Coaching Assistant
- Heather Woody – Heather Woody Unlimited Success Coaching

MY COACHING VIDEOS



ORDER ONLINE 24/7 @
www.ChampionshipProductions.com

