

# **\*\*SECTION (B) HURDLES: 100H/110H – 300H**



"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."

-John Bingham, running speaker and writer

## SECTION (B) HURDLES: 100H/110H – 300H (OVERVIEW)

<b>OVERVIEW</b>	To be an effective and competitive hurdler, you continually have to find ways to get faster and more efficient. Spending time in the off-season (BASE PHASE) developing this skill can have a tremendously positive impact on your success on the track, but you can continue increasing your sprint hurdle speed once the track season begins. The only true way to improve your top-end speed is to run fast. This means to improve your speed you have to do all-out sprints (MAX EFFORT). Maximum speed workouts are the cornerstones of both our sprint and hurdle programs. Maximum speed track workouts are done two to three times per week. This is adjusted to accommodate level of each athlete's development, event schedule, body condition, and the time of the year. Maintaining proper sprint mechanics, and dedicate yourself to plyometrics and weight training, and to general conditioning with allow athletes to yield the highest results.
<b>BASE PHASE</b>	Hop Hurdle Sprints or "HOPPERS" are perfect early in the season, while you progress through a complementary hurdler workout for explosive acceleration. This top-end speed exercise begins with a rolling acceleration that is long enough to build up to top speed, and finishes with the "flying" sprint portion for a specified distance. This limits fatigue from a max sprint so you can reach your top velocity.
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* Slowly accelerate to top speed (MAX EFFORT) over 15-25 meters.</li> <li>* Sprint at top speed (MAX EFFORT) for the entire distance of the fly zone.</li> <li>* Gradually slow down to prevent muscle injury.</li> <li>* Walk back to the start and rest for 1 minute before starting the next sprint.</li> </ul>
<b>Workout</b>	3-6x10-30H (start with 10m and progress to 30m)
<b>TRAINING/SEASON PHASE</b>	At this time of the season, effective track workouts for hurdlers focus on sprints of 30 to 50 meters over hurdles from the blocks. Compared to the drill above, this type of sprint takes you through the full acceleration phase, so it's important to maintain proper form through your acceleration
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* EXPLODE out of the blocks.</li> <li>* Comfortably accelerate to near top speed.</li> <li>* Maintain maximum speed with minimum effort + DRIVE THROUGH THE HURDLE</li> <li>* Gradually slow down to prevent muscle injury</li> <li>* Walk back to the start and rest for 1 minute before starting the next sprint.</li> </ul>
<b>Workout</b>	3-6x30-50H
<b>CHAMPIONSHIP PHASE</b>	The cumulative effects of training now have you primed for speed endurance workouts. These use longer intervals to build up fatigue slowly. Longer intervals are taxing and require more rest between repetitions. You must do fewer reps to compensate for the longer intervals and to avoid overtraining.
<b>Focus Points</b>	<ul style="list-style-type: none"> <li>* Longer intervals, more rest between intervals, fewer reps.</li> <li>* Always maintain proper form and mechanics.</li> <li>* Listen to your body - avoid overtraining. Don't push just because you feel great!</li> </ul>
<b>Workout</b>	100m-110m hurdlers: 3-5x80m-150H with 5-8 minute recovery. 300m hurdlers: 3-5x150-250H with 6-10 minute recovery.
<b>EMPHASIS</b>	<b>KEYS TO KEEP IN MIND AS WE TRAIN AND PREPARE FOR A SUCCESSFUL SEASON</b>
	<ol style="list-style-type: none"> <li>(1) Don't think about working HARDER, instead work SMARTER and more EFFICIENT.</li> <li>(2) Never worry about what other people are doing, focus on what you can do and what you can get accomplished.</li> <li>(3) Take care of your body physically, mentally, and emotionally. Put yourself in a position to find success.</li> <li>(4) Have fun with training when you can. Track and Field is hard enough without you stressing yourself out.</li> </ol>

# HURDLES: 100H/110H – 300H (MECHANICS)

## THE HURDLES

Perhaps the most common technical error made by hurdlers in the position of the lead arm/hand (opposite to the lead/front foot) during hurdle clearance. The hand is usually out somewhere in never, NEVERLAND or the GREAT BEYOND, allowing the lead arm/shoulder to drift to a position where it goes behind the hip. This in turn throws the body out of alignment, causing the lead foot to land more toward the trail leg side of the lane. The athlete then has to recover back to the center of the lane. This results in a loss in speed and time at every hurdle and increases the opportunity for injury.

## BASIC HURDLE MECHANICS

There are several key points that must be taken into account and adhered to in order to optimize success in each of the hurdle events.

- Hurdles races are SPRINT event, NOT JUMPING events. You “RUN” over the hurdles. There should be a very small change in the location of the body’s COM (center of mass) when clearing a hurdles.
- At the beginning of the TAKE-OFF, the knee must be driven toward the hurdle and the foot then extended. The knee should be slightly bent when crossing the hurdle. Unless the athlete’s body has great flexibility, the knee must be slightly bent to allow the body to lean forward.
- Don’t “HOOK” the foot around the side of the hurdle.
- The lead foot/toe is kept dorsiflexed.
- At TAKE-OFF, the head should be raised with the eyes focusing on the next hurdle. During CLEARANCE, the head should not rise above normal sprint position.
- “SNAP-DOWN” is initiated as soon as the heel of the lead foot reaches the top of the hurdle.
- To quickly return to the sprint form at touchdown, a forward lean must be maintained over the hurdle.
- Lead arm should be at eye level at TAKE-OFF.
- When crossing the hurdle, the lead arm must be bent with the hand/fist coming to a position directly in front of the face with the arm parallel to the thigh of the lead leg. The arm/elbow should be bent at about 120 degrees. This position helps to prevent an off-balance landing.
- The trail leg must be kept bent and short to provide a quick lever action allowing a fast and fluid hurdle clearance. The knee should pull through under the armpit and should not be flat across the top of the hurdle.
- There are only two ways to improve hurdling speed. One is to improve the hurdle clearance efficiency and the other is to increase stride frequency. Or in other words, the only way to be a FASTER HURDLER is to be quick and efficient over the hurdle and 3-step in-between the hurdles.
- Shoulders must be kept level and parallel to the top of the hurdle.
- During ACCELERATION from the blocks, when the TRANSITION POINT (the point two strides from the hurdle) is reached, the body must have transitioned from the acceleration leading condition to a “STANDING TALL’ running form.
- In the short hurdles, hold the breath from the start until the top of the first hurdle is reached, then blow out and breathe.

## **HURDLE DRILLS**

- **CONTINUOUS TRAIL LEG** = This drill is accomplished by standing beside a hurdle and skipping with the lead leg and clearing the hurdle with the trail leg. This can be done on every skip or every third skip.
- **WALL ATTACKS** = While standing in front of a barrier such as a wall or fence, snap the lead leg out and drive the foot into the barrier.
- **BACK & FORTHS (BFF's)** = While standing beside a hurdle with it facing front, move the lead foot/leg back and forth over the hurdle. Concentrate on **STANDING TALL**, keeping the stomach and glutes tight and the lead foot dorsiflexed.
- **KARATE KID KICKS** = Start by learning to hop while extending and holding the lead leg in the hurdles position. Once this is mastered, hop, kick/extend the lead leg and step over the hurdle.
- **KNEE SLAPS** = Do a slow jog and hold the hands at chest height in the open palms position. While in this position, drive the lead knee up and slap it with the open hand. Then do it on a 1- count with both knees. Once this action has been learned, do with a slight lean and with the feet dorsiflexed. The, progress to where the action can be accomplished when going over a hurdle.

## **OFF SEASON (WINTER) - HURDLE DRILLS**

- Lengthen the distance from the start line to the first hurdle by from four to eight meters, creating a ten or twelve stride approach. This will allow for greater build-up of speed in the approach. The same can be done in the intermediate hurdles.
- Change the spacing between the hurdles to provide either a five for seven stride pattern.

These two should be combined, with the emphasis on attacking the first hurdle and continuing with a fast, strong rhythm.

- Alternating the spacing from three to five strides. The normal hurdle spacing might be reduced slightly on the three stride segments.
- In the intermediate hurdles, have an even/odd number of strides on alternating segments. This will teach the body to use alternate lead leg action.

These drills require the athlete to concentrate fully while using full power. Doing these drills will make the hurdler stronger, faster, and more proficient.

## HURDLE DRILLS

### Methods of Establishing Lead Leg

1. Kick a ball.
2. Lean forward until off balance, forcing to take a step forward.
3. Coach gives a slight push from the back, forcing the athlete to step forward.
4. Knees to hands placed by chest.
5. Run over barriers (like Banana Steps, Plyometric Power Hurdles or Smart Hurdles).

### Trail Leg Development

*Left Lead Leg* - stand in front of and to the left of a low power hurdle or banana step.

*Right Lead Leg* - stand in front of and to the right of a low power hurdle or banana step.

- Hands on hips: Walk to banana step/power hurdle; clear trail leg over banana step/power hurdle.
- Hands in front: Walk to banana step/power hurdle; clear trail leg over banana step/power hurdle.
- Arms moving in unison to walking steps: Walk to banana step/power hurdle; clear trail leg over banana step/power hurdle.

Key points:

- Trail leg knee should lift under arm pit.
  - Arm pulls back and around as trail leg passes over banana step/power hurdle.
- Jog to banana step/power hurdle; clear trail leg over banana step/power hurdle.

*Repeat entire sequence moving to a larger banana step, or power hurdles set slightly higher each set.*

### Lead Leg Development

1. High knee marching, hands in front of the chest, lifting lead leg only.
2. High knee marching, hands in front of the chest, lifting lead leg only and stepping over small banana step/low power hurdle
3. High knee marching with both legs, hands in front of the chest.
4. High knee marching with both legs, hands in front of the chest, step over small banana step/low power hurdle.
5. High knee running, hands in front of chest, step over small banana step/low power hurdle with lead leg.
6. Normal high knee running, step over small banana step/low power hurdle with lead leg.
7. Repeat entire sequence moving to larger banana step or setting the power hurdle higher each set.

## HURDLE DRILLS

### Lead Leg and Trail Leg Development

Place a power hurdle at 27" on trail leg side.

Place a 5" banana step on the lead leg side.

- Hands on hips: Walk to hurdles; clear lead leg over short banana step and trail leg over higher power hurdle.
- Hands in front: Walk to hurdles; clear lead leg over short banana step and trail leg over higher power hurdle.
- Arms moving in unison to walking steps: Walk to hurdles; clear lead leg over short banana step and trail leg over higher power hurdle. Repeat drill jogging to hurdles.

*Repeat entire sequence for several sets, gradually raising the height of the lead leg hurdle until it is even with the trail leg barrier.*

REPEAT ENTIRE SEQUENCE USING TWO OR THREE HURDLES.

## Teaching Stride Patterns

Set up "shuttle hurdle" relay with the hurdles the same distance apart, but of all different heights. (Do not be concerned about clearance technique or strides between obstacles).

- This is great to do if dealing with a large group of hurdlers

Place pairs of small banana steps 3' - 6' apart (side by side). Start with 3-4 sets of banana steps and gradually progress to 10 sets of banana steps. Have 5 meters between each pair of hurdles. Have athletes run side by side clearing the small banana steps while keeping three strides between each banana step.

Replace small banana steps with larger banana steps or power hurdles set at a low position. Repeat runs.

As the athlete becomes more proficient, gradually move the height of the power hurdles up.

*Repeat entire procedure moving the distance between pairs of hurdles to 6 meters, then 7 meters, etc., until reaching the proper distance between the hurdles.*

## Hurdle Distances

### **Men/Boys 110m hurdles:**

#### **39" high**

13.72m (45') to the 1st hurdle

9.14m (30') between each of the 10 hurdles

14.02m (46') to the finish line

### **Womens/Girls 100m hurdles:**

#### **36" high**

13m (42'8") to the 1st hurdle

8.5m (27'10.5") between each of the 10 hurdles

10.5m (34'5") to the finish line

## HURDLE DRILLS

### Starting Out of the Blocks and Strides to the First Hurdle

If taking 8 strides to the first hurdle, the lead leg must be placed in the back block position.

If taking 7 or 9 strides to the first hurdle, the lead leg must be placed in the front block position.

Set proper distance to the first hurdle. Work on starts to the first hurdle using a small banana step and gradually working up to the proper height. After proper steps are achieved, time each rep.

Set up 2 hurdles, then 3 hurdles, etc.

- Proper steps and clearance of the first hurdle is critical. The athlete should be upright 4 strides after coming out of the blocks. (9 steppers can afford to be upright after 5 strides).

### **Various Thoughts and Ideas**

An athlete "runs" the hurdles and does not jump over each hurdle. When trying to develop 3 step stride patterns teach the athlete to think about a "big first step" after each hurdle clearance. Athletes should think of the hurdle race as a series of 10 meter sprints (one hurdle at a time).

Eventually athletes should take off 6-7 feet before each hurdle and land about 4 feet beyond each hurdle. Critical spots are the first and seventh hurdles. The stride pattern and clearance of the first hurdle sets up the rest of the race. The seventh hurdle is the point where many young athletes seem to fatigue and technique falters. This will become more efficient as athletes' conditioning increases.

Remember that there is still some distance between the last hurdle and finish line. Many races are won or lost during the final few strides of the race.

# HURDLES: 100H/110H - 300H (PHASES)

PHASES	Points of EMPHASIS	Examples of WORKOUTS
<b>Base Training 6-10 Weeks</b>	<p>Much of the time we spend in the fall (for athletes that are not playing a fall sport) consists of training that conditions the body and teaches specific drills that help develop proper sprint mechanics. In this phase we also introduce exercises that help to develop and improve the athlete's technique, stride length and stride frequency. Circuit, Weight, and Core Training plays a big role during this phase, this is done not only to help increase that athletes overall fitness level, but also to help develop the proper sprint mechanics that are so vital at the end of the race.</p>	<p><b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/5 x TAPE &amp; ACCELL DRILL/5 X 20 (3 POINT STANCE) 2 SETS MED BALL CIRCUIT/GRASS COOLDOWN  <b>Tues.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 35 MIN CIRCUIT (A)/MED BALL CIRCUIT/GRASS COOLDOWN  <b>Wed.</b> ACTIVE RECOVERY  <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/5 X 20 (3 POINT STANCE) 2 SETS/MED BALL CIRCUIT/10 DIAGONALS  <b>Fri.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 5 X TAPE &amp; ACCELL DRILLS/12 DIAGONALS  <b>Sat. - Sun.</b> ACTIVE RECOVERY</p>
<b>Training Phase - Season</b>	<p>The emphasis in this phase is developing high top-end speed and maximizing the conditioning of the body and the mind to hold that speed for as long as possible. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States). <b>THIS IS NOT EASY!</b> The training required to be a high-level, high-performing track and field athlete takes a great deal of time, energy, focus, commitment, and effort.</p>	<p><b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE &amp; ACCELL DRILL/6 FORM STARTS ( 20m) 4 X 40H, 4 X 50H, 3 X 60H (3 POINT STANCE) 6 X 50H SINGLE LEG HOPS (3 EACH LEG) MED BALL CIRCUIT/GRASS COOLDOWN  <b>Tues.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN  <b>Wed.</b> ACTIVE RECOVERY  <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS CD  <b>Fri.</b> LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100H (18) 30 SEC REST/MED BALL CIRCUIT/GRASS CD  <b>Sat. - Sun.</b> ACTIVE RECOVERY</p>
<b>Championship Season</b>	<p>The emphasis during this phase is on providing the appropriate balance of rest and training so that our athletes maximize their opportunity to achieve their best performances at our championship meets. At this point of the training we focus on technique more than any other facet of sprinting. As our athletes become more rested, the technical aspect of their efforts become easier to achieve. However, while the athletes are feeling more rested and in effect "feeling faster," it is vital that coach keep a close eye so that the athletes do not push too hard in train. We want the effects of the (TAPER) to be felt and utilized in the competitions, not in practice.</p>	<p><b>Mon.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS 4 FORM STARTS (20 m - TURN) 4 X 40H (BLOCKS - GUN - IN TURN) 3 X 70H, 2 X 80H (3 POINT STANCE) 4 X 50H (BOUNDING)  <b>Tues.</b> LONG WU/STRETCH/DRILLS/5 X TAPE &amp; ACCELL DRILLS 3 X 500 (56 400 BASE) 500 WALK REST (2 OF THE 500'S OVER HURDLES)  <b>Wed.</b> MEET WU/STRETCH/DRILLS/BATON DRILLS  <b>Thurs.</b> SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS 4 FORM STARTS (20 m - TURN)/300(33 OR BETTER FROM BLOCKS) 45 SEC REST - 100 (FULL EFFORT) 2 SETS FULL RECOVERY  <b>Fri.</b> DAY OFF (COMPLETE REST)  <b>Sat.</b> MEET DAY - WU/STRETCH/DRILLS - COMPETE HARD!  <b>Sun.</b> ACTIVE RECOVERY</p>
<b>Yearly Outlook</b>	<p>We want our student-athlete to maximize their personal potential and optimize their overall high school track and field experience. We will never be a program that mandates specialization or that athletes must give up other sports in order to be considered a valuable member of the HOLT TRACK and FIELD FAMILY. We will encourage our athlete to play other sports throughout the year.</p>	<p>All that we require from our athletes is commitment, effort, a positive attitude, and respect. Athletes must have the commitment to their studies, families, and activities that they believe are important. They must give 100% of the effort they have on that day - each time they step in the classroom, on the track, and in all facets of their life. BE POSTIVE and SHOW RESPECT.</p>



# HURDLES: 100H/110H - 300H (BASE PHASE)

BASE PHASE	(Base Period) 6 - 10 Weeks	
<b>Focus Points</b>	Much of the time we spend in the fall (for athletes that are not playing a fall sport) consists of training that conditions the body and teaches specific drills that help develop proper sprint mechanics. In this phase we also introduce exercises that help to develop and improve the athlete's technique, stride length and stride frequency. Circuit, Weight, and Core Training plays a big role during this phase, this is done not only to help increase that athletes overall fitness level, but also to help develop the proper sprint mechanics that are so vital at the end of the race.	
<b>Training</b>	<b>All Hurdles (100/110H - 300H)</b>	<b>All Hurdles (100/110H - 300H)</b>
<b>Monday</b>	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE) BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE) BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS
<b>Tuesday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 6 X 600 (1:45 - 70 @ 400) 400 WALK REST HURDLE DRILLS - FULL MECHANICS
<b>Wednesday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY
<b>Thursday</b>	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
<b>Friday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
<b>Saturday-Sunday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY

Workouts	Short Hurdles (100H - 110H)	Long Hurdles (300H)
<b>Monday</b>	5x20H, 4x30H, 3x40H, 3x30H, 3x40H, 2x50H, 1x60H 5x30m (2 sets)	5x20H, 4x30H, 3x40H, 3x30H, 3x40H, 2x50H, 1x60H 5x30m (2 sets)
<b>Tuesday</b>	6x250m (35-28 at 200) 2 minute rest / 3 of the 250's over hurdles. 300-200-100 (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) - (1) of the 500's over hurdles 500m-400H-300m-200H (walk what you ran for rest)	6x250m (35-28 at 200) 2 minute rest / 3 of the 250's over hurdles. 300m (45 second rest) 300m (3 sets); 350m (60 second rest) 350m (3 sets) 3x500m (500m walk rest) - (1) of the 500's over hurdles 500m-400H-300m-200H (walk what you ran for rest)
<b>Wednesday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY
<b>Thursday</b>	4x100H (25 sec. rest) 2 sets (full recovery between) Run 100m (walk back 50m) Run 100m (recover full lap) 200m (30 second rest) 200m 2x352 (full effort) full recovery between	4x100H (25 sec. rest) 2 sets (full recovery between) 200m (30 sec rest) 200m - 2 sets (full recovery between) 250/300m (40/45 sec rest) 150/100m - 2 sets (full recovery) 2x352 (full effort) full recovery between
<b>Friday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100H (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT
<b>Saturday-Sunday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY

# HURDLES: 100H/110H - 300H (TRAINING PHASE)

TRAINING PHASE	(Training Period) 6 - 10 Weeks	
<b>Focus Points</b>	The emphasis in this phase is developing high top-end speed, creating more efficient hurdle mechanics, and maximizing the conditioning of the body and the mind to hold that speed for as long as possible between the hurdles and powering through each hurdle. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States). THIS IS NOT EASY! The training required to be a high-level, high-performing track and field athlete takes a great deal of time, energy, focus, commitment, and effort.	
<b>Training</b>	<b>All Hurdlers (100/110H - 300H)</b>	<b>All Hurdlers (100/110H - 300H)</b>
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<b>Tuesday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 - 300 - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS  6 X 600 (1:45 - 70 @ 400) 400 WALK REST
<b>Wednesday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY
<b>Thursday</b>	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC - 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS  8 X 300 (NO TIME JUST SMOOTH & CONTROLLED)  WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
<b>Friday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100 (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/  35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
<b>Saturday-Sunday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY
<b>Workouts</b>	<b>Short Hurdlers (100H - 110H)</b>	<b>Long Hurdlers (300H)</b>
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<b>Friday</b>	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100H (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD  **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/  35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS  **CARDIO CHOICE** - SWIM, BIKE, CORE, X-FIT
<b>Saturday-Sunday</b>	ACTIVE RECOVERY	ACTIVE RECOVERY

# HURDLES: 100H/110H – 300H (CHAMPIONSHIP PHASE)

CHAMPIONSHIP PHASE	(Training Period) 2-3 Weeks	
Focus Points	The focal points in this phase is developing high top-end speed, optimize and refine hurdle mechanics, and maximizing the conditioning of the body and the mind to hold that speed for as long as possible. In this phase we stress the importance of having the end in mind - meaning that we want to be running our fastest, our most efficient, and with the greatest results in the most important meets (CAAC-Blue Championships, Regionals, Honor Roll, and States).	
Training	All Hurdles (100/110H - 300H)	All Hurdles (100/110H - 300H)
Monday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 5 x TAPE & ACCELL DRILL/6 FORM STARTS ( 20m) 4 X 40H, 4 X 50H, 3 X 60H (3 POINT STANCE) 6 X 50m SINGLE LEG HOPS (3 EACH LEG) MED BALL CIRCUIT/GRASS COOLDOWN	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 3 x TAPE & ACCELL DRILL/5 X 30 (3 POINT STANCE)  BOX DRILLS/MED BALL CIRCUIT/10 DIAGONALS
Tuesday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 500 - 400 – 300H - (56 400 BASE) WALK WHAT YOU RAN FOR REST MED BALL CIRCUIT/GRASS COOLDOWN	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 2 X 600 (1:45 - 70 @ 400) 400 WALK REST EVERY OTHER INTERVAL OVER HURDLES
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 6 FORM STARTS (IN TURN)/200 (22 OR BETTER) 30 SEC – 200 2 SETS - FULL RECOVERY BETWEEN/MED BALL CIRCUIT/ GRASS COOLDOWN (CD)	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 8 X 300 (NO TIME JUST SMOOTH & CONTROLLED WORKING ON TECHNIQUE/ /MED BALL CIRCUIT/GRASS COOLDOWN
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 12 X 100H (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

Workouts	Short Hurdles (100H - 110H)	Long Hurdles (300H)
Monday	5x20H, 4x30H, 3x40H, 3x30H, 3x40H, 2x50H, 1x60H 5x30M (2 sets)	5x20H, 4x30H, 3x40H, 3x30H, 3x40H, 2x50H, 1x60H 5x30M (2 sets)
Tuesday	6x250m (35-28 at 200) 2 minute rest (EVERY OTHER OVER HURDLES) 300H-200H-100H (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) 300H-200H (walk what you ran for rest)	6x250m (35-28 at 200) 2 minute rest (EVERY OTHER OVER HURDLES) 300H-200H-100H (39-26-13) 100m walk rest (2-3 sets) 400m walk rest 3x500m (500m walk rest) 300H-200H (walk what you ran for rest)
Wednesday	ACTIVE RECOVERY	ACTIVE RECOVERY
Thursday	4x100H (25 sec. rest) 2 sets (full recovery between) Run 100m (walk back 50m) Run 100m (recover full lap) 200m (30 second rest) 200m 2x352 (full effort) full recovery between	4x100H (25 sec. rest) 2 sets (full recovery between) 200H (30 sec rest) 200m - 2 sets (full recovery between) 250/300m (40/45 sec rest) 150/100m - 2 sets (full recovery) 2x352 (full effort) full recovery between
Friday	LONG WU/HURDLE DRILLS/STRETCH/DRILLS 6 X 100H (14) 30 SEC REST/MED BALL CIRCUIT/GRASS CD	SHORT WU/STRETCH/DRILLS/MOBILITY DRILLS/ 35 MIN CIRCUIT (C)/MED BALL CIRCUIT/12 DIAGONALS
Saturday-Sunday	ACTIVE RECOVERY	ACTIVE RECOVERY

## SETTING THE BLOCKS

1. Determine the "POWER LEG"
2. Place heel on the back of the starting line away from the finish.
3. Set blocks down in front of the toe.
4. Set the front pedal for the "POWER LEG"
  - Place heel at front of block; set up pedal in front of toe.
5. Back foot placement
  - BUNCHED
    - ✓ Take one half step back from the first pedal.
  - MEDIUM
    - ✓ Take one full step back from first pedal.
  - ELONGATED
    - ✓ Take about a step and a half back from first pedal.
6. Hands should be placed along the starting line about shoulder width apart.

## SET POSITION

Getting in the "SET" position:

1. Bring hips up just past the shoulders.
2. Arms should be parallel with the vertical plane of the starting line.
3. Spine should be in a neutral position with the head looking out about 1 meter in front of the starting blocks.
4. Heels should rock back against the pedals.
5. Pressure should be applied by both feet against the pedals and by both hands on the ground.
6. TRUST your hearing and focus on the gun – do not look around to see if anyone else moves.
7. Draw in breath to be exhaled gradually at the gun.

"COMING OUT" of the set position:

1. BOTH legs should push off out of the block simultaneously.
2. Arms should "split" with the "power" side arm coming out over the head first; followed by the opposite side.
3. Back leg should come straight off block 3-5 cm off the ground.
4. Athlete should "DRIVE" out of the blocks – taking short "POWERFUL" steps for at least 30-35 meters.
5. Stride length and frequency should increase with each successive step.

## PROPER FORM

- Start with the BASICS
  - Arm Action
    - ✓ Shoot for 90°
    - ✓ Hand – “HIPS TO LIPS”
  - Drills
  - STRESS PROPER FORM AT ALL TIMES AND IN EVERYTHING WE DO!
- DORSIFLEXION
  - Why is it important?
  - Drills
    - ✓ Claw Drills
      - Draw IN
      - Pelvic Tilt
    - ✓ Wall
    - ✓ Side Lying
    - ✓ 8 Way Leg Swings
- IMPROVING ACCELERATION FORM
  - Wall Drills
    - ✓ Keep Body in a straight line.
    - ✓ Back leg and front shin should be at the same angle.
  - Speed Harness
  - Face-to-Face Drill
    - ✓ NEVER OVER-RESIST → that is a great way to get hurt, fast!
- FORM DRILLS FOR MAXIMUM VELOCITY
  - A-Skips
  - B-Skips
  - Alternating A's & B's
  - Butt Kicks
    - ✓ Don't reveal the heel
    - ✓ Quick step alternating butt kicks
  - Fast Leg
  - Hurdles
    - ✓ March
    - ✓ Fast Leg
  - Ankling
  - Step Over Run
  - 3-3-5's