

# 300 Hurdles

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# 300 Hurdles

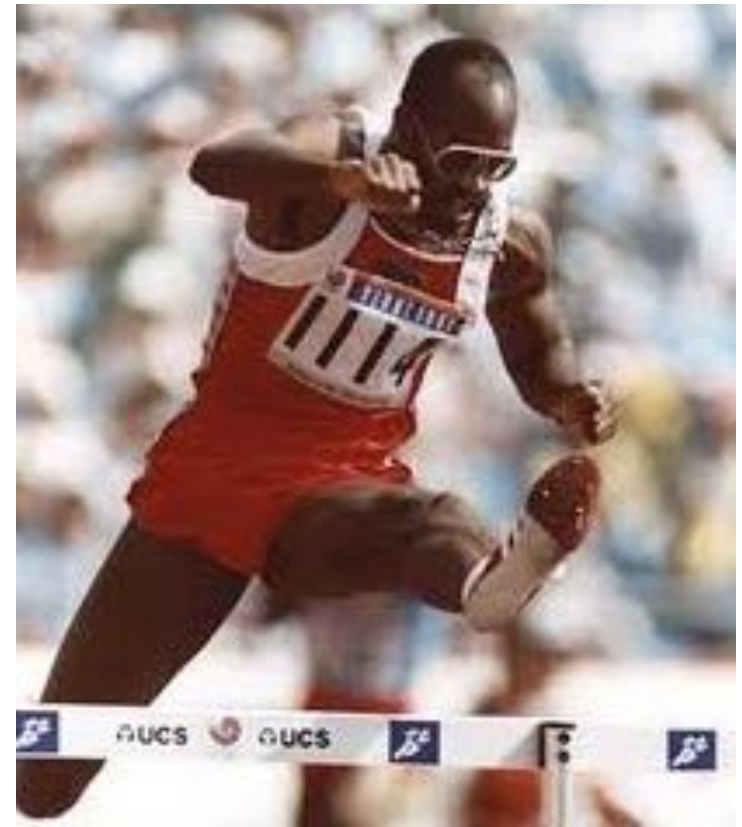


- In this session we will examine:
  - Characteristics of a 300 Hurdler
  - All Phases of the Hurdle technique
  - Drills for the 300 Hurdles
  - How to analyze your hurdler
  - Corrections of common faults

# 300 Hurdles

## Desired Characteristics

- Strong
- Aggressive
- Confident
- Flexible
- Mentally Tough
- Good 400m runner





## Phases

### There are 6 Phases of Hurdling

- **Start**
- **Approach**
- **Take Off**
- **Clearance**
- **Landing**
- **Stepping out to next hurdle  
(Get away step)**



# 300 Hurdles

## Start



- Lead Leg is back in the blocks
- Take 22-24 steps to first hurdle
- Come out a little faster than a 400 m pace



## 300 Hurdles Approach



- Gain a “tall” position
- This allows for a faster turnover and achieving maximum speed to the hurdle

# 300 Hurdles Approach







# 300 Hurdles

## Take-Off

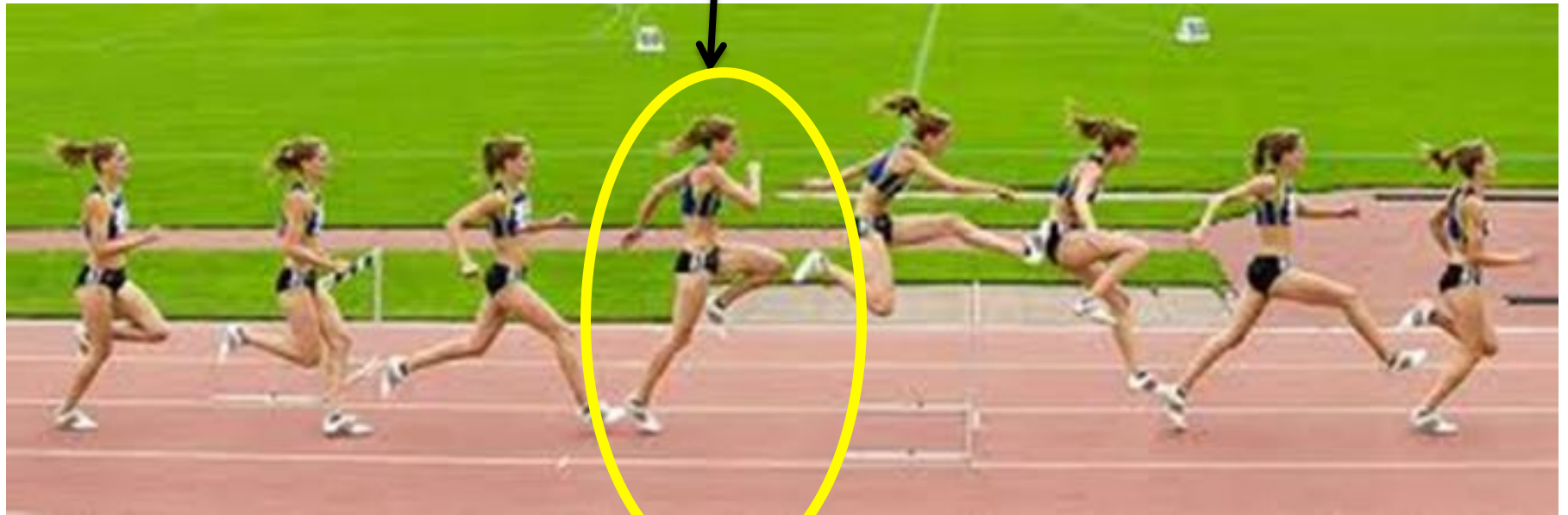


- **Attack** the hurdle while keeping hips tall.
- Drive into the hurdle with the **knee** and not the foot!
- If the hurdler leads with the foot, this will cause them to float over the hurdle and gain too much height.
- Should take off about 8' from the hurdle (will vary depending on the type of athlete)



# 300 Hurdles

## Take-Off





# 300 Hurdles

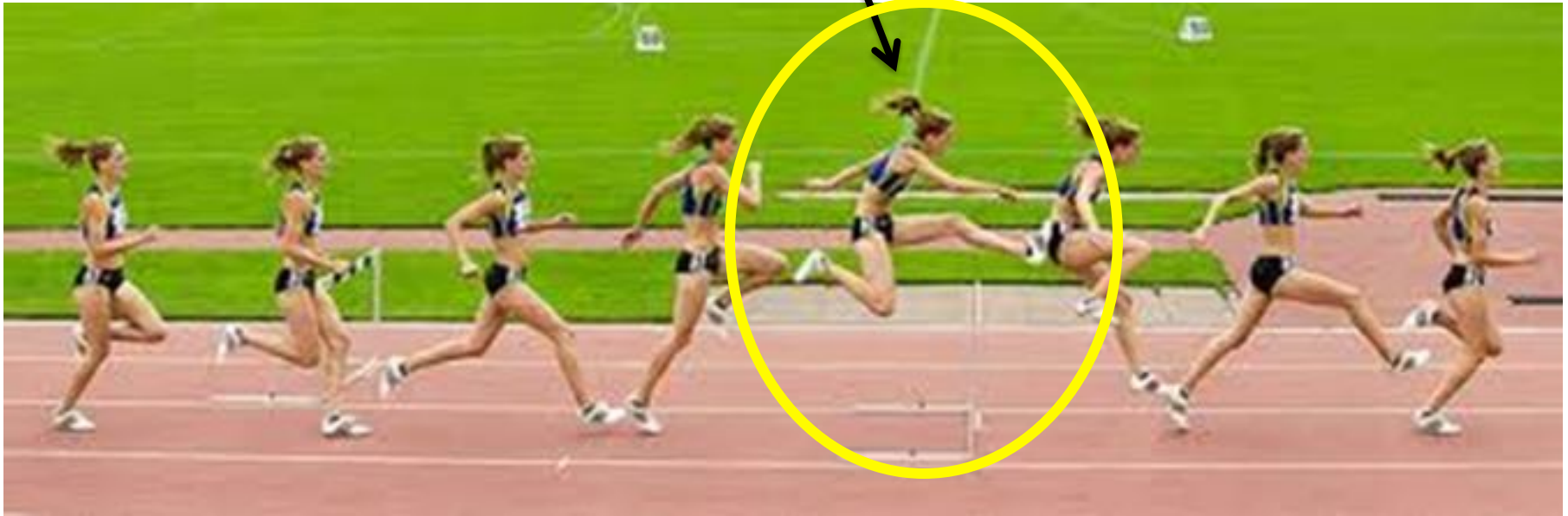


## Clearance

- The lead leg should always have a slight bend to it.
- Ideally their head should stay level with their normal running.
- Arms should have normal hurdle positions.
- Arm positions are not as specific as in the highs because the hurdler is trying to maintain balance with the arms.

# 300 Hurdles

## Clearance





# 300 Hurdles







## 300 Hurdles

### Landing



- The hurdler should land on their toes with the foot below their center of gravity.
- If the foot is in front of the center of gravity, it will act as a braking mechanism and the hurdler will lose their forward momentum.

# 300 Hurdles

Landing



# 300 Hurdles



## Stepping Out to the Next Hurdle

- Keep their trail leg knee **high** as they come off the hurdle so they can have a fluid step off the hurdle.
- Stay tall off the hurdle
- If they squat (sit) over the hurdle, it will cause them to decelerate off the hurdle.
- Arms need to be under control and resume the normal sprinting positions.



# 300 Hurdles

## Stepping Out to the Next Hurdle



**PUSH** off lead foot to keep forward momentum



# 300 Hurdles

Conference meet...38.29





# Hurdle Drills

- **Hip Circles**
- **Lead Leg Walls**
- **Walking Hurdles (both legs)**
- **Hurdle '5 step'**
- **Bust outs 1, 2, 3 hurdles**
- **Slow-Attack-Slow**
- **Last hurdle on repeat 200's (not every interval though)**



# Hurdle Drills

## Bust Outs

- This is a term I use when I want them to come out of the blocks over the 1<sup>st</sup> hurdle, first 2 hurdles, or first 3 hurdles. I say 'Bust 1', 'Bust 2', or 'Bust 3'
- Keep the hurdles at normal positions
- Do this in all types of weather
- Do this in spikes if you want
- Put cones up to represent a 'finish line' after their last hurdle



# Hurdle Drills

## Slow-Attack-Slow

- **Set up the last 3 hurdles and have them start at the placement of hurdle #5**
- **Approach #6 slowly (relaxed), then the last 4-6 steps before the hurdle they pick up their knees and ATTACK the hurdle.**
- **Then resume slowly to #7,...**

# Hurdle Drills

- **Slow-Attack-Slow Drill**





# Hurdle Drills

## Last Hurdle

- Sometimes I will set the last hurdle up and have them go over it when they are running repeat 200's.
- Don't do this with each interval though.





# Training Hurdlers

- I have my 300 Hurdlers work out with my long sprinters
- They do NOT do specific hurdle workouts
- They do drills EVERYDAY
  - Walking Hurdles
  - Hip Circles
  - Lead Leg Walls
- Will go over hurdles on 'technique' days



# How to Analyze your Hurdler

- You should video tape as often as possible (practices and meets). You the coach should watch the tape first, then with the athlete.
- Write down points that you want to emphasize so that you don't forget them.



# How to Analyze your Hurdler

- **Stay positive in your critique of the athlete. You must instill confidence!**
- **Find something that they do correctly and zero in on that first.**
- **Then you can start to work on faults that they need to improve.**



# How to Analyze your Hurdler

- **Get feedback from the athlete on how they felt about the race.**
- **Look at the before mentioned points and see if they are following them.**



# How to Analyze your Hurdler

- **Watch to see if there is drastic deceleration in the approach or coming off the hurdle. See if they lose their momentum**
- **Are they *efficient* with their body movements? Are they balanced?**



# How to Analyze your Hurdler

- See if they are keeping their form throughout the race.
- Their 2<sup>nd</sup> half of the race should not be slower than 2-2.5 seconds from the first half (the 4<sup>th</sup> hurdle is the ½ way mark).
- This can be analyzed by touchdown times.



# Touchdown Times

| Target time | H 1 | H 2  | H 3  | H 4  | H 5  | H 6  | H 7  | H 8  | Finish Time |
|-------------|-----|------|------|------|------|------|------|------|-------------|
| 39.4        | 6.1 | 10.9 | 15.2 | 19.5 | 23.9 | 28.5 | 33.2 | 38.0 | 39.4        |
| 40.8        | 6.8 | 11.2 | 15.6 | 20.1 | 24.6 | 29.4 | 34.3 | 39.3 | 40.8        |
| 42.2        | 7.1 | 11.6 | 16.1 | 20.8 | 25.5 | 30.4 | 35.5 | 40.7 | 42.2        |
| 43.7        | 7.3 | 12.0 | 16.7 | 21.5 | 26.4 | 31.5 | 36.7 | 42.1 | 43.7        |
| 45.2        | 7.6 | 12.4 | 17.3 | 22.2 | 27.3 | 32.5 | 38.0 | 43.5 | 45.2        |
| 46.6        | 7.8 | 12.8 | 17.8 | 22.9 | 28.1 | 33.6 | 39.2 | 44.9 | 46.6        |
| 48.8        | 8.0 | 13.2 | 18.4 | 23.6 | 29.0 | 34.6 | 40.4 | 46.3 | 48.8        |





# Correction of Common Faults

- **Floating- Leading with foot rather than knee**



# Correction of Common Faults

- Floating- Leading with foot rather than knee
- **Work lead leg walls.**
- **Cue: 'heel on the butt'**
- **Get them to think about stepping over the hurdle not jumping it.**



# Correction of Common Faults

- **Chicken-Stepping (stuttering) to the Hurdle**



# Correction of Common Faults

- Chicken-Stepping (stuttering) to the Hurdle
- **Work on opposite leg hurdling. They are chicken-stepping because their steps are off and don't have the confidence to opposite leg hurdle**
- **Get them to ACCELERATE into the hurdle instead of slowing down**
- **Mark Take off distance (~8')**



# Correction of Common Faults



- **Rocking Back off the Hurdle**



# Correction of Common Faults

- Rocking Back off the Hurdle
- **Taking off to far away from the hurdle**
- **Landing with lead foot in front of center of gravity**
- **Not keeping shoulders forward**



# Correction of Common Faults

- **Not getting 22 steps to the first hurdle**



# Correction of Common Faults

- Not getting 22 steps to the first hurdle
- **Adjust the amount of time they are in the 'drive' phase out of the blocks.**
- **Do Bust 1's in spikes**
- **Mark Take-Off Spot (about 8')**





# Correction of Common Faults

- **Arms and torso twisting violently**



# Correction of Common Faults

- Arms and torso twisting violently
- **Some arm/torso twisting is ok as long as it does not disrupt the momentum.**
- **Have them continue to walk hurdles and then go over hurdles slowly working muscle memory. (5 step drill, and slow-attack-slow drill)**



# General Comments

- **Make sure they work on opposite leg hurdling on a regular basis**
- **I tell them their goal is for me to not recognize when they are going opposite legs**
- **This way they can just run and take whatever leg comes up**



# General Comments

- **Make sure your hurdlers are aggressive into the hurdles**



# General Comments

- Make sure your hurdlers are aggressive into the hurdles
- **Work on 'Bust 1'**
- **Slow-Attack-Slow drill**



# General Comments

- **Make sure your hurdlers are bringing their trail leg thru and stepping out to the next hurdle to keep their momentum**



# General Comments

- Make sure your hurdlers are bringing their trail leg thru and stepping out to the next hurdle to keep their momentum
- **Hip Circles**
- **Walking Hurdles (move them farther apart so they have to reach a little more)**



# General Comments

- Left lead leg is desired on the turns
- They will be able to hug the inside of the lane if they lead with the left leg.





# General Comments

- **Each meet/practice there should be a goal or something specific to work on and for you to analyze.**
- **Don't worry about other aspects when you pin-point 1 item. Those other points will lack with the young hurdler.**



# General Comments

- **Have them run this race as much as possible without getting stale on it.**
- **If you've reached a point where you see no improvement, then pull them off for 1 week.**

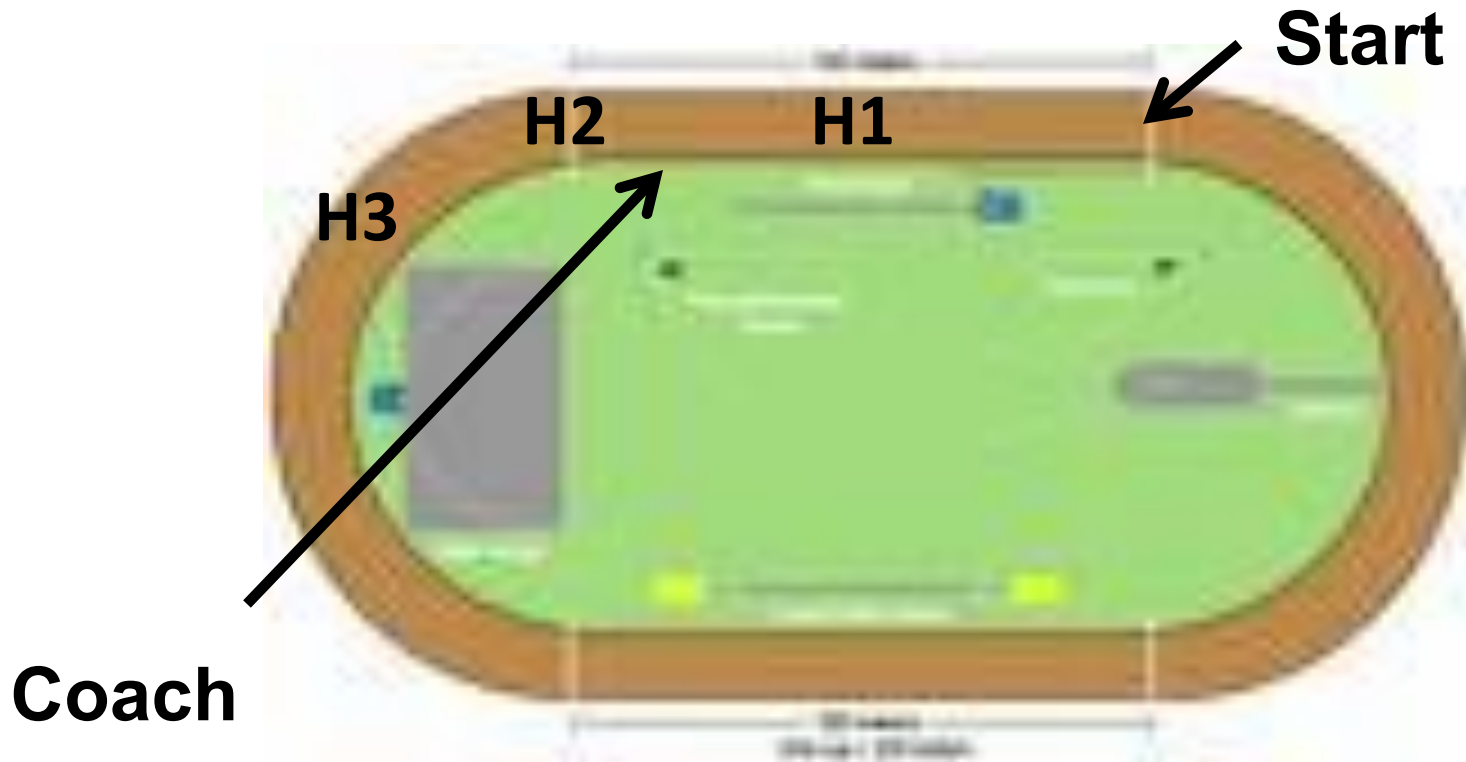


# General Comments

- **In practice, when their form breaks down or their speed drastically drops, then they are done for the day.**
- **No good will come from them not being at their best. I usually only go over 1-3 hurdles at a time.**

# General Comments

- Where should you watch these athletes





# General Comments

- **They should train with your 400 m athletes and they should be running the 400 m indoors and coming back to a 4 x 400.**
- **Outdoor, have them run a 4 x 400.**



# General Comments

- **How should they run the race?**



# General Comments

- How should they run the race?

**Depends on the Kid**

- **Attack the first 200 m, then hold on!**

**OR**

- **Relaxed for first 3 hurdles, then come on strong**





# Sectionals 38.41

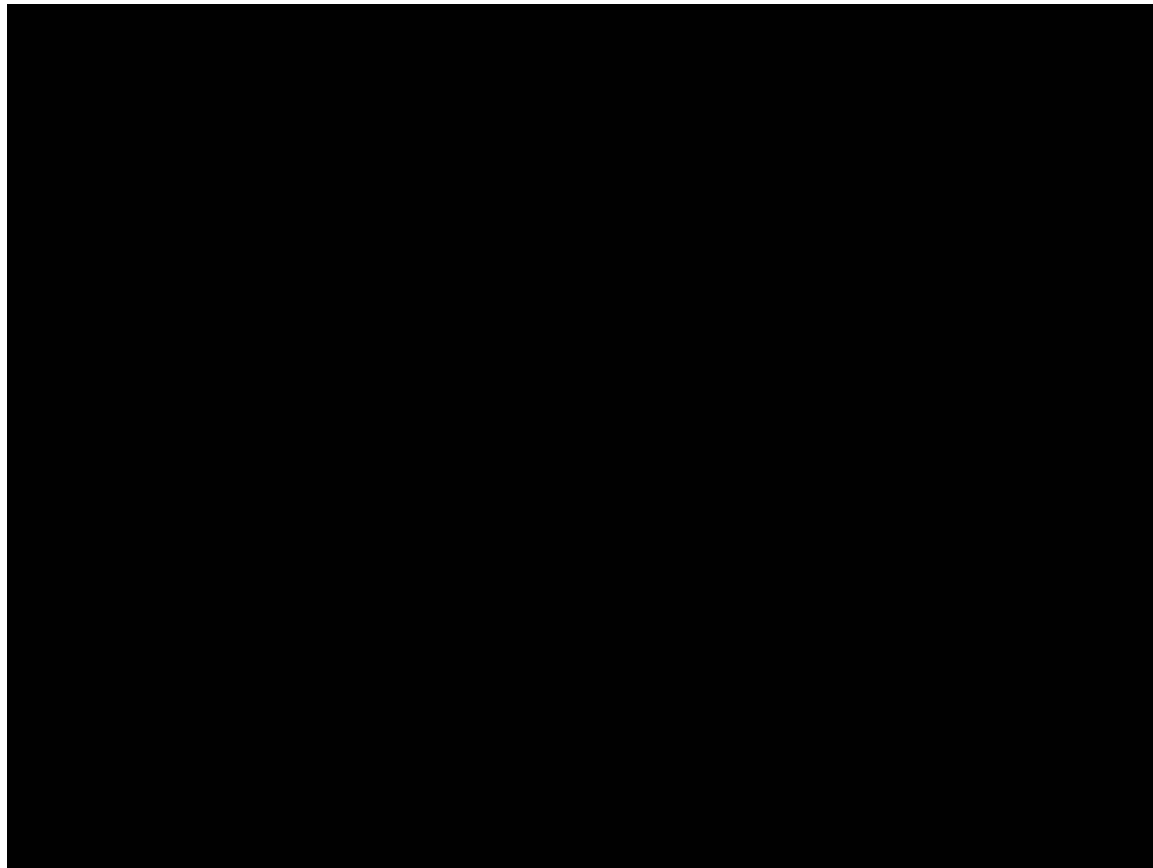
**Relaxed for first 3 Hurdles because of his stride pattern**





# General Comments

- **Be patient and encouraging with the young/  
weak hurdler...46.7 to 42.9 in 1 week**





# Thank You for Attending

- **Please feel free to contact me at anytime with questions/comments.**
- **Good Luck with your season.**
- **Don Helberg (Wheaton North)**
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