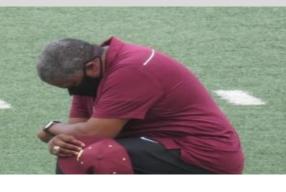
Elton Ervin Assistant Head T&F Humble I.S.D Summer Creek High School



300 Meter Training

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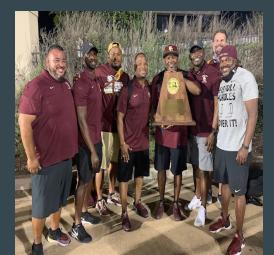
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Who is Elton Ervin?

- Volunteer Assistant Coach @ The University Texas Austin
- ❖ I had 2 High School teammates in the 2004 Olympic 400mh Final
- Coached Barry Richards 2021 State Champion 13.31w
- **❖** Mentors: Dan Pfaff, Andrew "Angryman" Blanks
- ❖ I think Robert Griffin is the greatest 300mh I've seen (35.33 as a Jr)







Setting Up the Race

- Setting up the first hurdle is important. I teach my athletes to be aggressive and attack the first hurdle DJ 1st Hurdle
- The goal is to get to it under 6 seconds and with the correct leg <u>DJ 4 hurdles</u>
- The 3rd hurdle I want my athletes to run in the middle of the lane and hurdle down.
 This keeps the hurdler in their lane. It also prevents hooking.
- ❖ We practice maintaining speed in the curve and preventing deceleration
- Hurdle 7 and 8 is important. Getting these down can be difference between winning the race
- ❖ Most importantly you can't switch on the last hurdle

Training 300 Meter Hurdles

- Speed, speed, speed......
- Proper acceleration is important because it gets them up to speed without taking away from their end
- Determine if your hurdler has an aerobic capacity (XC, tempo runs, 600's)
 - Speed Endurance/Speed Endurance 1 Winkler
 - We start off the season doing 400 meter hurdles at 30/33 inches (no specific pace, focus on rhythm)

 200 meter hurdles gets them comfortable with the beginning of the race (23-25)
 - seconds) <u>200 Meter Hurdles</u>
- Hurdle turn arounds (works on stride rhythm)
 - ❖ 300 meter hurdles and deduct a hurdle each rep (1-8, 2-8, 3-8, etc)
 - Set up witchets at 2m, 2.5m. or 1.75m this will determine if they are 13 steps, 15 steps, or 17 steps

Sprint/Speed cont.



- Breed a competitive environment
- We never hurdle at regular spaces (hurdle 2-9 is moved in) Every lane doesn't have to be the same spacing
- ❖ I have the first 8 steps marked out as a pattern on the track and we use that as our warm up. I used nail polish to put the marking down and this allows for me to have a quick set up. 8 step approach 8 step measurement



Drills

- Since I coach HS kids we warm up with a drill that takes them through all of the progressions of hurdling (trail, lead leg, over the top, 5 steps) Victor Dami DI
- ❖ I have had some kids that are great at drills but it don't translate to hurdlering. I have had some that hate drilling.
- The drills that I have seen the most important in. Is the drills working on the first hurdle and drills that simulate in between the hurdles.
- Cones and lots of them. This has been my biggest improvement from my first year. Giving the kids a visual really help them see it and forces them to be where they need to be. (Sammi Dabb)

Drills

- Windy Days I love windy days because you can use it either way. Over Speed or Run into a head wind.
- Rainy Days Some of our most technical days has been indoors
- Soccer games or no access to the track we will use the long jump runways and drill
- During championship season I bring my own set of blocks
- ❖ I prefer not to train at race height if the entire objective is to be fast training at lower heights allows this. We will even hurdle some time 30/33 just to focus on a certain thing
- Not been ready to run fast at the meets
- ♦ Hurdler just ran 4x100 (have them warm up hurdles before 400 relay, track is close, athlete is tired)



1st Hurdle

MEN

DISTANCE TO THE 1ST HURDLE= 13.72M

TAKE OFF DISTANCE= ~2.00M

TOTAL DISTANCE= 11.72M

8 STEPS= 1.465M A STEP ON AVERAGE

7 STEPS= 1.67M A STEP WOMEN

DISTANCE TO THE 1ST HURDLE=

13M

TAKE OFF DISTANCE= ~2.00M

TOTAL DISTANCE= 11M

8 STEPS= 1.375M



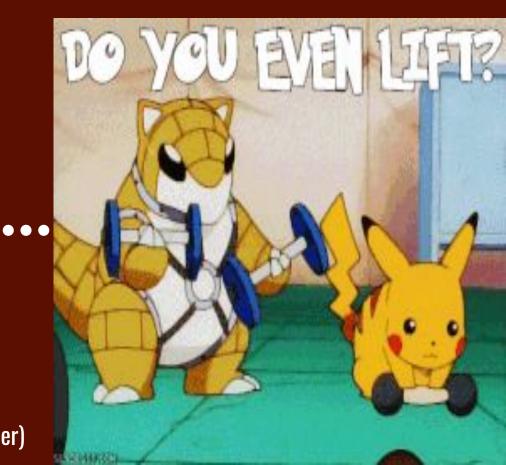
What is Speed?



EXECUTION!

Strength Training

- Plyometric Circuits
- Depth Jumps
- Olympic Lifts
 - > Dead Lift
 - Hang Cleans
 - > Power Clean
 - Squats (1/4th and Speed)
 - > Front Squats
- Medicine Ball Circuit
- Body Weight Circuit
- Hurdle Mobility
- Hill Training (Extremely Important)
- Stadium/Bleacher Training
- Cross Country Training (Halfmiler/Miler)







Any Questions?





