

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



300 Meter Training

Email: elton.ervin@humbleisd.net

Cell #: 832-341-5387

Follow me on Twitter: [@CoachElton](https://twitter.com/CoachElton)

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 [DJ 4 hurdles](#)
- ❖ 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) 200 Meter Hurdles
- ❖ 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 hurdling. 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!

Velocity

Air Time

Technique

Facilities & Equipment

Strength & Power

Agressive Personality

Stride Length

Rhythmic Unit

Ground Contact Time

Stride Frequency

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)

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Any Questions?



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Thank You!

Email Me @: elton.ervin@humbleisd.net

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