



HURDLES TRAINING

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Judson High School

Introduction

- Harlingen High School
- Both Hurdles, Long Jump, Relays
- Ran at UTEP
- All-American in the 400 m. Relay
- Made every final at Texas & Drake Relays in 400 Hurdles



Tre'Bien Gilbert University of Arkansas

- 2017 14.44, 39.14
 - 2018 13.53, 36.18
- State Champ in both



What Kind Of Athlete?

- Strong
 - Aggressive
 - Tough
 - No Fear
 - ***Sprinter Speed To A Quarter Miler's Strength
 - Hard Worker (1st to arrive, last to leave)
- Does It All
- MIDDLE SCHOOL COACHES ARE SO IMPORTANT

On The Track (High Hurdle Spacing)

- **Knee Drives**
 - Run Alongside Of Hurdle
 - Knee Drive
 - » Above The Level Of The Hurdle
 - » Get Separation Between Lead Leg & Trail Leg
 - » Do Both Lead Legs
 - Up with One Lead Knee, Back with Other
- **Trail Leg**
 - Half The Body Over Hurdle
 - Elevation With Lead Knee
 - » Hold The Knee Drive
 - Trail Leg
 - » Flat (Graze Hurdle)
 - » Heel Tight
 - » Knee Pulled Back To Running Form (No Swinging)
 - » Arms Separated And Balanced
 - » Lead Arm Short, Sweeps, And Hand Through The Hip





Over The Hurdle

Control Speed

Slow Run, Quick Over Hurdle

- **(5) Steps Between**
- **Square Shoulders**



Block Work

- Normally the lead leg is back in the blocks (8 strides)
- Work both settings
- Get tall quickly
- Keep stride straight



Cheating up the Hurdles

- First hurdle is normal
- Second hurdle 1-2 feet closer
- Third hurdle 2-4 feet closer and so on

Lead Leg Quickness Drill

24 inch hurdle about 8 feet apart



High Hurdle Workouts

- Early (Before And Start Of Season)
 - Work The Block
 - Must Be Tall At The First Hurdle
 - Once Comfortable With Blocks-Progress
 - Start Hurdle Workout
 - 2 or 3 Over the 1st (Stress It)
 - 2 Over 1-3
 - 2 Over 1-5
 - Always Run Off of the Last Hurdle
 - Hurdle Workout First, Then Run
 - Early Meets, Critique First Five Hurdles

Early To Mid-Season

- **2 X 1 Hurdle**
- **2 X 3 Hurdle**
- **2 X 8 Hurdle (Full Recovery Before 2nd)**
 - **Building Strength**

Middle To Late Season

- Should be getting faster
- 2x 1 hurdle
- 2x 3 hurdles
- 1x 5 or 6 hurdles

- **Good Hurdlers Sometimes Feel Jammed Toward End of Race**
 - In Practice- Place Hurdles Closer (1 Heel Toe)
 - Lead Leg Must Come Up Quickly (drill lead leg)



Running on the Line

- Move Hurdles over
- Lead leg on the Line



Three or Four Steps

- Young Don't Rush (Could become an asset)
- What is best for the Athlete
- Help to Three Step
 - Shorten the Spacing

Verbal cues

- Stay tall
- Pump your arms (Pump, Pump, Pump)
- Keep your *** up
- If you drop, Get tall
- Snap it (Lead leg)
- Quick feet







IMPLEMENT
CHECK IN

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Thank you for your attention
Any questions contact me here

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