



HURDLES TRAINING

Harvey Noyola
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Thank you for your attention
Any questions contact me here

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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

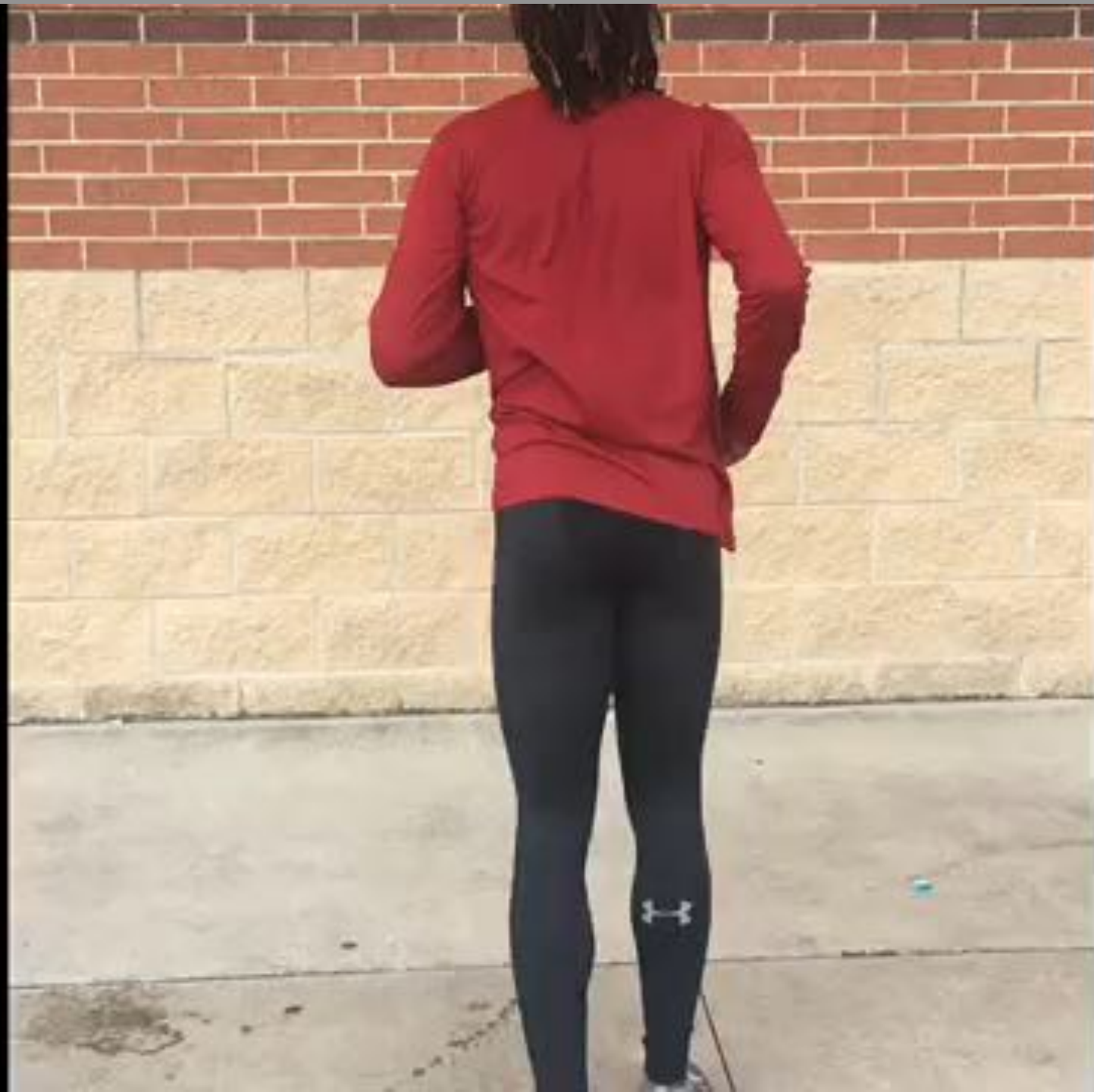


What Kind Of Athlete?

- 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

Hurdle Drills : Boys- 36 to 39 Girls- 30

- **Against The Fence**
 - **Lead Leg**
 - **Good Knee Drive**
 - **Good Leg Extension**
 - **Arms Driving (One Forward, One Back)**
 - **Push Off (On The Toes)**





Hurdle Parallel to Fence

Trail Leg

- Arms Fully Extended (Holding Fence)
 - Half The Body Over Hurdle (Trail Leg)
 - On The Ball of Foot
 - Extend Leg Back

 - Lower Leg
 - » Once Knee Has Returned To Center, The Lower Leg can Release
- *** I help them until they get it





Hurdle Perpendicular To Fence

- » Reach back, Keep Flat
- » Heel Tight To The Hamstring
 - Heel Stays Tight Throughout The Pull
- » Toe Flexed





The Basics

- Teach Both Legs (Lead and Trail)
 The Idea of Plant and Go
- Set a Stride Pattern (Have to trust it)
- Both Block Settings
- Not Necessarily The Tallest But The Toughest
- Strong Quarter Miler

Timing the Splits

- Start with the gun or movement at practice
- Touch down time on back side of hurdle
- From 2-8 hurdles splits drop off slightly

TreBien's splits at state

5.7, 3.8, 3.9, 4.0 4.0, etc.

Setting a Stride Pattern

- Most do 15,17 Strides Between Hurdles
- Randy does 14, Zariah does 16 between 2nd and 3rd Hurdles (15,17 home)
- Trebien 15 strides
- Deshaun 13 strides through 6
- Randy - 400 Hurdles 14 thru 5
- Me -14 strides thru 7, 15 on the way home

Low Hurdle Workouts

- **Early (Before and Start Of Season)**
 - **Come Out of Blocks (Both Settings)**
 - **The First Hurdle**
 - **Have Them Run Past 1st Hurdle**
 - **Trail Leg Should Be about 6 Heel Toes From Hurdle Mark**
 - **Get Comfortable Attacking 1st Hurdle**
 - For Me the Most Important Hurdle**
 - **5.9 – 6.0 First Hurdle, 4.0 – 4.1 Second (Boys)**

Starting Season

- **1st Phase Start**
 - **2 or 3 X 1 Hurdle**
 - **2 X 3 Hurdles**
 - » **Make Part Of Run Workout**
 - » **2 X 3 Hurdles Run to 200 Mark**
 - **Time Splits (Touch Down Of Lead Leg)**
 - » **Talk About Splits**
 - **Keep Working On This Until Very Confident**

2nd Phase Curve

Hurdles 3, 4 ,5

- **Catch Step At 2nd Hurdle**
 - » **6 Heel Toes Passed The Hurdle Mark**
 - » **This is With The Lead Leg**
 - » **Must Emulate Speed (Run Splits)**
 - » **Running Too Fast Or Too Slow Defeats Workout**
 - » **2 or 3 x 3,4,5 (not too much rest)**
 - » **Get Some Running In After Hurdle Workout**
 - » **2 or 3 X 250 (Times Are Lowering)**

- » **Issues may occur on 4th hurdle**

Catching Your Step at 2nd hurdle



Left Leg Leads vs. Right Leg Lead

Left Leg Lead

Can Stay To Inside Of Lane

*** Don't Over Hug

Run Tall

Right Leg Lead

Must Stay To Outside Of Lane

Trail Leg Must Go Over Hurdle

Off Days

- Hurdle Drills All Week
- Use 110 Hurdle Settings
 - Play The Change Up Game

***Plant And Go

Workout Schedule

- **Monday – Running Workout (only)**
 - 1, 2, 3, 5, Or 6, 3, 2, 1
 - 1, 2, 2, 3, 5, 3, 2, 1,
 - 4 or 5, 3, 2, 2, 1,
 - 3, 3, 2, 2, 1
 - 3, 2, 2, 1
- **Tuesday- 200s (If High Hurdles, Do Highs)**
 - Lows (Do Hurdle Drills)
 - Some Block Work
 - 200's – 6 X 200 Or 8 X 200
- **Wednesday – Low Hurdles**
 - Low Hurdle Workout
 - If High Hurdler works on Drills
 - 3 or 4 (300's Or 250's)
- **Thursday – 150's (Both Highs and Lows)**
 - 2 X 1 High Hurdles, 2 X 3
 - 2 X 1 Low Hurdles, 2 X 2
 - 2 Or 3 X 150
- **Friday- Drills and Blocks**

Keys to a Good Race

- **Attack the Hurdles**
- **Staying Square Over Hurdles**
- **Running Hard Between Hurdles**
- **No Stuttering of Steps**
 - Trust pattern (Confidence)
 - An over stride better than a chop
- **Stay clean**
- **Run Off the Hurdles (run through hurdles)**



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