

Rockwall Yellowjackets

300 m Hurdles

Jason Johnson – Rockwall Hurdles

- Head Track Coach – Will McCrary
- Strength and Conditioning Coach/Sprint Mechanics – Andy Molck

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- About me:
- Have coached Football, Basketball, Powerlifting, Tennis, and Track over 20 years with Football and Track being the constants.
- I have been a Head Track Coach at 2 different schools. I have coached sprinters/relays, Long and Triple Jumpers, as well as Shot, but the bulk of my experience has been coaching Hurdles.
- No expert. Just fortunate.
- 2021 3rd place finisher in the 110H (13.75)
- 2022 State Champion 110H (13.70)

The Gameplan to Success

What works for us/our system:

- Hurdlers come straight to me for dynamic warmup and hurdle warmup drills.
- Event based training/conditioning (multi-event kids)
- 100/110 only, 300H only, and athletes that do both (and possibly additional events)
- It has been common for us to have a hurdler (girls and boys) that are on the 4x400. (these athletes get their quarter training through the hurdle work. It can be tricky. More on that here in a bit.

Weekly Prep

The Juggling Act:

- The ultimate goal is to peak at the appropriate time so planning and facilitating workouts for all hurdlers (which as mentioned, could possibly be in other events as well) takes some planning and compromise.
- Especially with 300 hurdlers

General Prep Week

(Amount of days actually over hurdles depends...)

Athletes that run both hurdles – ****Note**** all of the following with just 2 lanes each day. ALSO, I am a big believer in the athletes NOT going over hurdles every day which is difficult to manage with the athletes that compete in both hurdles.

- **Monday** (if dual) hurdlers will be 300 work. Boys in lane 8, girls in lane 7. Speed/Endurance work with hurdles. 1 x over 3H with varied rest but usually around 2-3 minutes. Then 2 x 2H with 3-4 min rest. Then they will do 4-6 trips from blocks (all of these are) over just the 1st hurdle with full recovery after each one. (4-7 min). Focus is on speed, attack hurdle, quick/fast turnover, big in the front.
- If straight 300 hurdler then flat day – 6 x 200

We will jump in the inside lane when open and start at the 50 and run a 200 to the other side and finish at the 50. Pretty good pace here. I like the boys to be at 25 or 26 and the girls 28-30. This 2 x with 4 minutes rest. Then I put them on the turf and do 8 x 80s. 2 minutes rest between these. Focus on speed, speed, speed!!! Big in the front with knee up, toe up, etc, working on fast turnover. THIS A QUALITY SPEED WORKOUT not as much for conditioning.

Tuesday-

- After flat conditioning on Monday, the first half of this Tuesday is spent on technique work. Individual drill (static) followed by individual drills (dynamic –but not high intensity)
- Then we move to 1st hurdle work where from blocks we attack the 1st hurdle. 5 reps of this with full recovery in between. Focus is on steps and rhythm. (Or we do the dual hurdler 300 workout from Monday.)
- We will follow this up with 2-3 reps over the 1st and over the second with only 2 minutes rest to most likely end this day of conditioning.

- **Wednesday** – If dual, I really prefer for this to be a flat day for these kids. Again, though, it is challenging. **NON-DUAL** hurdlers will do 300 work again. From blocks go over 1st 2 hurdles, walk/jog back to right on the other side of the 2nd hurdle and immediately go over the next 3 hurdles, walk back to the last hurdle they just went over (this is the 5th hurdle.) and immediately go over the next 3 hurdles. This will finish at the finish line. You can change this frequency up however you want...like 3,3,2 or 3,2,3 etc.

As we get closer to district, like 1 or 2 meets out we will start this workout with a full 300 flight first just like at the meet. I give them a full 5-10 minute rest after this and then they do the 300 flex flight.

- Thursday and Friday – low volume block starts. Thursday we will do some 1st hurdle approaches.
- If Wednesday was a hurdle day then Thursday will be flat for these dual hurdle kids. Either some tempo runs or low volume speed work. Depending on variables, this could be a hurdle work day.
- Friday – (Saturday meet week) block starts.

- So what's/where is the magic to make sure the athletes are peaking at the most optimal time?
- With all the groups that I have going at the same time, doing different workouts.....I have at least 2 watches going and maybe/usually my phone as well, timing rest intervals.
- I do time quite a bit in practice. I want to see consistency and progress. 300 workouts – kids and be lazy on days or less effort. The clock doesn't lie. Timing the short hurdle work could be timing from blocks to 1st touchdown, timing each subsequent touchdown, etc.

They Have To Believe

- Selling the plan daily and weekly to the kids!
 - Consistency
 - Hard work
 - Patience
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