

Rockwall 100/110m Hurdle Program and Development

Jason Johnson – Boys and Girls Hurdles

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

Jason Johnson – Rockwall Hurdles

- 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:

- Remember, 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.

100/110 Hurdles

- #1 objective: select fast kids. Ideally take your fastest 5 that would be on your 4x1 and make #1 your 100/110 hurdler. Sometimes you discover these kids their freshman and sophomore years and sometimes it is later. Boys - sub 11 100m. Girls – low 12 to sub 12. *Note – Rockwall is a 6A school in Texas (2700 students to choose from. Other 6A schools have over 3000 to even 6000.
- Teach the fundamentals. You could have 2 sub 11 100m boys but the one that is faster may not be as fluid with the fundamentals. Leave him on the flats and develop the other one as a hurdler.
- Drills – practice and work on all aspects: trail leg and lead leg. Arm action, etc.

Monday

100/110 – We only have 2 lanes to work with and the dual kids are working 300s in the 2 outside lanes. So, this day is a flat speed day for these short hurdles. 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

100/110 - Flex Flight. 1x10, 2x8, 2x6, 1x4. Full recovery. Max effort.

Wednesday

Tempo ladder. On the turf, from 10 to 10 sprint. Idle down and walk briskly to the end line of ez and briskly walk back to the 20 and sprint through the oppo 20, idling down to the GL and briskly walking back to the 30 and so forth and so on until they are sprinting from 40 to 40. So this is no real rest. The recovery is simply the brisk walk back. This does not take long so when they are done they can go work block starts or if they are on relays or other events they go work that.

Thursday and Friday

Thursday - If things are going as planned then we should have lanes open for these athletes to work fundamentals and/or strengthen deficiencies while getting some conditioning in too.

Friday – (Saturday meet week) block starts over 1 or 2 100/110 hurdles. This is low volume and completed quickly!!

Compete

The previous slides are based on a Saturday meet schedule.

We adjust accordingly if we have a Thursday, Friday, or Saturday meet.

In Conclusion: Consistency, hard work, and a little strategy will produce success individually and for the team

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