nosh.com OSAKA NAGAN NISH **I LIKE HURDLES** 

## Objectives for today...

- Identify the players...
- Technical considerations
- Training the 300m hurdler
- Have a plan
- College considerations
- How to be FAST at 300m!

# Identify the players...

- Fast
- Fearless
- Smart
- Dumb
- Want-a-bees
- Showtimers

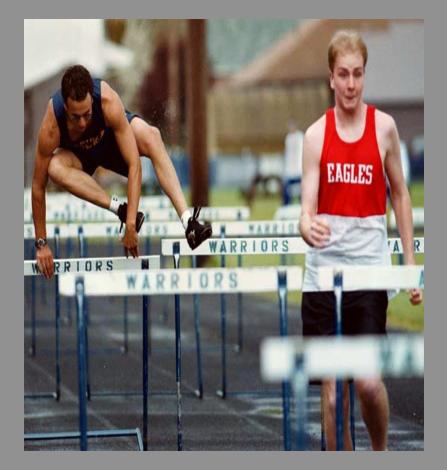


### Technical Considerations...

- Cast and grab
- Hips into hurdle
- Lead leg action--fold leg, block thigh
- Arm placement
- Touchdown



### Training the 300m Hurdler



- Split Runs (on the flat)
- Progressive Runs (over hurdles)
- Blocks to 1 for time (refer to interval chart)
- Blocks to 5 for time (refer to interval chart)

### Time Intervals

•	Target Time	H 1	Н 5	200	
•					
•	46.2	5.8	20.4	22.1	
•	46.6	5.8	20.6	22.3	
	47.0	5.8	20.8	22.5	(NCAA CHAMP)
•	48.0	5.9	21.3	23.0	
•	49.0	6.0	21.7	23.5	
	50.0	6.0	22.2	24.0	(Conf. Champ)
•	51.0	6.1	22.7	24.5	
	52.0	6.1	23.1	25.0	(Competitive)
•	54.0	6.3	24.1	26.5	
•	56.0	6.5	25.0	27.0	
•	58.0	6.7	25.9	28.0	
•	60.0	6.9	26.9	29.5	
•	62.0	7.1	27.8	30.0	
٠	64.0 31.0	7.3	28.7		

### Have a PLAN!!!

#### CHALKBOARD

# Your failure to plan, does not constitute an emergency on my part...



### College Considerations

#### GRADES!!! 4x400m Open 400m

Open 200m

Switch Legs

4x800m or Open 800m

### How to be fast at 300m!

# 8:30-9:30am TOMORROW!

**Gill Athletics** 

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