



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	H 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	
• 64.0	7.3	28.7		
31.0				

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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