

Hurdles: Art, Science and What to Do



HOKA ONE ONE

Track & Field Super Clinic, February 4th, 2017
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“Training theory, not training certainty”

SCIENCE

- Biomechanics
- Physiology
- Physics
- Psychology
- Pedagogy
- Research based practices
- Medicine

ART

- Constant changes
- Dealing with Humans not cells
- Technique versus style
- Chef, Artist, Coach
- Communication
- Inspiration
- Goal setting, reaching
- Intuition

What we want as coaches?

PHILOSOPHY

- Happy kids....young women & men
- Health development & lifestyle
- Safe
- Progression, improvement
- Track=Life learn to deal with your hurdles
- Reach YOUR potential
- TEAM player and leader

COACH=TEACHER



How to succeed as coaches?

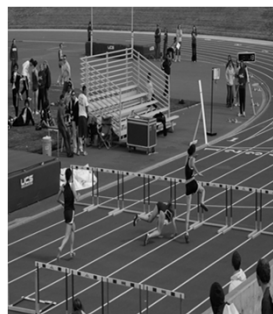
TALENT DETECTION (WHAT TO LOOK FOR)

- Speed
 - Biomechanical/Anthropometrical parameters
 - Physiological parameters
 - Ethnicity/Race
 - Coordination/Rhythm
 - Multi sports background
 - Hard working
 - Ambitious
 - Coachable
 - Goal oriented
 - Competitive
 - Fun
 - Well liked by peers
- **Look for, identify, make a connection. CARE!**

Main goal: Fulfill each student-athlete potential



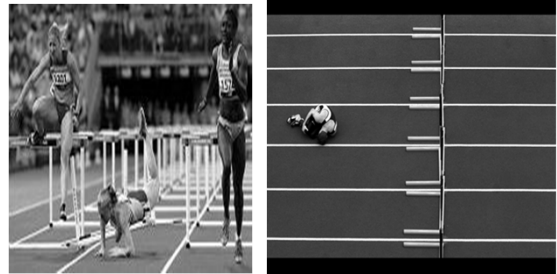
Why athletes are scared of Hurdles?



Why we need to know how to teach hurdling technique?



Why we need to use proper methodologies?



Hurdling Technique

"THERE ARE TWO KIND OF HURDLERS: WHICH ONES FELL AND WHICH ONES ARE GOING TO" *COACH P.*

HURDLING ANALYSIS

- Start
- Approach to 1st hurdle
- Run between hurdles
- Run to the finish
- Clearance Stride:
 - Take off phase
 - Flight phase
 - Landing phase



MACROCYCLE

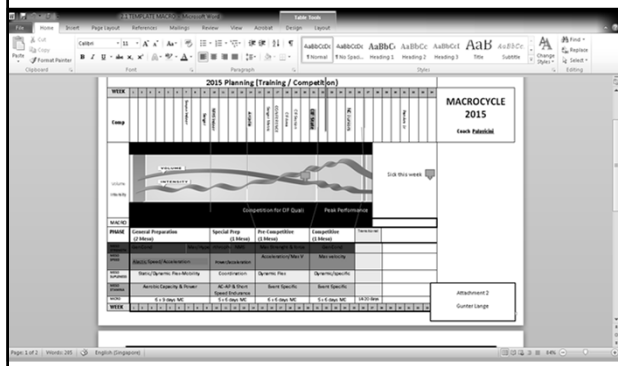
Organizing your year

Phases of training	The Annual Plan					
	Preparatory		Competitive		Transition	
	General preparation	Specific preparation	Pre-competitive	Competitive	Transition	
Sub-phases						
Macro-cycles						
Micro-cycles						

Figure 8.1 Division of an annual plan into its phases and cycles of training

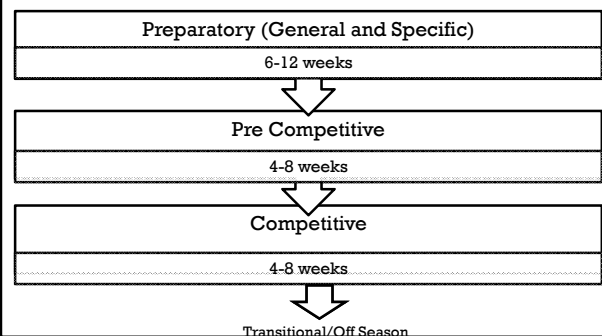
MACROCYCLE

Organizing your year



MESOCYCLE

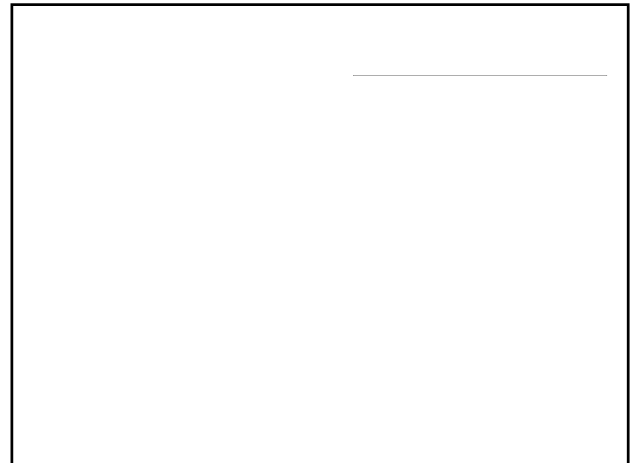
Organizing your month



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MICROCYCLE Organizing your week - PREPARATORY						
MON	TUE	WED	THU	FRI	SAT	SUN
Warm up 5-2:35	WU	WU	WU	WU		
Drills 4:25-5:45	<u>Technical</u> <u>/Coord</u> 52:27-52:40 *Technical runs MON	Hills 1:24-1:40	Recovery	Hurdles Run Hurdles runHS Int		
Ext. Tempo	<u>Med Ball</u> 6:00-6:24					
Examples 6x300 3x500 8x200		6x300 6x(2x each) 3x(4x120)	Examples 20'-35' run 12 x grass Double str	6x 3H 10x diag w/H		
Cool Down	Cool Down	Cool Down		Cool Down		
Weights 30-55						



MICROCYCLE ORGANIZING YOUR WEEK – General to Competitive							
	MON	TUE	WED	THU	FRI	SAT	SUN
General	Drills	<u>Technical</u> <u>/Coord</u>	Hills	Recovery Run	Hurdle Run	Active Rest	Off
	Ext. Tempo ↓	<u>Med Ball</u> ↓	↓	↓	↓	↓	
Pre- Comp	HH/LH	Same	Dual Meet	Double Straights	Pre Meet	Meet Inv.	
	↓	↓	↓	↓	↓	↓	
Comp	Over Speed	Easy day	Specific i.e. 6x100H	Recovery	Pre Meet	Meet Champ WILSONVILLE	
Transition		😊	Go	Fishing!			

Q & A



Results (Girls)

- Alyssa Monteverde (2011) 13.89 - 41.90
- Lyndsey Lopes (2014) 14.18 - 43.67
- Anginae Monteverde (2011) 14.45
- Jen Melton (2009) 15.00 - 46.62
- Jayla Laidley (2010) 15.28 - 44.61
- Damaris Hamilton (2015) 15.74 - 45.58
- Taryn McDonald (2012) 15.79
- Serenity Scott (2012) 15.84 - 45.68
- Frankie Gale (2008) 15.21-46.00
- Felicitas (2009) 14.56
- Paris Turner (2012) 15.90 - 45.93
- Brynley Bower (2016) 15.59
- Shelby Noble (2016) 15.97

Results (Boys)

- Bryant Washington (2005) 14.22 - 39.81
- Jon Funch (2008) 14.81
- Dot Olubeku (2010) 14.87
- Jake Talley (2011) 15.29 - 38.76
- Thomas Pickering (2004) 15.69
- Boris Beta (2005) 15.24 - 39.07
- Gregg Kreggal (2004) 39.81
- Anthony Soliz (2006) 15.22 - 39.78
- Stephone Paige (2002) 14.90 - 39.80
- Nick Wilcots (2015) 15.67
- Trevor Groom (2014) 15.16
- Thomas Luconi (2015) 15.90
- Nate Foster (2016) 15.72 - 40.21
- Trevor Santos (2016) 15.97

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Quotes for Hurdlers

- *"The key thing in the hurdles is that it's a development event. You might not do a damn thing one year, and then things just click. You really can't discount athletes who may not stand out immediately. It may take two or three years for an athlete to develop."*
-Kevin Young
- *"Everybody who runs the 400 hurdles should be able to alternate [lead legs]. You should be able to get to the hurdle and make up your mind. Bottom line is, you have to be prepared."*
-Kevin Young
- "Fall seven times, stand up eight".
-Japanese proverb
- If I have a good piano player and I want to make him great, I must add something. He is not an artist yet, not until everything becomes automatic..."
-Alessandro Calvesi

REMEMBER: There are two kind of Hurdlers the ones that fell and the ones that are going to!
-Martin Palavicini

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THANK YOU!!!

