

Hurdle Technique and Philosophy. Keeping it Simple

To Successfully clear a series of 10 hurdles while running all out, wasting no time in the air therefore minimizing any speed reduction.

Hurdle Technical Overview

Trail Leg

Knee above the foot, toe up

Knee pulls through back to sprint position

Foot comes down right under center of mass quickly

Trail arm pulls with elbow

Keep arm tight and in control

When trail touches down, go back to sprint arm

Lead Leg

Lead with the knee not the foot
Knee should be slightly bent
Keep foot dorso flexed
Foot pushes down quickly

Lead Arm

Stays close to body
Remains in sprint position
Keep elbow bent, don't flail or extend forearm



Flexibility Drills

Air squats

Rubber bands

Hydrants

Hip flexor rotations

Lunges

Leg swings

Hurdle walkovers

The Beginner

Have athletes sit on the track as you or an experienced hurdler shows the correct form, lead, trail and arms in a still position.

Have your athletes go over a low hurdle so you see what Leg they are most comfortable with.

Set 6 hurdles up two strides apart and walk over trail Leg and then lead Leg, work both legs.

Work on arms while doing walkovers

Introduce skipping and then jogging over hurdle using trail leg form

Introduce hurdle hops over the middle of the low hurdles

Teaching Three Step

Move the Hurdles lower and closer to teach the 3 step rhythm.

This will reduce the “fear factor.”

Three step mini Hurdles on correct marks

Tape takeoff points

Speed and efficiency is vital

Keep hips and shoulders square

Three step over the side of the hurdle also.

Speed
Strength
Flexibility
Mentally Tough
Aggressive



Proper Warmup

Sprint Mechanic Drills

100m Trail leg 5 step

100m 5 step down the middle

5x5 3 step shuffle drill

5x3 out of blocks on marks

5x6 sprint to finish



● WARMUP

20 Airsquats

10 burpees

4xSkip 50m

Circles

2 laps 50/50's

Side Lunges

Hurdle Walkovers

Hurdle Basics

Flexibility drills and walkovers should be included in sprinter, hurdler warmup on a daily basis.

Hurdle hard 2 days a week only.

Workout off the track 2 times a week.

One day on bike and off legs, do not over train.

Include overall body work, basic lifts and strength work.

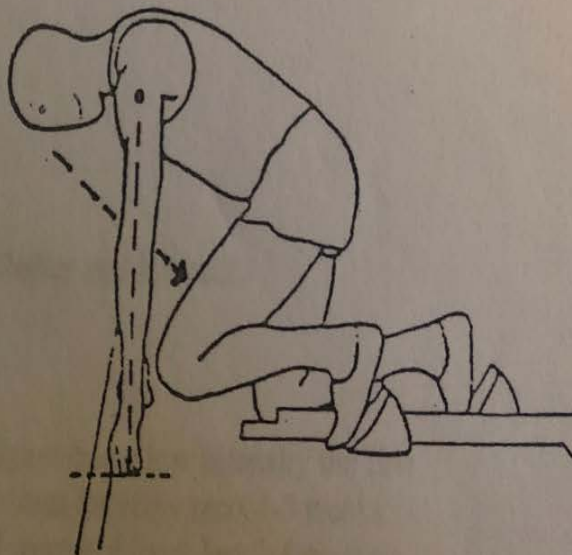


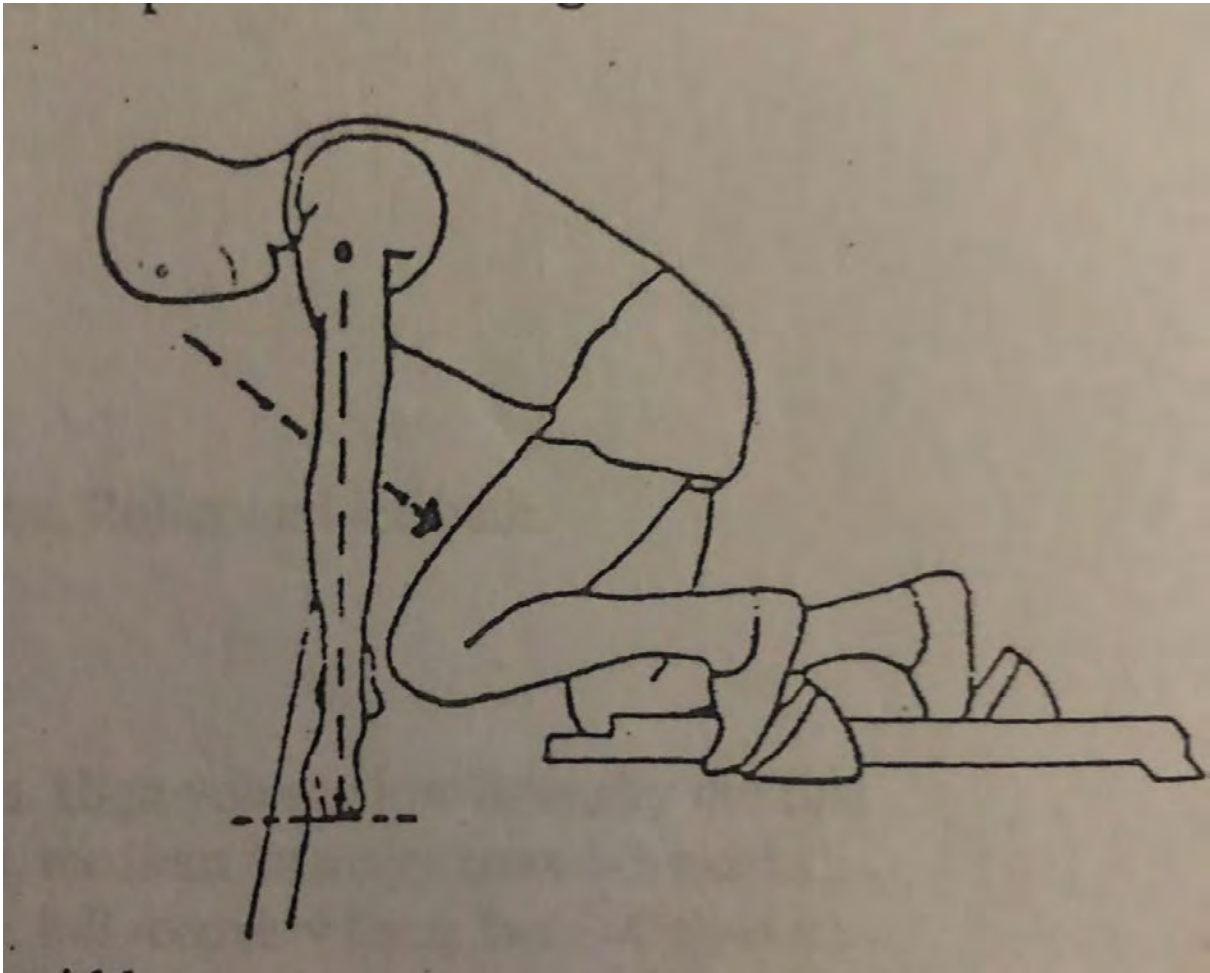
Blocks

- *Correctly positioned in the lane
- *Correct distances to the front and rear blocks
- *Firmly located in the track
- *Athlete relaxed and focused on the race

On your mark

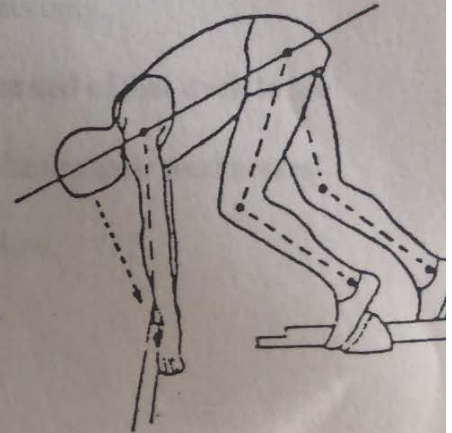
- *Feet correctly located in the blocks
- *Fingers behind the line
- *Fingers form a high bridge
- *Hands evenly positioned slightly wider than shoulder width
- *Shoulders back and vertically above or slightly forward of the hands
- *Arms straight but not locked at the elbows
- *Head and neck down
- *Eyes focused on thighs
- *Gentle breathing
- *Face and neck muscles relaxed





Set

- *Take deep breath and hold
- *Hips rise slowly to a position above the shoulders
- *Head and neck down
- *Eyes still focused on thighs
- *Shoulders vertically above or slightly forward of the hands
- *Front leg knee angle approx. 90 degrees
- *Rear leg knee angle approx. 120 degrees
- *Feet pushed hard back into the blocks



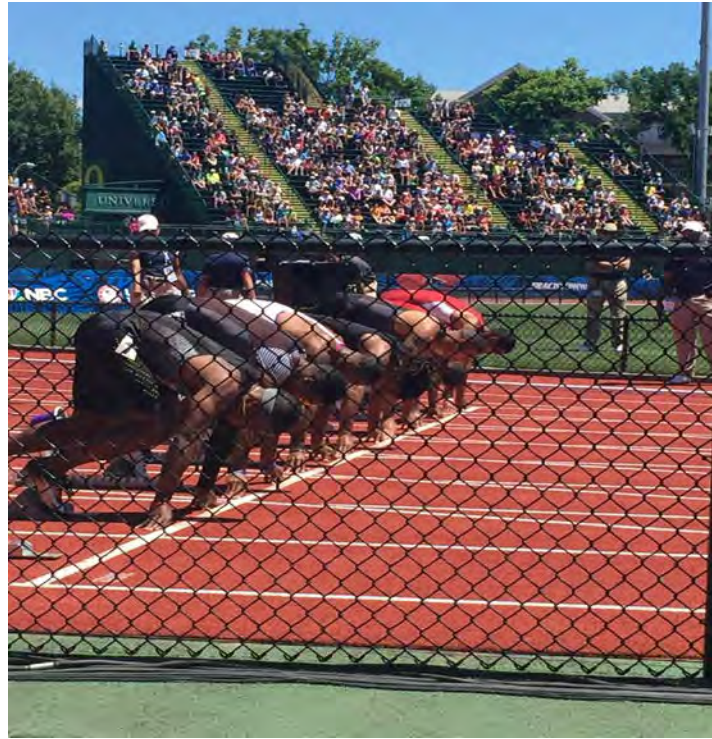
Set Position.

Hips rise slowly to a position above the shoulders.

Head and neck down.







Notice the block placement and head angle.

BLOCK PLACEMENT

Do not bunch blocks

Place blocks correctly behind line

8 strides to first hurdle, lead block back

7 strides to first hurdle, lead leg up

Aggressive arms out of blocks

No drive phase in the 1st hurdle

Body, hips up by 4th stride

Aggressive over hurdle

