

2019 Athletic.net SuperClinic – Linda Lanker

Successfully Training Long Hurdlers Throughout a Short High School Season

300-400 Meter Hurdles

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Throughout a Short High School
Season.

The 300/400 Hurdles is a speed/strength event.
Teach athletes to alternate
Train athletes like a 400/800 runner
Train athletes in the 100/110 hurdles also
Emphasize lane placement
Work the curve twice a week

The key to the long hurdles is your training program.

Incorporate hurdles on your longer interval days.

Repeat 400, 300, 250, 150. Add hurdles on the front end and back end to improve consistency and to work technical aspects when tired.

Hurdle drills and flexibility should be incorporated on a daily basis.



12 Week Training Plan for HS Athletes

First 2 weeks, high volume low intensity.

12x100m 1 min rest 70%

10x200m 90 sec. rest 70%

20x80m gassers 10 sec rest 75%

6x350m 2 min rest 75%

Crossfit day

Lift 3 days a week

Abs, burpees, flexibility, stretch daily

Best Long Hurdle Drills

Four Step Drill

Boys-move hurdles 3 steps farther from 110 marks

Girls-place hurdles on boys 110 marks

Curve drill

Place 3 hurdles in odd distances, have athletes walk with back facing the hurdle, yell GO, have them run as fast as they can hurdling with whatever leg works.

Walkovers

Hurdle Hops with both legs

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Rhythm Workouts

Know how many steps your athletes take to the first hurdle and in between.

In most cases blocks are set differently for 300/400 start.

When there is a strong headwind switch blocks.

Take touchdown times when they run 200m intervals.

Watch when adjustments need to be made as well as lane placement to avoid stuttering.