

+
○

300 Hurdles What's important??

+
○

Brian Weaver

*Head Coach Buchanan
High School Clovis CA

*CIF State Meet Director

*NFHS Section 7 Rules
Committee Member

Who is Brian Weaver

```
graph TD; A[Who is Brian Weaver] --> B[Husband-Father of 2]; B --> C[Head Coach Buchanan High School Track 33 Years]; C --> D[Head Coach Buchanan Cross Country 17 years]
```

Husband-Father of 2

Head Coach Buchanan High School Track 33
Years

Head Coach Buchanan Cross Country 17 years

<i>speed</i>	<i>Recovery</i>	<i>Acceleration</i>	<i>Speed Endurance</i>	<i>Lactate</i>	<i>Meet</i>	<i>Tech</i>	<i>Tempo</i>	<i>TBD</i>
1	6	1	6	2		4	2	3
3	9	3	2	4	1	2		3
4	7	4	2	2	6	2		3
2	6	4	2	2	7	2		5
4	8	4	4	1	6			3
14	36	16	16	11	20	10	2	17
10%	25%	11%	11%	8%	14%	7%	1%	12%
<i>speed</i>	<i>Recovery</i>	<i>Acceleration</i>	<i>Speed Endurance</i>	<i>Lactate</i>	<i>Meet</i>	<i>Tech</i>	<i>Tempo</i>	

- What is needed

- Speed Development Drills (warm-up)

- Max Velocity

- Acceleration

- Speed Endurance

- Lactate

- REST**

Is this a warm-up or Drill to help make you a better sprinter

Speed Development Drills

Race Ready Drills

Jog 4:00-6:00 min

Jumping Jacks 20x

Long Strider 20x

Mt Climbers 20x

Groiners 20x

High Kicks 20m jog 20

Skipping forward arm circles 40m

Skipping backward arm circles 40m

Side Skips Arm up and down 20m turn 20m

Carioca (20m) face one direction

•Carioca with step over (20m combo)

Jog and scoop every 3 40m

A Hop switch 20m-20m

Power skips 20m-20m jog

Jog Forward & Backward 20m

½ speed drive (Feet load)

Jog single "A" 20m-20m jog

Jog single "butt kicker" 20m-20m jog

Butt kickers 20m-20m jog

¾ speed drive

2-3x 40m Build ups

**Note you need to plan warm-up 45 min before event*

Red Warm-up (recovery)

Jog Curve

50m A skip

50m A Skip with under clap

Jog Curve

50m Running Butt Kickers

50m A skip backward

Jog Curve

50m Ankle dribbles

30 squats walk 50

Jog Curve

On ground 20 each

Scissors, Bicycles, Fire Hydrant

100m walk

Jog Curve

50m Right every 3 2 butt kickers

50m Left every 3 2 butt kickers

Jog Curve

50m Acceleration 80%+

Bear Warm-up (max sprint)

30m Jog Forward/30m Jog Backward

30m Running High Knees/30m Jog

30m Calf dribbles/ 30m Jog

30m Walking Lunges/30m Jog

30m High Skips/ 30m jog backwards

30m bounding/ 30m Jog

30m A skips/ 30m Jog Backwards

30m Skips with arm circles/ 30m Jog

30m Side shuffle/30m side shuffle

30m Carioca w step over/30 Carioca w/ step over

Coach start 30m walk back after each Feet/Load/arms/roll

30m Accel/High Knees 60%

30m Accel/High Knees 70%

30m Accel/High Knees 80%

Blue Warm-up (second race)

1. Jog 4:00-6:00 min
2. Skipping forward arm circles 40m
3. Skipping backward arm circles 40m
4. Side Skips Arm up and down 20m
turn 20m
5. Carioca (20m) face one direction
 - a. Carioca with step over (20m
combo)
6. Jog and scoop every 3 40m
7. A Hop switch 20m-20m
8. Power skips 20m-20m
9. Jog Forward & Backward 20m
10. **3/4 speed drive (Feet load)**
11. Butt kickers 20m-20m jog
12. **Hard speed drive**
13. **2-3x 40m Build ups**

***Note you need to plan warm-up 45
min before event**

Warm-up Tech (80% day)

- 2x100 fast jog
- 2x40m Scoops
- 2x40m Skipping arm swings
(40 across, 20 back)
- 2x40m ankle dribbles
- 2x40m calf dribbles
- 10 per side lunge hops (step
back lunge with a drive up)
- 2x40m Carioca (w/step
over)
- 2x40m side steps (40m right
40m left)
- 2x40 Marching A
- 2x40m A skips
- 2x40m running butt kickers
hands on hips

Special A (long recovery day)

- 30m Jog forward-30m jog backwards
- 30m each shuffle right then 30m left
- 10 each trail leg pull through
- 10 each trail leg push back around
- 30m skipping 30m jog
- 10 each leg high kicks
- 30m skipping-30m jog
- 30m each side Latera skips
- 30m high skips-30m jog
- 30m Carioca each side
- 30m ankle dribbles-30m jog
- 30m jog scoops
- 30m lateral A skips each side
- 30m A skips-30m jog
- 3x30m running butt kickers 30m jog

Max Velocity

Flys-Wickets

Proper spacing 10m sprint up set at 5'6", 6'0", 6'6"

- Marks on a tape color coded

Fly's

Test and record

- 30m-potential formula

Build up 10-25m fly 10-100m

- Rest 10m 3-4 min, 30m 5-6 min, 60m 8-10 min, 100m full 10-12min
- 200-900m total volume

Take Care of the First 98% This is you, the coach

Can't work on the end without the beginning

Get body in physical shape

Drills

Fitness

Endurance

Speed

The 2% is the athlete.

Nutrition

Attitude

Desire

Dedication


Commitment

REST



Teach them to be a Hurdler

The 300H is not as technical as the HH, but they need to be Proficient Hurdlers



Who is your 300 Hurdler?

- 800m runner down
- Willing
- Coachable
- Understands the concept



How to become Proficient!

- Drills 2x per week max
- Workouts
- RHYTHM, RHYTHM, RHYTHM

24" Hurdles

Drills 2x max

Trail leg
Lead leg
Wall

Workout/drills

place 24" hurdles on
every other HH mark
As they improve so does
height and speed

Workouts

- Speed 1x per week
 - Flys (max velocity)
 - Starts (acceleration)
- Be a 400m runner
 - 2-3x150, 150, 100 (50m walk rest) (full Recovery)
 - 600, 500, 400, 300 work is no as useful

Race Plan

- Steps to first hurdles
- Steps in between (to count or not count)
22 to first 15-17
must know athletes
- Alternating
- Be a 300H not a HH
 - Different action off hurdle

•FORMULA

- Take 1st 150m - Time
- Add 0.6-1.0 sec = 300m Time

300H Cheat Sheet

First 150	Overall Time	
	0.6	1 sec
17.5	35.6	36
17.6	35.8	36.2
17.7	36	36.4
17.8	36.2	36.6
17.9	36.4	36.8
18	36.6	37
18.1	36.8	37.2
18.2	37	37.4
18.3	37.2	37.6
18.4	37.4	37.8
18.5	37.6	38
18.6	37.8	38.2
18.7	38	38.4
18.8	38.2	38.6
18.9	38.4	38.8
19	38.6	39
19.1	38.8	39.2
19.2	39	39.4
19.3	39.2	39.6
19.4	39.4	39.8
19.5	39.6	40
19.6	39.8	40.2
19.7	40	40.4
19.8	40.2	40.6
19.9	40.4	40.8
20	40.6	41
20.1	40.8	41.2
20.2	41	41.4
20.3	41.2	41.6
20.4	41.4	41.8
20.5	41.6	42
20.6	41.8	42.2
20.7	42	42.4
20.8	42.2	42.6
20.9	42.4	42.8

Splits of Race by Darin Lasky

Hurdle #	<u>1st</u>		<u>2nd</u>		<u>3rd</u>		<u>4th</u>	<u>150</u>		<u>2nd 150</u>		<u>100m pace</u>
% of total time	0.161	H 1-2	0.268	H 2-3	0.378	H 3-4	0.492	0.492	Diff.	0.509	Total Time	
<u>goal</u>												
37	6.0	4.0	9.9	4.1	14.0	4.2	18.2	18.2	0.6	18.8	37.0	12.14
37.5	6.0	4.0	10.1	4.1	14.2	4.3	18.5	18.5	0.6	19.1	37.5	12.30
38	6.1	4.1	10.2	4.2	14.4	4.3	18.7	18.7	0.6	19.3	38.0	12.46
38.5	6.2	4.1	10.3	4.2	14.6	4.4	18.9	18.9	0.7	19.6	38.5	12.63
39	6.3	4.2	10.5	4.3	14.7	4.4	19.2	19.2	0.7	19.9	39.0	12.79
39.5	6.4	4.2	10.6	4.3	14.9	4.5	19.4	19.4	0.7	20.1	39.5	12.96
40	6.4	4.3	10.7	4.4	15.1	4.6	19.7	19.7	0.7	20.4	40.0	13.12
41	6.6	4.4	11.0	4.5	15.5	4.7	20.2	20.2	0.7	20.9	41.0	13.45
42	6.8	4.5	11.3	4.6	15.9	4.8	20.7	20.7	0.7	21.4	42.0	13.78
43	6.9	4.6	11.5	4.7	16.3	4.9	21.2	21.2	0.7	21.9	43.0	14.10
44	7.1	4.7	11.8	4.8	16.6	5.0	21.6	21.6	0.7	22.4	44.0	14.43
45	7.2	4.8	12.1	5.0	17.0	5.1	22.1	22.1	0.8	22.9	45.0	14.76
46	7.4	4.9	12.3	5.1	17.4	5.2	22.6	22.6	0.8	23.4	46.0	15.09
47	7.6	5.0	12.6	5.2	17.8	5.4	23.1	23.1	0.8	23.9	47.0	15.42
48	7.7	5.1	12.9	5.3	18.1	5.5	23.6	23.6	0.8	24.4	48.0	15.74
49	7.9	5.2	13.1	5.4	18.5	5.6	24.1	24.1	0.8	24.9	49.0	16.07
50	8.1	5.4	13.4	5.5	18.9	5.7	24.6	24.6	0.8	25.5	50.1	16.40
51	8.2	5.5	13.7	5.6	19.3	5.8	25.1	25.1	0.9	26.0	51.1	16.73
52	8.4	5.6	13.9	5.7	19.7	5.9	25.6	25.6	0.9	26.5	52.1	17.06
53	8.5	5.7	14.2	5.8	20.0	6.0	26.1	26.1	0.9	27.0	53.1	17.38

The 300-meter hurdle race has eight hurdles with five distinct phases:

- 1. The Start (up to and including the first hurdle)
- 2. The Understanding (hurdle 2, leading up to hurdle 3)
- 3. The Curve (hurdles 3, 4, and 5)
- 4. The Homestretch (hurdles 6, 7, and 8)
- 5. The Finish (between the final hurdle and the finish line)

The Start

- Start to 1st hurdles is critical as it is in any race.
 - Cycling through the acceleration/push phase to the Up-right body position

The Back stretch-Understanding

- Hurdles 2 to 3
 - Must be up to speed and Maintain speed
 - Able to adjust according to speed and plan
 - Be into the race (no panicking)

The Curve

- Hurdles 3,4,5
 - Max speed is achieved and slow down starts to occur
 - Ensure body and legs go over the Hurdles
 - Alternating may start
 - Eye focus
 - Pushing forward/down hill

The Homestretch

- Hurdles 6 and 7
 - Fear-slowng down/not going to make it
 - Jump and run is never good
 - Technique-Be a great/good Hurdler

The FINISH

- One last Hurdle #8 and then some
 - Must push forward
 - Be determined and Confident
 - Physical Fitness is a major factor as is mental fitness
 - Run through the line not to the line

My go to

Brian Fitzgerald- Sprints/Relays

Tony Holler-Speed/Drills

JT Ayers-Cutting Edge/Knowledge/Friend

On Track & Field Pod cast

Ryan Banta-Reference-Sprinter Compendium

Richard Holmes-Holmes Hurdle Technique/Hurdle Guru Friend
since 7th grade



Brian Weaver

brianweaver@cusd.com

559-281-5698 cell

559-327-3281



- **Additional Resources for Coaches**

- **Video Series**

- Lifting made Easy
- Wickets done right
- 300 hurdles. Race plan

- **Documents**

- Leadership Development
- RPR (Cheat Sheet)