

Rhythm & Reason in the Hurdles.

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Hurdlers Physical Attributes

- Speed:**
 - Cannot succeed without training for speed.
 - Limited time/steep learning curve should not compromise good form for speed during drill work. Only in race simulation and meets.
- Coordination:** Can they walk and chew gum at the same time.
 - JR. High -HS kids will be developing at all times. Guys will not fully mature until out of HS. Girls could reach maturity in first 3 years of high school.
 - Everyone is at such a basic level of hurdle skills.
 - LITERALLY NO BASE coming into the season. Must have a progression.
- "Hips don't lie." Mobility**
 - Can't expect a kid to hurdle well until he/she can achieve a 90 degree (or less) angle from hip to knee.
 - "Right Angles are the Right Angles"
 - MUST incorporate for all athletes for injury prevention and proper warm up.
- Height/Weight**
 - Definitely has its advantages but does not limit a group of people from success.
- Timing- Muscles working together with out hitches.**
 - Combining a full body experience. Arms and Legs working together in sync. Hurdling should be a transfer of power and energy not a 5 step process.

Mental Attributes of Hurdlers

- Rhino Skin- GRIT**
 - Tough skin, can take a joke, and criticism.
 - Calm in the storm attitude- can battle through a set back.
 - Want to stand out from the crowd knowing "I can do something most people can't/won't attitude"
 - Dare Devil- Will try new drills, skills, and training methods.
- OCD- Obsessive Compulsive Disorder.**
 - The major improvements come in fractions of seconds, inches, and minor body adjustments on each hurdle. If you want a good hurdler let them embrace the minor details with simple rules.
 - The more they know and understand about their skills they will become more invested and goal oriented. (ending the clueless runner who doesn't know their own PR)
- In tune with their own actions and thoughts through drills**
 - Quiz them on what their mental approach was to a drill. -
 - What did you feel there? How did that make you react? Why did that work better?
- Enthusiasm and Pride with minor achievements!!!!!!!!!!!!!!!!!!!!**
 - Many kids want instant success and a magic pill or workout that will change them. They can't find pride in minor things. The journey is far more fun than the destination. Enjoy your process.
- REWARD WITH HIGH DEMANDS**

ANGLES OF A GOOD HURDLER

- ARMS-**
 - @ 90 Degrees - Elbow
 - The bigger the angle the less force that can be transferred to a positive movement. Keep extremities near the center of mass (belly button).
- Legs-**
 - Start position- 90 degrees at front block. 120 degrees at back block.
 - Shins during sprinting should always be at a slight forward angle from ankle to the knee.
 - During sprinting foot does not travel ahead of the knee. Drive---Brakes----Pull----And finally Push.
 - Knees should be driving high while sprinting. Range of motion give you options for your race and raises your ceiling of improvement.
 - During the hurdle movements.**
 - Lead Leg-** Not necessary to have a straight leg while attacking. Little use of power muscles when leg is straight Hip flexors and hamstring are being over used. Quicker trip from drive action to the ground if lead is slightly bent.
 - Trail Leg-** Keep your trail heel close to your center of gravity (but). Toes always pulled up in the dorsiflexed position following the side knee drive through the armpit.
- Body Position**
 - Slight bend from the ankles forward.
 - Hips up and in the forward position.
 - STRAIGHT LINES- ankle----hips-----shoulders.
 - Shoulders and Hips always square to the track. NO TWISITING MOTION.

The 2 types of Hurdle Drills.

<ul style="list-style-type: none"> Race Simulation Drills Speed and accuracy 3 step Rhythm Shorter distances between Hurdles Lowering the Height of the Hurdles Up to 3-5 hurdles QUALITY OVER QUANTITY. Keep set #'s low to make sure we achieve this. Taste of a Race. 	<ul style="list-style-type: none"> Rhythm/Coordination Drills Achieve symbiotic reaction from upper and lower body actions. TIMING and REACTION MYELYN--Nerves and Muscle stimulation. http://thetalentcode.com/myelin/ Can gain more from methodical slower actions with control than full speed chaos. BABY STEPS ARMS RACE-Allowing and demanding PERFECTION. Creates a true hurdling "FEELING" Hurdling should be like riding a bike. <ul style="list-style-type: none"> Action with out Thinking.
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Spacing and Distances

- Keep simple measurements available for your athletes.
- 7-9 shoes between 1 step hurdles. Base to Base.
- 18-24 shoes between 3 step hurdles. Base to Base.
- A universal code between your team. Set up lingo that is easy and simple to remember. Give them responsibility during workout to help set up drills so they have ownership.
 - Using 1 designated rope with markings. Tape measure. Marks on the track. Cones.
- Only move hurdles closer to Normal distances (further apart)
 - When you and the runner feel confident they can achieve those speeds with FULL CONTROL of their body.
- Treat the races like children, they are bound to get messy but let them learn from their mistakes and take ownership.
 - Making hurdles 1-3 the most important for your season. "Can't drive a car on flat tires."
 - With conditioning and normal progression their 4-10 hurdles will get stronger.
 - Must set up the race to be a copy machine.

