

KCCTFCA Clinic

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Hurdle Workouts

100H

The Zone Drill

This is a very good pre-race workout, stolen from the hurdle guru Wilbur Ross in *The Hurdles Bible*. Set up hurdles 1-4, leave an open zone where hurdles 5-7 would be, then set up 8-10. The athlete clears the first four hurdles from blocks at full speed, runs through the zone gaining more speed, then clears the last three hurdles and crosses the finish line. I like to do this once a week and no closer than 2 days before a major meet. (Your discretion) I do no more than 2 to 3 reps from blocks with spikes

Another part of the zone drill which is my favorite, and gives a pretty good indication of where the hurdler is as far as race times and also a good workout for them is set up the first five hurdles, have the athlete run through the first five and sprint through the finish line. I do these timed and it's amazing how close their times are to what they run in the up-coming meet. We will do this early in the week and will do 5 sets for a workout on top of anything else they have.

Back & Forths

This workout is the ultimate hurdlers endurance workout. It is the one Renaldo Nehemiah did his senior year in high school, when he became the only high school hurdler to ever break 13.0 in the 110's. For this workout, set up the first five hurdles twelve yards apart, and then set five more hurdles beside them facing the opposite direction. Approach the first hurdle in nine to ten steps, the five step the hurdles. Without stopping turn and clear the other five hurdles in the opposite direction. The five steps should not be evenly placed. The first two steps should be short and quick, then finishing with the last three you want a higher knee action and a full arm swing. Up and back one times is ten hurdles, so the amount of times depends on the level of conditioning. Ideally you want to work the athlete up to 2.5 times (25 hurdles) without stopping. This is a good time to work technique, one time lead leg, another time trail leg and then arms. Again rest time depends on level of conditioning (3/7 min) I stole this workout from Jean Poquette, Renaldos high school coach, who states the he worked his way up to four sets of 100 hurdles during his senior year. This is an out of season or preseason workout with the occasional in season when you have that long time off between meets. This workout **WILL CAUSE SORENESS**. I have had Sarah do this during the last 2 winters gradually working our way up. We have done this with her in-season maybe 2 times a year. I have had junior high athletes do it a few times a season. Injury could be a problem with fatigue and falling is a very real possibility.

A variation- just do it with the lead leg or trail leg. This will help work on the technical flaws, like going over the hurdles with a bent knee.

Every-Other Hurdle Workout

This is a great conditioning workout and good for the off season to keep the hurdler from getting bored. Set up only the odd numbered hurdles and from a crouching, standing or 3 point start take an aggressive 8 step approach to the first hurdle then 7 or 9 step (depending on the speed of the hurdler) the remaining hurdles. After clearing the last hurdle, the hurdler will explode through the finish line. Then jog back to the starting line, catch your breath, and gather yourself for about 30 seconds and do it again. Do four to eight reps. Is one uninterrupted set.

The challenge lies in the fatigue factor as its more difficult to get over the hurdles with good technique when taking so many steps in between the hurdles. This workout gets the hurdler in the habit of lowering the center of gravity during clearance. This is also good because it is one of the few hurdle workouts that the athlete explodes to the finish on the touch down.

VARIATIONS- If you want this as a speed rather than conditioning cut down the number of reps. Walk back to the finish line. NEVER take an even number of steps unless the hurdler is a 4 stepper. You can make this a 300 hurdle workout by placing the hurdles on even numbered marks. Work even numbered steps if alternating if not keeps it at an odd number. If this is used as a 300h workout increase the number of reps.

Jamming

Again, this is stolen from Jean Poquette, move the hurdles closer together to change their rhythm up make them run, not hop between hurdles the easier it becomes for them the faster they are. I usually have the girls hurdles set 8 yards apart using only 5 hurdles. I also use this to teach 3 stepping to the junior high girls.

****Coaching points- You must see the bottom of the foot on the lead leg and trail leg.**

****DO NOT swing lead leg over the hurdle, bent and straight over the top.**

300m Hurdle Workouts

Killer 5's- This is a workout we try and do every other week unless that week falls on a major meet. It is very good for conditioning and forces them to concentrate on form toward the end. Catching a trail leg is a big possibility. I allow them to walk back at their own pace by where they have just ran as their rest, but watch and encourage them to really push each hurdle. THEY HATE IT, but they like the benefits. It is a pretty basic set up 1x1 hurdles, 2x2 hurdles, 3x3 hurdles, 4x4 hurdles, 5x5 hurdles. This is stolen from Pat Simmons.

200x100- Zone Drill- Again this drill I really like as an indicator of where they are at time wise, they run the first 200 or five hurdles, then sprint the last 100 with no hurdles. Like the first five in the 100h it gives you a pretty accurate time of what they are able to run in a meet. Someone may have this but I don't know about it I just adjusted it from the 100h zone drill.

Shuffle the Deck-This drill I stole from a workout I saw on You-Tube from a high school in NC. It can be used in variation through the first 4 hurdles, really any hurdle you want but it forces and teaches the athlete to adjust and attack with whatever leg comes up and not try and stutter step just to get what leg they want. All the coach does is move the hurdles closer together or further

apart so the athlete has no clue what you have done they just know its going to happen and have to attack with that leg.

200x100x100-This is a very good conditioning workout again only about two to three days out from any meet. The first 200 they run the five hurdles then they get to jog the next 100 than walk the last 100. When they get back to the start line of the 300h they hit and go all out again for another 200. We will do anywhere from 3 to 7 sets of this depending on the time of season, their conditioning and how I feel.

200x100 against open 300s- Occasionally I will have the 200x100 drill run at with the 400/800 runners who are doing sets of 300's I will give the hurdlers a 10 second lead and have the race losers do 30 seconds of crunches.

Attack First/Last Hurdle-When we are running timed 300's we will have the 300 hurdlers run in specific lanes and set up first/last hurdle up so they run the entire 300 with only 2 hurdles. I truly believe this made Miranda Silvey the closer she was and why she was able to do what she could.

****Plyometric drills, make a game of it**

“You’re not getting faster if you’re doing plyos” -Coach Rainbolt, Head Coach WSU