

**Olympian Kevin Young
World Record Holder 400 meter Hurdles**



**Olympian Sharrieffa Barksdale
Former American Record Holder
400 meter Hurdles**

Technique Drills for Men and Women 300 and 400 meters Hurdles

Stage # 1

1. Sitting hurdle drills

- a. Sitting in hurdle position - trail foot inverted - lead foot dorsi-flexed - trail leg tight
- b. Lead elbow over knee - reach to lead toe and grab down with hand - sweep hand back to side - exchange trail arm - pump arms
- c. Trail hand on ground with palm flat - fingers pointing backwards in push off position
- d. When lead arm moves back to side trail arm must be exchanged.

2. Hurdle lunges

- a. In sitting hurdle position lean forward leading with chest
- b. Keep head up and looking forward
- c. Add arm movement after first 50 lunges

3. Lead leg

A. Front leg circles

- a. Standing with hands support against wall or box
- b. Place hurdle in front of lead leg and rotate leg over side of hurdle - move leg in both directions

B. Lead leg drive

- a. Standing with hands support against wall or box
- b. Rise on to of trail leg and extend lead leg over hurdle and return - **remember to thrust forward and not lean backward - also do not let trail knee bend**

4. Trail leg

A. Back leg circles

- a. Standing with hands support against wall or box
- b. Place hurdle behind trail leg and rotate leg over side of hurdle - move leg in both directions

B. Trail leg pulls

- a. Standing with hands support against wall or box
- b. Place hurdle behind trail leg and extend leg back over hurdle and return to starting position - **remember not to break down lead knee when doing the drill**

5. Trail leg rotation

- A. Stand holding ankle of trail leg with hand and move leg in circular motion - move both directions
- B. Do not break down knee of lead leg and rise up on toes of lead leg

6. Lead leg shoot through

- A. Standing with both hand on box or table - rise up on trail leg and shoot lead leg through to table
- B. Bring leg back in same motion - remember to keep chest and shoulders square and head up
- C. Do not break down trail leg stay on toes

7. Trail leg step

- A. Using a table lay trail leg on table and slide across table - **keep foot inverted**
- B. When foot gets to end of table bring knee up to place foot on box located in front of table
- C. Move trail leg backward in same motion.

8. Walking over hurdles
 - A. With hurdles set against each other walk over alternating legs
 - B. Keep arms extended out from body - **remember to keep toes dorsi flexed - shoulders must be square**

Stage #2

1. Marching drill
 - A. March with high knees using lead arm - **remember to have lead elbow out over knee of lead leg**
 - B. Second phase will be with trail leg moving in proper motion
2. Marching drill over hurdles
 - A. Set hurdles against each other - extend arms - walk over hurdles alternating legs - **remember to bring lead leg straight up and not from side.**
 - B. Place hurdles three steps apart and march over hurdles using both legs as lead legs - arms extended
 - C. Second phase will be with trail leg moving in proper motion
 - D. Third phase will be in skipping motion - **remember to stay on toes and not break down knees**
3. Trail leg pull and run
 - A. Standing with trail leg extended backward over hurdle
 - a. Pull leg through and jog off hurdle
 - b. Pull leg through and run off hurdle - **remember to keep trail leg tight and shoulders square**
 - B. Trail leg tension pull and run
 - a. Foot in the grasp of a partner - pull and partner will release foot
 - b. Foot in the grasp of a partner - pull and partner will release foot and allow you to snap and run
4. Side drills
 - A. Place hurdles five steps apart
 - B. Walking drills
 - a. Using lead leg motion walk over side of hurdles using one step between hurdles
 - b. Using trail leg motion walk over side of hurdles using one step between hurdles - **remember to place lead foot in front of hurdle on take off**
 - C. Skipping drills
 - a. Using lead leg motion skip over side of hurdles using one step between hurdles
 - b. Using trail leg motion skip over side of hurdles using one step between hurdles
5. One step drill
 - A. Place hurdles five steps apart
 - B. Run over middle of hurdles using one step between hurdles
6. Rhythm drills
 - A. Using sticks run with a rhythm and using leg motion used in hurdling
 - B. Using scissor hurdles at low height run with a rhythm on hurdling
 - a. 25 x 9" hurdles - place hurdles 6 step apart and run over hurdles using 3 steps between hurdles
 - b. 25 x 9" hurdles - place hurdles 12 steps apart and run over hurdles using 3 steps between hurdles

- c. 25 x 18" hurdles - place hurdles 24 steps apart and run over hurdles using 3 steps between hurdles

7. Power hurdle

- A. Standing long jump step over hurdle - stand in double leg jump position - jump forward landing on takeoff leg and hurdle over hurdle and run
- B. Box step and run - place a 12" box one step in front of athlete - from standing start behind box place lead leg on box and run off one step and hurdle an 18" hurdle
- C. Same as "B" above with a 24" hurdle

Stage #3

1. Lead leg drills

- A. Wall drills - with tape at 30" for women and 36" for men on the wall - run three step pattern in place and thrust lead leg to tape on wall. Repeat 50 times.
- B. Mat drills - with high jump mat - lift as if attacking hurdle and drive lead leg down on top of mat - **remember to have lead elbow over lead knee and to exchange arms.**
- C. Standing lead leg drop - stand with lead leg up and lead foot dorsiflexed - arms extended out to side - push lead leg to ground and run.
- D. Standing lead leg drop over hurdle - same as "C" above using a 18" scissor hurdle.

2. Trail leg drills

- A. Wall drills - place hurdle away from wall and place lead foot in front of hurdle - pull trail leg over hurdle - repeat 50 times.
- B. Trail leg with tension - with a partner holding foot of trail leg - pull trail leg through and partner will release - upon release pull trail leg through and run off of hurdle.
- C. Trail leg table drill - with table place trail leg on top of table and slide leg across table - remember to invert toe of trail leg - lift onto toes of lead leg when doing this drill.

3. Box stand/hurdle

- A. Stand on box with trail leg held in hurdle position - drop trail leg to track - hold in position on one leg and sprint.
- B. Stand on box with trail leg held in hurdle position - drop trail leg to track - hold in position on one leg and sprint over 18" hurdle.
- C. Stand on trail leg one step behind box - run placing lead leg on box - run off of box and immediately run over 18" hurdle.

4. One Step Drills

- A. With hurdles 5 steps apart - walk over hurdles with arms extended - with lead and trail leg in proper form
- B. Place hurdles 5 steps apart - arms extended - skip over hurdles - with lead and trail leg in proper form
- C. Place hurdles 5 steps apart - elbow out over knee - skip over hurdles - snap lead arm down and grab at track - remember to snap lead leg to track and under body - also **remember to have aggressive trail leg**
- D. Place 5 hurdles 5 steps apart and 5 hurdles in another lane running opposite direction - run one step between hurdles and return - **remember to snap lead leg down - remember to have lead elbow over knee - remember to be aggressive with trail leg**

5. Hurdling

- A. 20 x 10 x 21" hurdles - place hurdles 12 steps apart and run over hurdles using one

step between hurdles

- B. 20 x 10 x 21" hurdles - place hurdles 24 steps apart and run over hurdles using three steps between hurdles
- C. 20 x 10 x 24" hurdles - place hurdles 7.0 meters apart and run over hurdles using three steps between hurdles.

6. Blocks

- A. 10 x blocks x 30 meters.
- B. 10 x blocks x 1 hurdle x 30 meters.

Stage #4

1. Delivery drill

- A. Run with both arms extended x 30 meters
- B. Run with both arms extended x 30 meters - drop arms and continue running x 30 meters

2. Walkovers

- A. Set hurdles against each other - extend arms - walk over hurdles alternating legs - remember to bring lead leg straight up and not from side.
- B. Set hurdles 5 steps apart - extend arms - walk over hurdles using same lead and trail legs.

3. Rhythm drill - using scissor hurdles placed 5 steps apart - run over hurdles using one step between hurdles.

4. Trail leg

- A. Trail leg snap over hurdle
- B. Trail leg snap over hurdle and raise onto trail toe
- C. Standing with lead knee on top of hurdle - push trail leg to hurdle
- D. Standing with lead knee on top of hurdle - push-pull trail leg over hurdle (trail knee pointing down track)
- E. Standing with lead knee on top of hurdle - push-pull trail leg over hurdle - raise onto lead toes
- F. Standing with lead knee on top of hurdle - push-pull trail leg over hurdle - bound off of lead leg
- G. Standing with lead knee on top of hurdle - push-pull trail leg over hurdle - bound off of lead leg - run

5. Fire drill - place 5 hurdles in one lane at 7.0 meters apart - place 3 hurdles in the next lane in opposite direction - place 5 hurdles in next lane same direction at first set - place 3 hurdles in next lane in opposite direction - be sure to have common start and finish line (13.0 meters) - run down and backs over all hurdles.

6. Hurdle chase

- A. 5 x 3 hurdles - with gun start and blocks race over hurdles for 60 meters.
- B. 5 x 6 hurdles - with gun start and blocks race over hurdles for 80 meters.
- C. Stagger hurdle chase - each runner runs against each of the others - only one runner has one more hurdle to run over.

7. 10 x blocks over one hurdle.

Stage #5

1. Flexibility Drills

- A. Foot on top of hurdle - stand on toes and lay knee on hurdle - move forward and backward.
- B. Standing lead leg step over - place two hurdles facing each other - with lead leg lift knee and move foot over hurdle and return to original position.
- C. Standing trail leg step over - lay one hurdle with top and bottom down - place another hurdle in front of this hurdle - with lead leg inside of laying hurdle bring trail leg up and over middle of laying hurdle - return to original position.

2. Side Drills

- A. Place hurdles five steps apart
- B. Walking drills
 - a. Using lead leg motion walk over side of hurdles using one step between hurdles
 - b. Using trail leg motion walk over side of hurdles using one step between hurdles - **remember to place lead foot in front of hurdle on take off**
- C. Skipping drills
 - a. Using lead leg motion skip over side of hurdles using one step between hurdles
 - b. Using trail leg motion skip over side of hurdles using one step between hurdles

3. One Step Drill

- A. Place hurdles 12 steps apart
- B. Run over middle of hurdles using one step between - **remember to keep trail leg tight**

4. Rhythm Drills

- A. 20 x 15 x 18" hurdles - place hurdles 6 steps apart and run over hurdles using 3 steps between
- B. 20 x 15 x 21" hurdles - place hurdles 12 steps apart and run over hurdles using 3 steps between
- C. 20 x 15 x 21" hurdles - place hurdles 24 steps apart and run over hurdles using 3 steps between

5. Hurdling

- A. 10 x 5 hurdles - place hurdles 5 steps beyond original mark - run 5 steps between
- B. 10 x 10 hurdles - place hurdles 5 steps beyond original mark - run 5 steps between
- C. 10 x 10 hurdles - place hurdles on original mark - run 5 steps between - **concentrate on technique**
- D. 10 x 10 hurdles - place hurdles 2 steps before original mark - run 3 steps between

Stage #6

1. Flexibility Drills

- A. Foot on top of hurdle - stand on toes and lay knee on hurdle - move forward and backward.
- B. Standing lead leg step over - place two hurdles facing each other - with lead leg lift knee and move foot over hurdle and return to original position.
- C. Standing trail leg step over - lay one hurdle with top and bottom down - place another hurdle in front of this hurdle - with lead leg inside of laying hurdle bring trail leg up and over middle of laying hurdle - return to original position.

2. Side Drills

A. Place hurdles five steps apart

B. Walking drills

- Using lead leg motion walk over side of hurdles using one step between hurdles
- Using trail leg motion walk over side of hurdles using one step between hurdles - remember to place lead foot in front of hurdle on take off

C. Skipping drills

- Using lead leg motion skip over side of hurdles using one step between hurdles
- Using trail leg motion skip over side of hurdles using one step between hurdles

3. One Step Drill

A. Place hurdles 12 steps apart

B. Run over middle of hurdles using one step between - **remember to keep trail leg tight**

4. Rhythm Drills

A. 20 x 15 x 18" hurdles - place hurdles 6 steps apart and run over hurdles using 3 steps between

B. 20 x 15 x 21" hurdles - place hurdles 12 steps apart and run over hurdles using 3 steps between

C. 20 x 15 x 21" hurdles - place hurdles 24 steps apart and run over hurdles using 3 steps between

5. Hurdling

A. 10 x 5 hurdles - place hurdles 5 steps beyond original mark - run 5 steps between

B. 10 x 10 hurdles - place hurdles 5 steps beyond original mark - run 5 steps between

C. 10 x 10 hurdles - place hurdles on original mark - run 5 steps between - **concentrate on technique**

D. 10 x 10 hurdles - place hurdles 2 steps before original mark - run 3 steps between

Stage #7

1. Leg swings

A. Standing in front of hurdle with both hands placed on the crossbar, the athlete swings leg from side to side

B. Repeat 50 time with both legs

2. Lead leg

A. Front leg circles

a. Standing with hands supported from behind on top of a hurdle

b. Place hurdle in front of lead leg and rotate leg over side of hurdle - move leg in both directions

B. Front leg circles over middle of hurdle

a. Standing facing hurdle that is directly in front of athlete

b. Place both hands on top of hurdle - rotate a straight leg in front - move down hurdle to opposite end - then move back to original end of hurdle - as the leg moves over the crossbar, the athlete lifts one arm and then the other as the leg passes underneath, replacing the arm back for support

C. Lead leg lift and swing

a. Set two hurdles back to back and stand between them - place a third hurdle in front of lead leg

b. Place arms in the crossbars - swing lead leg forward and back - on the backward swing vigorously drive the knee forward and upward - without a pause thrust the lower leg and foot forward toward the crossbar of the hurdle in front

c. Same as "b" above - this time when lead leg goes over hurdle it should strike the

ground slightly in front of the supporting leg - **remember the lead leg does not touch down on the opposite side of the hurdle**

d. Repeat each 25 times

3. Trail Leg

- A. Using a table lay trail leg on table and slide across table - **remember to keep foot inverted**
- B. When foot gets to end of table bring knee up to place foot on box located in front of table
- C. Move trail leg back in same position
- D. Repeat 25 times

4. Side Drills

- A. Place hurdles five steps apart
- B. Walking drills
 - a. Using lead leg motion walk over side of hurdles using one step between hurdles
 - b. Using trail leg motion walk over side of hurdles using one step between hurdles - **remember to place lead foot in front of hurdle on take off**
- C. Skipping drills
 - a. Using lead leg motion skip over side of hurdles using one step between hurdles
 - b. Using trail leg motion skip over side of hurdles using one step between hurdles
- D. Running over middle drill
 - a. Using lead and trail leg motion as in "B" and "C" above - run over the middle of hurdles - **remember to use proper technique**
 - b. Concentrate on rhythm between hurdles

5. Hurdling

- A. Place 3 hurdles 7.00 meters apart - lay 4 hurdles down 7.00 meters apart - place 3 hurdles 7.00 meters apart - repeat 4 times
- B. Place hurdles 7.00 meters apart and run over hurdles
 - a. 10 x 5 hurdles
 - b. 10 x 10 hurdles

6. 3 x 200 meters

Stage #8

1. Trail leg pull and run

- A. Standing with trail leg extended backward over hurdle
 - a. Pull leg through and jog off hurdle
 - b. Pull leg through and run off hurdle - **remember to keep trail leg tight and shoulders square**
- B. Trail leg tension pull and run
 - a. Foot in the grasp of a partner - pull and partner will release foot
 - b. Foot in the grasp of a partner - pull and partner will release foot and allow you to snap and run

2. Side drills

- A. Place 10 hurdles 5 steps apart - use skipping motion over side of hurdle
 - a. Lead leg
 - b. Trail leg
- B. One step over middle of hurdle

3. Power hurdle

- A. Box step and run - place a 12" box one step in front of athlete - from standing start behind box place lead leg on box and run off one step and hurdle an 18" hurdle
- B. Same as "B" above with a 24" hurdle

4. Rhythm drills

- A. Place five 30" hurdles next to each other - step over with one leg then the other -

then step backward using same motion - then step over two hurdles and step backward over two hurdles using same motion - repeat forward and backward motion over all five hurdles

B. Using scissor hurdles at low height run with a rhythm on hurdling

- a. 10 x 18" hurdles - place hurdles 6 step apart and run over hurdles using 3 steps between hurdles
- b. 10 x 18" hurdles - place hurdles 12 steps apart and run over hurdles using 3 steps between hurdles
- c. 10 x 24" hurdles - place hurdles 24 steps apart and run over hurdles using 3 steps between hurdles

5. Hurdling

A. Concentrate on lead leg take off into hurdle

B. Concentrate on lead leg landing off hurdle

- a. 10 x 5 hurdles - run 5 steps between
- b. 10 x 10 hurdles - place hurdles 7.0 meters apart - 3 steps between
- c. 10 x 10 hurdles - place hurdles 7.5 meters apart - 3 steps between

6. Sprinting

3 x 200 meters

Stage #9

1. Side drills

A. Place 10 hurdles 5 steps apart - use skipping motion over side of hurdle

- a. Lead leg
- b. Trail leg

B. One step over middle of hurdle

2. Rhythm drills

A. Place five 30" hurdles next to each other - step over with one leg then the other - then step backward using same motion - then step over two hurdles and step backward over two hurdles using same motion - repeat forward and backward motion over all five hurdles

B. Using scissor hurdles at low height run with a rhythm on hurdling

- a. 10 x 18" hurdles - place hurdles 6 step apart and run over hurdles using 3 steps between hurdles
- b. 10 x 18" hurdles - place hurdles 12 steps apart and run over hurdles using 3 steps between hurdles
- c. 10 x 24" hurdles - place hurdles 24 steps apart and run over hurdles using 3 steps between hurdles

3. Hurdling

A. 5 x 3-4-3 drill

B. 10 x 8 hurdles - place hurdles 8.0 meters apart

- a. Concentrate on quick trail leg
- b. Concentrate on tight trail leg
- c. Concentrate on foot of trail leg

C. 10 x 10 hurdles

4. Sprints

2 x 200 meters

Stage #10

1. Side drills

- A. Place 10 hurdles 5 steps apart - use skipping motion over side of hurdle
 - a. Lead leg
 - b. Trail leg
- B. One step over middle of hurdle

2. 5 step drills

- A. Place eight hurdles 12 steps apart
- B. Use five strides between hurdles - repeat 10 times
 - a. remember to bring lead leg under body off of hurdle
 - b. remember to push - pull the trail leg into and off of hurdle
 - c. remember to work on arm action into and off of hurdle

3. 3 step drills

- A. Place ten hurdles 8.0 meters apart
- B. Use three strides between hurdles - repeat 10 times
 - a. remember to bring lead leg under body off of hurdle
 - b. remember to push - pull the trail leg into and off of hurdle
 - c. remember to work on arm action into and off of hurdle

4. Blocks

- A. 10 x blocks 1 hurdle
- B. 10 x blocks 2 hurdles

5. 3 x 200 meters

Beginning Hurdle Training

Hurdles

CURVE TRAINING - run 300 meters with only five hurdles set on top of curve.

FENCE DRILL - TRAIL LEG - hurdle is set against fence, runner leans on fence then snaps trail leg over hurdle.

LEAD LEG DRILL - set 4-5 hurdles close enough to each other so runner can easily three-step. Hurdlers do lead leg over side of hurdle.

OUT OF BLOCKS - 8 steps to first hurdle then run 50 meters. Go through first two hurdles.

SKIP - have hurdlers skip through the hurdle action. Emphasize arms first, then lower body - lead/trail leg.

TACTILE HURDLE - have runner walk over hurdles, touch top of hurdle, hit hurdle with foot, knock hurdle down.

TECHNIQUE TRAINING - never do more than 4-5 hurdles at a time.

TRAIL LEG DRILL - set 4-5 hurdles close enough to each other so runner can easily three-step. Hurdlers do trail leg over side of hurdle.

TWO PERSON DRILL - one person holds the hurdler until they are balanced on lead leg and trail leg is in position. First person pulls hurdler forward and through.

WALL DRILL - LEAD LEG - hurdle is set against wall, runner practices lead leg over hurdle and into wall.

WHICH LEG? -beginning hurdlers can learn which leg is lead leg by running over low hurdles.

Our workouts are individualized and so to tell you what he does each week would be impossible but some of the workouts are like this after a complete warm-up:

(1)	6 x 3 hurdles into the curve, 3 x 200m hurdles, 1 x 150 meters;
(2)	1 x 500m, 1 x 320m, 1 x 200m;
(3)	3 x 600m - (slow 400-finish fast 200) (62-27)
(4)	3 x 300 - (38, 35 - 37)
(5)	Step down 200's - (24-23-22) with a quick 200 jog between
(6)	4 x 3 hurdles into the curve - 2 or 3 x 300 hurdles
(7)	4 x 3 hurdles into the curve - 2 x 400 with hurdles in the last 200.

We weight train three days a week in the fall and two days a week in the competitive season until the last two or three weeks before the Nationals.

This same type of format seems to work well for our women also.

A man who expects to do well in this event should work toward an endurance base much like a half-miler. He must also learn proper hurdle technique. There is a great advantage to a hurdler if he will lead with the left leg. First off, it eliminates the danger of disqualification for dragging the trail leg around and below the hurdle and it also allows a runner to stay close to the line on the turns and not go as far out into the lane over the hurdle as a right footer.

1) TRAIL LEG DRILL

For this drill you need to stand and hold on to something, like a chair. No hurdles are needed! You bring your trail leg back, up, and around like you would do if you were going over the hurdle. I recommend three sets of ten for **both** legs.

This helps not only your form, but helps you alternate legs. Pictures to illustrate this are at the bottom of the page.

2) LEAD LEG DRILL

Set out 5 hurdles about 1 foot apart. Start at one end and kick your leg above the hurdle, alternating legs. If you are doing it right, you will move down the line of hurdles. When you reach the other end, turn around and come back. Do three rotations.

3) TRAIL LEG SNAP

Set one hurdle out. Put your lead leg over the hurdle and let it touch the ground. Now lean over like you are in the middle of jumping the hurdle and snap your trail leg around over the hurdle. Do this until you feel comfortable. This is an important drill and very good to do daily, or whenever you have access to hurdles.

4) ONE STEP DRILL

Set out 3 or 4 hurdles only a couple of feet apart, so that you can only take one step in between them while running them semi-fast. It is just a good drill to get your technique down and to learn to snap your lead and trail leg down. You have to do that so you can get over the next hurdle.

Here is one drill that works on just bring up the lead leg quickly.

First stand 2 to 3 feet from a strong wall. Bring your leg up to hit the wall as you would be going over the hurdle. Also, do the arm action too while you do this workout.

This drill is for 300 or 400 hurdlers. Set up the last 3 or 4 hurdles in the 300 or 400 race. Start off on your mark, do an all out 3 or 400 and then with what ever energy you have left go over the last 4 hurdles. You tend to run faster when the

hurdles aren't there so you'll use up more energy before you get to the last 4. Practicing this will help you have more energy left over.

The Northwest Gauntlet

Set up two lanes of hurdles (I'd say about 4 or 5 in each lane. Line them up about a couple feet apart. make sure one lane is facing the other way. Height is important in this drill because when you get tired you might not make it over tall hurdles. Set the hurdles in lane 1 to a height that you can JUMP over. and in lane 2 set them at your regular 110 or 100 setting. Your 1st move will be to JUMP over the hurdles in lane one. Bring both feet together and hop over them, when doing this make sure you bring your knees up to your chest so you'll have a better chance of making it over. If you set the hurdles up right, you'll notice that once you've completed the first lane you can just turn around and start the next lane. for this lane you'll be doing your trail leg drills by the side of the hurdle. Jog by the hurdle and practice snapping your trail leg over each hurdle. Do each lane about 4 times and then break then do another set of 4. It's MUCH harder than it sounds.

For Coaches

300 and 400 meter Hurdles Workout off Season

Monday

3x200m warm-up

1200 m (400m recovery)

400m (200m recovery)

1000m (400m recovery)

600m (200m recovery)

4x300m (100m recovery)

Tuesday

Jog 2 mile and 5x150

Wednesday

3x200 warm-up

12x400m 70-75 sec. with (200 recovery)

Thursday

Jog 2 mile 65% running

Friday

3x200 used as warm up

4x1K (400 recovery)

3x300 (100m recovery) _