

*The below information from my "Hurdlers Guild - First Addition" Manual.*

Preparing for the 300-meter hurdles:

The same principles above apply to the longer distance hurdles:

1. Practicing with both leg and arm techniques apply more to the running of the 300 hurdles. Not always can you run a perfect race using the same leg. During a race unforeseen circumstances occur (poor endurance training, wind, rain, heat, competitor intervention). You have to be versatile and comfortable with both forms.
2. When running a distance race such as the 300-meter hurdles keep your eyes focused on the hurdle ahead. Do not listen for footsteps. An athlete's primary goal is to reach their hurdle with the right amount of steps. If an athlete is unable to reach their steps, corrections are to be made by the coaching staff with regard to flexibility conditioning and endurance training.
3. An elite high school male athlete with a competitive 400-meter open time: 51 seconds and lower should achieve 20-21 steps to the first hurdle and 13 steps in between each of the remaining hurdles. If your athlete is not at his/her peak performance and cannot maintain 13 steps the last 2-3 hurdles down the backstretch should be at 15 steps.

A beginning high school male athlete with a moderate 400-meter open time: 56 – 57 seconds should achieve 22-23 steps to the first hurdle and 15 steps in between each of the remaining hurdles. Finishing down the backstretch should be at 17 steps.

4. An elite high school female athlete running at least a 61 second open 400 meters should achieve 23-24 steps to the first hurdle and 15 steps in between each of the remaining hurdles. If your athlete is not at his/her peak performance and cannot maintain 15 steps the last 2-3 hurdles down the backstretch should be at 17 steps.

A beginning high school female athlete with a moderate 400-meter open time: 67 – 70 seconds should achieve 24-25 steps to the first hurdle and 16-17 steps (alternating legs over the hurdle) in between each of the remaining hurdles. Finishing down the backstretch should be at 18-19 steps.

5. Athletes at the beginning need to be in the habit of counting their steps. The more they count the more it will become second nature and they will develop a unique rhythm.