

## **Ruben Jordan**

### **Clear Creek HS Boys Track- 300 Hurdles**

I am the Head Coach of Boys Track and Field at Clear Creek High School. I have been coaching track and field for over 23 years, and this is my 8<sup>th</sup> year as Head Coach at Clear Creek High School. We have been fortunate to have skilled athletes in our track and field program over the years. We have had numerous athletes to be successful in many events, but over the past years our 300 hurdlers have flourished at the different levels: district, regional, and state competition. I am going to take a few moments to speak on some of the rules, strategies, drills, and workout programs.

#### **GENERAL RULES:**

1. Start practice with everyone stretching as a group with throwers, sprinters, hurdlers, and distance runners all together. This helps to build team unity and give everyone a time to relax and become familiar with each other and identify with other event participants.
2. Do all agility drills and warm up drills as a team to make sure everyone is properly stretched and loose for the day's workout.
3. When agility drills are concluded, allow hurdlers to break off and do their everyday hurdle and rhythm drills, which are important to the flexibility and correct body torque in order to run hurdles. Below is a list of stretches and rhythm drills our hurdlers are required to do on hurdle workout days:
4. Work in practice with hurdlers on regular height and always run 50% of the long sprinter workout with hurdle phases included in workouts.
5. One goal is to "count" their steps in between hurdles to establish a rhythm of using one trail leg.
6. The major emphasis is to "keep running" at hurdles and not break stride by chopping steps on approach to hurdles even if it causes athletes to run through hurdles

#### **GOALS:**

1. To teach the athletes not to "jump" the hurdles, but to teach them to "run" and attack the hurdles.

2. To identify athletes that can be trained to run hurdles that possibly cannot qualify in other events, but are point producing athletes.
3. The emphasis in hurdle training is to teach to “fold” (pull the abdomen and shoulder together) and not bend, so the stride pattern can be maintained.
4. Two major keys of the hurdles is the drive on take off and the trail leg “snap and paw” on touch down.
5. Conditioning: running, ply metrics, drills and weight training.

## **STRATEGIES:**

1. **Techniques**: In the 300 hurdles we normally work block starts with all training drills to teach the explosion phase and step count to simulate the importance of counting steps.
2. Work two to three hurdles at a time.
3. Work the 3 phases of hurdle areas at least a couple of times per week.
  - a. Hurdle 1: Phase One- straightaway set up. Block starts attacking 1<sup>st</sup> hurdle and watching lead and trail leg technique. Count steps to 1<sup>st</sup> hurdle and stopwatch time to get idea of training time and “hit” time. (3-4 times). Finish with sprint to position of 4th hurdle.
  - b. Hurdle 2: Set up 2<sup>nd</sup> hurdle and incorporate block start and step counting to hurdle without stuttering and attacking the hurdle on normal stride and running pattern.
  - c. Hurdles 3-5; Phase Two- the curve. Still using block starts and attacking first four hurdles with technique and lead and trail leg important. Really emphasize importance of not jumping hurdles but continuing same form throughout race. Finish with sprint to finish line or normally 20-30 meters past finish for extra conditioning.
  - d. Hurdles 6-8; Phase Three-the finish. Attacking the strait to the finish line. This is working on the “mental” phase as much as physical. This will help develop the finishing of the race.
4. **Incomplete Run Thru's**: After warm up and hurdle drill, practice running the entire distance of the race, without certain hurdles placed in their positions, with other hurdle space open. This will help in practice form, conditioning and rebuilding speed after the hurdles. Hurdles will be set at proper distances. Normally hurdle one, two, seven and eight are set up and 350 meter sprints are the finishing distance to help in conditioning,

5. **Counting-** Use the same number of steps between each hurdle. We normally have the same number between the first 4 hurdles and speed and form take over the final 4 hurdles. The objective is to try and maintain stride length and splits between the hurdles, and attack the hurdle with the proper trail leg in position.
6. **Splits-** We try and have certain objective times to run at every meet. In order to accomplish this we create number charts to tell them what their "splits" between each hurdle. We design our workout after looking at splits to see what hurdle each athlete need to work harder between in order to meet time. For example, if time at 6<sup>th</sup> hurdle is not at projected time, we develop workouts to try and increase probability.
7. **Videos:** Filming is a very important part to developing hurdlers. We try and video practices and meets in order to teach correct technique and recognize things that are affecting times and positioning. We film from the side view as they go over hurdles and from behind and front views. Our coaches review films with athletes to give them understanding of what they need to work on.

## **HURDLE STRETCHES AND DRILLS:**

### **Alternating Exercise (right and left side)**

1. Free leg swings- face the hurdle and hold on to the crossbar, swing leg back and then swing forward having the top of the foot almost touch the bottom of the crossbar. Repeat 15x on each leg
2. Quad hurdle stretch- put foot on top of cross bar and lean into it as far as possible. Repeat 15x on each leg
3. Hurdle splits (like a lunge but knee is in front of foot) Split to the front, rotate around and split to the other side. Repeat 15x on each leg.
4. Seated hurdle drill- normal hurdle position- work arms- reach opposite arm to lead leg, and then lean back working on "open door-close door action"
5. Crossbar stretch- put trail leg on cross bar (proper form) and lean down to lead leg, touching foot with opposite hand, then come up and lean back. Repeat 15x
6. Body circles from the waist up
7. Arches- put legs shoulder width apart and lean forward (touch ground) and then arch back as far as possible. Repeat 15x
8. Seated hurdle position work on arm movement. Swing arms up and back as in a running motion and then reach out to opposite lead leg and practice bringing other arm behind the back.

9. Rollover hurdle drill
10. Hamstring stretch- seated- feet out front- go down and grab toes.
11. Seated hurdle position and grab lead foot with both hands and hold.
12. Butterfly- right elbow to right knee and reverse—then rock from side to side.

### **RHYTHM DRILLS:**

1. Stride 1,2,3, and on the 4<sup>th</sup> stride pull the lead leg up and down quickly- repeat 1,2,3,4- do for 40-60
2. Marker stride drill- put marks 1 to 2 meters apart on the track-stride through hitting each one (40 M)
3. Low obstacles- run over several at 5M, 6M and 7M.

### **LEAD LEG DRILLS**

1. Stand stationary-up tall- and bring lead leg up and out and paw the ground-might have to be on toes. Paw the ground underneath you and not out in front. Do this in walking motion. Repeat 10x on both
2. Short obstacles-step over-brings lead p-increase height of obstacles.
3. Wall drill-hurdle against the wall and walk into the motion. Lead leg in wall, then step back 2 steps and repeat- also works arm action (15x)

### **COMBINATION**

1. 10 H set 1 foot apart- step over with the lead leg and bring trail leg through and step down fast
2. Under and over drill-Hurdles 1 foot apart. High hurdle then low. Start with left leg under high one and right leg over the short one.
3. Five hurdles set 5, 6,8 meters apart-running through the hurdles

### **SHORT RUNNING DRILLS WITH THE HURDLES**

1. Set hurdles 3.5 meters apart. Cross hurdles with one stride only(5-10 in a row)
2. Endurance run- set up 10H-8M and 25 cm apart. Run over #1 and jog back to start, Run over 1 and 2, jog back then run over 1, 2,3. Repeat this to the end(total hurdles will be 54)

## **300 HURDLE WORKOUT EXAMPLE**

### **Monday**

1 lap warm up  
Team Stretch  
Agility Drills  
Plyometric drills  
1 x 500 (8-10 min. recovery)  
2 x 350's (8-10 min. recovery)  
2 x 200 Strides  
Stretch

### **TUESDAY**

50% of Running Workout  
1 lap warm up  
Team Stretch  
Agility Drill  
Plyometric Drills  
Hurdle Stretches  
8 x 200 with Hurdle 6, 7, 8 setup (5 min. recovery)  
Team Weights and Stretch

### **Wednesday**

1 lap warm up  
Team Stretch  
Agility Drills  
Plyometric Drills  
Hurdle Drills  
**Steeplechase Drill**-Set up 6 hurdles  
1<sup>st</sup>- regular 300 mark  
2<sup>nd</sup>- 2<sup>nd</sup> hurdle mark  
3<sup>rd</sup>- 4<sup>th</sup> hurdle mark  
4<sup>th</sup>- 6<sup>th</sup> hurdle mark  
5<sup>th</sup>- 8<sup>th</sup> hurdle mark  
6<sup>th</sup>- Middle of first curve  
Start drill at 300 mark and hurdles at regular height.  
Attack hurdles and conditioning between hurdles.  
Normally run 6 times.  
Stretch

### **Thursday**

1 lap warm up  
Team Stretch  
Agility Drills  
Plyometric Drills  
Hurdle Drills

6 x 350's-(1, 2, 6, 7, 8 Hurdles)  
3 x 150 Buildups without hurdles  
Team Weights and Stretch

**Friday**

1 lap warm up  
Team Stretch  
Agility Drill  
Plyometric Drills  
Hurdle Drills  
Work 1<sup>st</sup> 2 hurdle with concentration on form  
Team Meeting