300m Hurdles
Identifying and Training Athletes

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300m v. 110/100m

- Can you be good at both races?
- Sprint Training v. 400m Training
- Do your athletes have to run both?
- What do you train your athletes for?
- Fear of the Hurdles v. Fear of the Distance
Who runs the 300’s?

- **200m Speed**
  - Girl’s Low: 27 or High: 26
  - Boys Low: 24 - High: 23

- **400m Speed**
  - Girl’s 1:02 or 1:01
  - Boys Low: 52 - 51
How do we get started?

- **Rhythm and Coordination**  Banana Hurdles, Sprint Drills, Plyometrics.

- **Speed and Conditioning**  Do they run hard and do they ‘like’ to work?

- **Complimentary Events**  Hurdlers are going to be your BEST athletes.. What else do they do well?
“Core” Hurdle Drills

- **Daily Drills** Warm-Up, Practice, or Cool Down... DO THEM!

- Standing Trail Leg, Standing Lead Leg Drill, Lead Leg March Drill (Knee to Chest), Walking Trail Leg

- “Movement” Drills: Jogging Drills, 5 STEP HURDLING, 7 and 9 Step Hurdling
200/400m Training

- **Speed Endurance** You have to teach an athlete to run the 200/400 distances to accell in the 300m Hurdles. (Do they get just doing drills?)

- **High Oxygen Debt:** “Sucking Wind” Distances from 100m to 600m. Rest: 8:00-10:00 minutes. (Workout Distance no more than 1400m)
Sample Work Week

• **Monday**  8 - 12 x 200m
• Early Season  12 @ :35 - :38  (No Hurdles)
• Mid Season  8-10 @ :32-:34  (Last Two Hurdles)
• Late Season  6-8 @ sub :30  (First Two Hurdles or Two Turn Turn Hurdles)
• **Tuesday**  Ladders

• 200-400-600-400-200

• Early Season  Pace = +:17 (400m PR)

• Mid Season : Drop the 600 to 500  (400 PR +:10)  *(Get the 400 split in the 500)*

• Late Season:  200-300-400-300-200  (300m Should be 400 PR pace  *(Get the 300m Split in the 400m)*

•  **Hurdle Wall Drills and Walking Drills**
• **Wednesday:** Field Event Work, 100m Hurdlers, Drills, Drills........

• Late Season all Hurdle Drills Work is in Spikes.

• **Mid-Late Season** Starts over 1st Hurdle
• **Thursday:** Early Season:
  600-400-200-400-600 @ 38 per 200
  **Rest: 5:00** Wall and Walking Drills

• Mid Season: 4-5 x 200m@ Pace: PR +:02-: 03  **Rest: 200 Walk** Work on the last 2 Hurdles  Wall and Walking Drills

• Late Season: 3-4 x 200m (Spikes) 2 Hurdles (Turns or Last 2) Wall and Walking Drills
• **Friday**: Pre-Meet Warm Up Drills 2-3
  1x150 Accel (80% Last 20m) Rest: 5:00 B

- **Early Season**: General Block Starts
- **Mid Season**: Starts over 1 Hurdle
- **Late Season**: Starts over 2 Hurdles

• **What else does the Athlete need to work on...**
Specific 300m Workouts

- **Done on Tuesdays or Wednesdays (Mid-Late Season)**

- **Segments:**
  - 2-3x 100m (Over First 2)
  - 2-3x 100m (Over 3 turn Hurdles)
  - 2-3x 100m (Over last 2-3 Hurdles)
  - Walk Back 3:00-5:00 Rest Between Reps

- **Interrupted 300m**
  - First 2 Hurdles and last 2-3 Hurdles. PR + :05 Rest 5:00

- **Control Speed**
  - 75m Rolling into in the last 2 Hurdles of the race. Rest: 8-10 Spikes
300m Tips

• **Leading with the Knee** is the most important fundamental hurdle technique.

• **Lower Hurdle Height** (300m) Requires less lean.

• **The lead leg** does not need to ‘snap’ back to the ground.

• **Lane Positioning** Set up after then 2nd hurdle to outside (or inside) of the lane.
• **Accelerate** Into the Hurdle

• **Transition**: Early in the season athletes will ‘slow’ down later in the race. Add 2-3 steps into the last 2 hurdles. DEAL WITH IT...

• **Variables**  It is ‘hard’ to run the ideal 300m race. Environmental Factors, Fatigue...

• **Arm Action**  Is essential to maintain balance in the 300m (Turn and Fatigue) More straight back arm than the 100m hurdles.
Switching Legs

• **Alternating Legs**  Essential in the 300m Hurdles to ‘run’ your best time.

• **It is not easy**  Athletes that develop the muscle memory and consistent lead leg have a difficult time adjusting.

• **Drills:**  a) Do all wall and walking drills with both legs.  b) Mini Hurdle work c) 6-8 step hurdling 8m - 15m  d) Walk away approach the hurdle at various distances.
Counting Steps

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<tr>
<th>1st Hurdle</th>
<th>Strides between</th>
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<tbody>
<tr>
<td>23</td>
<td>14-15</td>
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<td>26</td>
<td>17-18</td>
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<td>27</td>
<td>18-19</td>
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Video-Taping Races

• **Counting Steps** If the athlete does not count steps, video aids the process.

• **Accelerate into the Hurdle** Visual reminder of how much time is lost on ‘stutter’ steps.

• **Positive Reinforcement** Athletes do not need to be remind of bad races, or bad falls. Video of a bad race should disappear until after the season.
Multiple Events

• 1600m Relay  300m Hurdlers need to be trained as 400m runners.

• 800m Relay  “Good” fit for 300m Hurdlers.

• 400m Relay  Special athlete that needs very little time to prepare for 300m Hurdles.

• Field Events:  What ‘jump’ event is done early in the meet. Can an athlete jump after a 300m Hurdle race?
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