Identifying and Training 300m Hurdle Athletes
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1. 300m Hurdlers are underdeveloped. I see the 300m Hurdles as an event that few athletes specialize in. I think many 300m Hurdle runners are 100m Hurdle specialists whose coaches have them run the 300m Hurdles, without the proper interval work.

What type of athlete should run the 300 Hurdles?

How do we train the 300m athlete?

2. Who is a potential 300m Low Hurdler?
   - Do High Hurdlers have to run the 300 Lows?
   - Running the high hurdles benefits form, running the lows increases endurance
   - 100m Hurdles - “Fear of Hurdles”
   - 300m Hurdles - “Fear of the Distance”

3. What makes a good low hurdler?

   - Height is not as big of factor in the 300m Lows as 100m (especially for girl’s)
     (Boy’s 5’8)
   
   - 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
   
   - 800m Training  
     What type of workouts do you have your athletes do?
     -If you train 800m runners on 400m or interval based workouts, they might be ideal 300m Hurdle candidates.

     Girl’s  2:30 800m  Boy’s  2:10 800m (What do you do with them in Varsity meets?)

4. How do we start training the 300m Hurdler?

   - Identify athletes with coordination early in their careers or early in the season.
   
   - MINI - BANANA Hurdles - DAILY !!!!! (1 step - 2 step between hurdles)
   
   - Work Speed and Conditioning first. Early in the season have the athlete work on hurdle drills during rest or non interval days. (Non 100m Hurdlers)
   
   - Low Hurdlers should spend 2 days a week doing hurdle drills.
     (2 or 3 days running intervals)
   
   - What is the athletes focus or complimentary events?
     (Do they run the 400, relays? highs? jumpers?)
- How do I incorporate hurdles into the typical practice week with the least amount of changes to the athlete’s interval workouts and periodization?

- Any type of interval work can be done with low hurdles incorporated.

5. Hurdle Drills (List of drills on www.hurdlecamp.com)
   - Core Drills (All Drills done with each Leg)
     Standing Trail Leg
     Standing Lead Leg
     Lead Leg March (Drive Knee to chest)
     Walking Trail Leg
     5-7-9 Step Overtop (Alternating Legs)

   - Alternating Leg (It takes time !!!)
     Simple Drills with both legs
     Mini Hurdles at various distances
     6-8 Step Alternating Legs
     Walk away from the hurdle, approach the hurdle on command

6. Interval Training
   - Depends on the athletes core events.

   Include the 300m Hurdlers in the 200m or 400m groups. Adapt workouts to work on a hurdles weakness. (Speed v. Endurance)

Hurdlers Dilemma  How do you develop hurdling skills while maintaining an aerobic base to be a fit 300m runner ?

In High School Track in the midwest, there has to be a degree of racing the athlete into shape. Tough to match the speed and intensity of a 300m race in practice.

I do not believe in running the athlete at an interval, with hurdles, higher than 300m. We never run a 300m hurdle race in practice. Ex: 400m Hurdles.

7. Specific 300m Hurdle Workouts

   a. 2-3 x 100m (Over first two hurdles)
      2-3 x 100m (Over 3 hurdles on turn)
      2-3x 100m (Over last 3 hurdles of race)

      Walk back approx. one minute between reps.
      3-5 Minutes between sets (give feedback)

   b. Interrupted 300m  First 2 two hurdles of race and last 2 or 3 hurdles of race

   c. Speed over( 75m-100m rolling start) the last 75m -100m of the race

   d. Endurance 300m Interval over the last 2-3 Hurdles

   e. Starts over 1 and 2 hurdles
f. Start with general conditioning, and begin to specialize on the hurdlers weakness as the season progresses. (Example: Hurdles on the Turn, Last Two Hurdles)

g. Less Distance, Fewer Hurdles as the season progresses.

h. Hurdles at a reduced distance, with a consistent 15-17 step stride pattern. (3-4 Hurdles 2-4 Sets) **4x7 flights at 10.5 m  5-7 flights at 11.5m**
   - See attached chart from (USA Track and Field - Coaching Manual)

Any workout you anticipate or plan for fatigue to be involved, use collapsible hurdles. Do not teach FEAR !!!!!!!! Let the hurdle fall, not the athlete.

8. Weekly Training Plans

300m Hurdle Specialist (2 Days of Hurdling)

M - 8-10 x 200m Intervals (PR + :04)
T - Speed Drills- Hurdle Drills- Starts FIELD EVENT ?
W- 3-5 x 300m Intervals w/ Hurdles (1st 2 Hurdles or 3 Turn Hurdles)
R- Hurdle Drills- Relay Passes- Specific Element of 300’s... FIELD EVENT
F- Warm Up-Standing Drills - Relay Passes- 3 - 4 Quality Starts
S- Race

100m Hurdles and 300m Hurdler (3 Days of Quality Hurdling)

M- 8-10 x 200m Intervals (PR + :04)
T- Dynamic Warmup -Hurdle Drills - Over the Top Hurdling (5-7 Step)
W- Wall Drills - Walking Drills- 5 Step - In’s and Out’s (150m)
R- Dynamic Warm Up- Hurdle Drills - Over the Top (5-7 Step)
F- Warm Up - 3-4 Starts over 1, 2, or Hurdles
S- Race

Midweek Race

M- Dynamic Warm Up- Hurdle Drills- 3-4 Sets of the Top-Starts-Handoffs
T- Meet (300m Hurdles +1 other race - 3 Events Total)
W- Longer Intervals (No Hurdles)
R- Dynamic Warm Up- Hurdle Drills (Form- Walking-Jogging)
F- Warm Up Rolling 100m’s 3-4 Starts over 1 Hurdle - Handoffs
S- Race

9. Block Starts Moye v. 4 Point Starts
   - Use whatever type of block you and the athlete are comfortable with:
     - I believe Girl’s benefit from the Moye
     - I think men over 6’1” benefit from the Moye
     - The start of the 300m is not as crucial as the 100m
     - What do you want to spend time doing ??
10. Counting Steps / Switching Legs
   - Athletes should count steps, or coaches should count steps for the athlete.
   - Girl’s 15 - 17 steps
   - Men 15 steps
   - At the high school level, I think switching legs should be one of the elements of the race that takes time to perfect. If the athlete can only hurdle with one leg, do not force them to switch. If hurdler can switch legs their chances of success increases tremendously. (2 years to teach an athlete to switch legs)
   - Coaches should tape races and/or count steps
   - Great tool to analyze were an athlete is struggling during the race

   - **Videotaping for females:** Use Video tape in a positive way. Never use tape to show how ‘bad’ the athlete looked during the race. Female athletes know and admit were they made mistakes, use the tape to show them good races and hurdles. Video tape is a great tool to get athletes to realize the benefits of switching legs and eliminating steps between the hurdles. If the athlete fell during the race, let the tape disappear....

11. Multiple Event Concerns:
   - Top 300m Hurdle Athlete should be in your best 1600m relay.
   - Difficult for High Hurdlers to run the 800m Relay.
   - 800m Relay and 300m Low Hurdles should be a good mix
   - How does the 400m relay impact a 300m hurdle race?
     - Great warmup? or wasted energy?
     - Would not do, 100m Highs, 400m relay, and 300m hurdles
   - Want to have completed a field event before the 300m Hurdles.

12. Pre Race Warm Up:
   - How many races has the athlete done already?
   - If it is the athletes first race, the athlete should complete the normal dynamic sprint warm the athlete is familiar with to get the core temperature up and muscles loose.
   - If it is a multiple event, light skipping to get the heart rate up.
   - Standing trial and lead leg drills (Aprox. 10 each leg - 2 sets)
   - Progress into walking drills over 2-4 hurdles (depending on space)
   - 5 - 7 - or 9 Step over the top hurdling. 2-3 hurdles (depending on space)
     3-4 Reps or Flights.
   - One Hard Start over 1 Hurdle.... (After called to line)
   - Visualize perfection over the hurdle you struggle the most with.

13. Race Strategy:
   - Have a pre race stride pattern and number of steps as a goal.
     (Example: 17 over first 4 hurdles, 19 rest of race)
   - Determine Pace on Experience and Fitness level.
     (Build up, controlled sprint, full sprint)
   - Determine which stagger you want the athlete to make up at 1-2-3 hurdle etc...
   - End of the Race cues... Count steps....What can I focus on so I do not stutter.
     How does the athlete keep their composure over the last two hurdles?
   - Rest and Hydrate for the 1600m Relay....
Do Not be afraid to try coordinated, fit, and aggressive athletes at the 300m Hurdles, you can always teach them to hurdle later........

**Spring Championship Hurdle Camp**

Sunday February 20\textsuperscript{th}  Waukesha North High School  
12:30 pm – 3:30 pm

**Spring Championship Sprint Camp**

Saturday March 4\textsuperscript{th}  Waukesha South High School  
9:00 am – 12:00 pm

**All Camp Information and Training Information**

[www.hurdlecamp.com](http://www.hurdlecamp.com)  
[www.trackandfieldcamps.com](http://www.trackandfieldcamps.com)

**June Camps**  3 Wisconsin Locations  and Rolling Meadows (IL)

**December Camps**  Waukesha (WI) and Rolling Meadows (IL)