

Identifying and Training 300m Hurdle Athletes

Eric Lehmann Head Girl's Track and Field Coach

Waukesha South (WI) High School

Championship Sprint and Hurdle Camp Coordinator

262 524 0321 elehmann@sbcglobal.net www.hurdlecamp.com



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 Hurdles in the 200m or 400m groups. Adapt workouts to work on a hurdlers weakness. (Speed v. Endurance)

Hurdles 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 Moyer v. 4 Point Starts

- Use whatever type of block you and the athlete are comfortable with:
 - I believe Girl's benefit from the Moyer
 - I think men over 6'1 benefit from the Moyer
 - 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....

300 intermediate hurdle pace chart

Hurdle	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
1	5.7	5.9	6.0	6.1	6.3	6.4	6.5	6.7	6.9	7.1	7.3
2	9.7	10.0	10.2	10.4	10.7	10.9	11.1	11.5	11.9	12.3	12.6
3	13.7	14.1	14.4	14.7	15.1	15.4	15.7	16.3	16.9	17.5	17.9
4	17.7	18.2	18.6	19.0	19.5	19.9	20.3	21.1	21.9	22.6	23.3
5	21.7	22.3	22.8	23.3	23.9	24.4	25.0	25.9	26.9	27.8	28.7
6	25.8	26.5	27.1	27.7	28.4	29.0	29.8	30.8	32.0	33.1	34.2
7	29.9	30.8	31.5	32.1	32.9	33.7	34.7	35.9	37.2	38.4	39.8
8	34.2	35.2	35.5	36.8	37.6	38.5	39.7	41.1	42.5	43.9	45.4
Finish	35.5	36.6	37.3	38.2	39.0	40.0	41.2	42.8	44.3	45.8	47.4

Block Settings

Measure the distance from your navel to the top of your shoe in inches. This is your Trochanter measurement. Use the chart to see where to set your blocks. Block numbers are in inches from the starting line.

Trochanter	Measurement	Block # 1	Block # 2
	25	14.0	10.5
	26	14.5	11.0
	27	15.0	11.5
	28	15.5	12.0
	29	16.0	12.5
	30	16.5	13.0
	31	17.0	13.5
	32	17.5	14.0
	33	18.0	14.5
	34	18.5	15.0
	35	19.0	15.5
	36	19.5	16.0
	37	20.0	16.5
	38	20.5	17.0
	39	21.0	17.5

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 20th Waukesha North High School
12:30 pm – 3:30 pm

Spring Championship Sprint Camp

Saturday March 4th Waukesha South High School
9:00 am – 12:00 pm

All Camp Information and Training Information

www.hurdlecamp.com

www.trackandfieldcamps.com

June Camps

3 Wisconsin Locations and Rolling Meadows (IL)

December Camps

Waukesha (WI) and Rolling Meadows (IL)