

# HURDLES

High Speed Acrobatics



## Roland Brent – Bio

- ✦ Primarily Jumper/400m in HS
- ✦ 10 Years Summer Track AAU/USATF
- ✦ USATF Level I
- ✦ 3 Years Bloomington Central Catholic
- ✦ 3 Years Bloomington High School



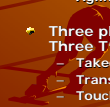
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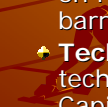
## Hurdle Overview

- ✦ Hurdling is a **Combination** of sprinting, both short and intermediate, and jumping.
- ✦ Three Components of Training
  - Conditioning
  - Speed
  - Agility drills
- ✦ Three phases of Hurdling - Three T's
  - Takeoff
  - Transition
  - Touchdown.



## Typical Types of Hurdlers

- ✦ **Power Hurdler** - One that "bulls" her way through her race. Relying on brute strength.
- ✦ **Speed Hurdler** - One that relies heavily on her speed and quickness between the barriers.
- ✦ **Technician** One that relies on superior techniques and smooth clean races. Capitalizing on the mistakes of her competitors.



## Takeoff

The takeoff is moving from the running phase to the jumping phase of the race. The takeoff will set up the next two steps in this process. The drive and lift gained here will allow your momentum to carry you over the hurdle and return to running.



## Transition

Once you have attacked the hurdle, you must transfer yourself to the other side. This process mainly involves your trail leg (the leg behind you). The faster this leg can come over the hurdle and "hit the ground running", the faster your total transition time over the hurdle is.



## Touchdown

The final phase of the hurdle is to return to the running stride. The faster this can be accomplished, the faster the time between hurdles will be.



## Training Cycle

- ✦ Indoor Season
  - Sprint Focus - 55m, 55m Hurdles
  - Strength Focus - Lifting, Cardio
  - Mental Focus - rhythm, technical corrections
- ✦ Training Season
  - 300H experience
  - Key competition
  - 4X2, 4X4, 4X8, Jumps
- ✦ Peak Season
  - Target Times
  - Target Splits
  - Focus on athlete strengths

## Basic Drills

- ✦ [Hurdle Workout Matrix](#)
- ✦ [Hurdle Drills](#)
- ✦ [Daily Training Plan](#)

## Coaching Extra

- ✦ [Maximizing Space & Time](#)
- ✦ [Video Tape – Practice/Meets](#)
- ✦ [Spotlight – Paige Steffen 51.3](#)  
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- ✦ [Hurdle Splits](#)