

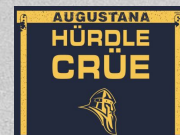


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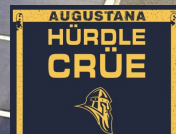
# Hurdles: Training the *Skill* of Rhythm

Chad Gunnelson, MM, CSCS  
**Augustana College**

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## CURRENT GROUP

- 15 total hurdlers (6 Women / 9 Men)
  - 2 primary short race
  - 9 compete in both short & long races
  - 4 are combined event athletes
  - 3 are first time hurdlers

## RECENT GROWTH METRICS

- Single season = 10.07->9.41 / 16.28->15.51
  - **Avg = 1.01s in 100/110H & 3.54s in 400H**
- 2 Seasons = 9.03->8.10 / 15.57->14.13
  - **Avg = 1.98 in 100/110H & 5.73s in 400H**

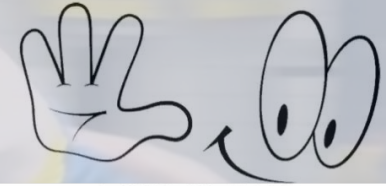
# Hürdle Crüe





# TRAIT

- a distinguishing quality or characteristic, typically one belonging to a person.
- a **genetically determined** characteristic.



THIS HERE

# SKILL

- a **learned power** of doing something competently: a developed aptitude or ability
- dexterity or coordination especially in the execution of learned physical tasks





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**We do very little hurdle  
“technique” or “drills”**

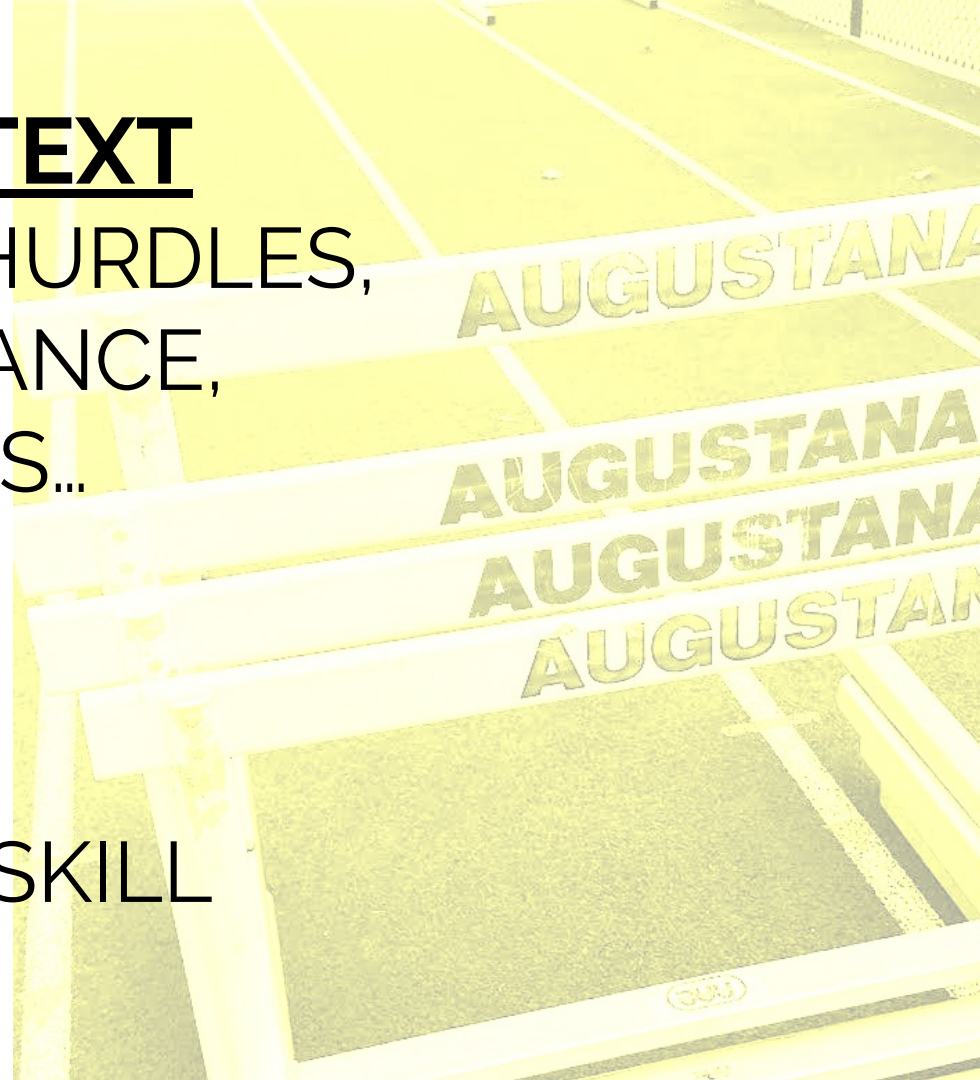
**We hurdle a lot of things a  
lot of times...**

# COACHING CONTEXT

SPRINTS, JUMPS, HURDLES,  
RELAYS, MID-DISTANCE,  
COMBINED EVENTS...

**LOTS OF  
ATHLETES**

WIDE VARIETY OF SKILL



# Barriers to Hurdling

Well

- Anthropometrics
- Speed
- Mobility/Flexibility
- SL Ecc/Iso Strength
- *Confined Spacing*
- Disposition
- Retinal Expansion
- Coordination





# CONSTRAINTS-LED APPROACH

Conceptualizing constraints as informative boundaries is important because actions are not caused by constraints; rather, some actions are excluded by constraints.

(Yearby & Davids)



# ENVIRONMENT

Elastic  
Risk-Taking  
Aggressive



# CONTRAST METHODS

ILLICIT  
ACCELERATION,  
SPEED & OVERALL  
ELASTIC  
DEVELOPMENT WHILE  
HURDLING.







—

This is not about touchdown tables...  
it's about exploring the corners to:

- Detrain retinal expansion
- Improve coordination
- **Enhance the *skill* of Rhythm!**



# RHYTHM AGENDA

APPROACH  
TAKEOFF & FLIGHT  
INTER HURDLE



# APPROACH / START RHYTHM

100M Hurdles								
Start Line	0.60	1.76	3.09	4.52	6.05	7.68	9.41	11.04
		1.16	1.33	1.43	1.53	1.63	1.73	1.63*
110M High Hurdles								
Start Line	0.65	1.89	3.25	4.71	6.31	8.05	9.89	11.63
		1.24	1.36	1.46	1.60	1.74	1.84	1.74*





***“HARD 5”***



***“QUICK 3”***





## APPROACH LADDER

TAPE / STIR STICKS /  
DISC CONES

***ATTACK FIRST 10  
METERS AFAP!***

“Hard 5/Quick 3”

**POSTURE RISE**

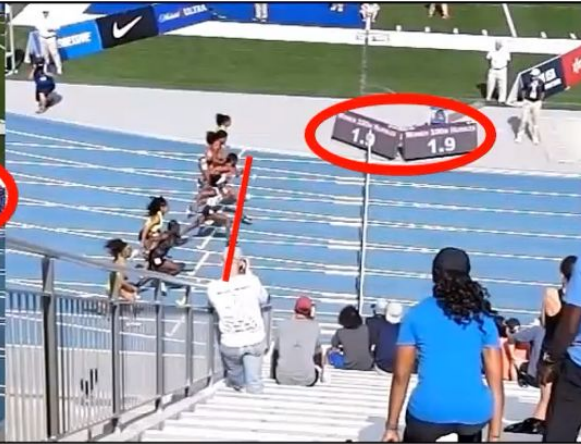
# 2018 Women's 100m Hurdle Analysis

Same time to 10m between sprinters and hurdlers

Women's 100m Dash Final



Women's 100m Hurdle Final



@KenClarkSpeed  
kenclarkspeed.co





# TAKEOFF/FLIGHT



**Coach Gunny**

THURSDAY / Hurdle Pre-Meet

A touch of hurdle work:

Rhythm 1 step progression

7/8/9 now w/ final hurdle +1

Contrast with cannonballs

Meet day warmup

- hurdle flex
  - rotary hurdle WU 1H (share)
  - hurdle WU 3-4H (share)
  - blocks & approach prep
- 150M TR x2

Then blocks thru H1 x2-3

Other pre-meet activities

Lift

Have a great dinner!





## Rhythm of Takeoff

\*IMPACTS Rhythm of Flight!

## Progression

*5/6/7... 7/8/9 - 1steps*

*Quick Box FW/BW*

*Tape marks/target TO*



# Hurdling

GOLDEN POSITION







# INTER HURDLE



**Coach Gunny**

Monday Plan:

Rhythm climb / 3 steps

M18, W16 shoes (+ 1 from LW)

3x each leg

Toe/box quick steps 3x GL

3x descend each leg (flip)

Spikes on...

3xH1, 2xH2,3,4

Toe box quick steps again

3-4xH5! 4 shoe disc.

Lift

\*additional volume work for all prior to lift will include cruising 200s 6-12 total.





# Inter Hurdle Rhythm

*\*Emphasis on Rhythm  
Endurance*

**3 Step**

*Discount/Shuffle*

*Rhythm Up/Down/Pyr.*

**CONTRAST!**





Touchdown times:

2.25 H1  
1.09 H2  
1.00 H3  
0.95 H4  
1.04 H5  
1.06 H6  
.93 H7  
1.00 H8  
1.03 H9  
1.04 H10  
1.08 H11



110M Hurdles (Men)

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
12.75	0.00	2.16	1.06	1.0	.99	1.0	1.01	1.01	1.02	1.02	1.03	1.45
			3.22	4.22	5.21	6.21	7.22	8.23	9.25	10.27	11.30	12.75
13.00	0.00	2.21	1.08	1.01	1.01	1.01	1.03	1.03	1.04	1.04	1.06	1.47
			3.29	4.30	5.32	6.33	7.36	8.39	9.43	10.47	11.53	13.00
13.25	0.00	2.25	3.35	4.38	5.42	6.45	7.50	8.55	9.61	10.67	11.75	13.25
13.50	0.00	2.29	3.41	4.47	5.52	6.58	7.64	8.71	9.79	10.87	11.97	13.50
13.75	0.00	2.33	3.48	4.55	5.62	6.70	7.79	8.87	9.97	11.08	12.19	13.75
14.00	0.00	2.38	3.54	4.63	5.73	6.82	7.93	9.03	10.16	11.28	12.41	14.00
14.25	0.00	2.42	3.60	4.72	5.83	6.94	8.07	9.20	10.34	11.48	12.63	14.25
14.50	0.00	2.46	3.67	4.80	5.93	7.06	8.21	9.36	10.52	11.68	12.85	14.50
14.75	0.00	2.50	3.73	4.88	6.03	7.18	8.35	9.52	10.70	11.88	13.08	14.75
15.00	0.00	2.55	3.79	4.96	6.14	7.31	8.49	9.68	10.88	12.08	13.30	15.00
15.25	0.00	2.59	3.86	5.05	6.24	7.43	8.63	9.84	11.06	12.28	13.52	15.25
15.50	0.00	2.63	3.92	5.13	6.34	7.55	8.78	10.00	11.24	12.48	13.74	15.50
15.75	0.00	2.67	3.98	5.21	6.44	7.67	8.92	10.16	11.42	12.69	13.96	15.75
16.00	0.00	2.72	4.05	5.29	6.54	7.79	9.06	10.32	11.61	12.89	14.18	16.00

Touchdown times from Steve Penick

Holy smokes







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We do very little hurdle  
“technique” or “drills”

We hurdle a lot of things a  
lot of times...

A man with a beard and a black cap is sitting on the grass next to a black running track. The track is marked with white lines and has several colorful cones (pink, orange, yellow, green) and red U-shaped markers placed on it. In the background, there are other people, a white cart, and a building. The scene is outdoors with trees and a clear sky.

# LET'S TALK!

**AUGUSTANA**

# **HÜRDLE CRÜE**







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