

# 300 Hurdles



Wautoma Track

# Introduction

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# Event Basics

Number of Hurdles: 8

Height of Hurdles: 30 inches for girls, 36 inches for boys

Hurdle Distances: 45 meters to the 1st hurdle

35 meters between the hurdles

10 meters from the last hurdle to the finish line

Combination of speed, endurance and technique!

# Common Errors

1. Stuttering when approaching the hurdle.
2. Going out too slow-worrying about not being able to finish the race or getting over the last hurdles.
3. Going out too fast and not finishing strong.
4. Focusing too much on the other hurdlers in the race.
5. Running fast between hurdles-slowing down at the hurdle.
6. Taking off too close to the hurdle.
7. Forgetting technique

# Correcting Mistakes

Stuttering: Work both legs in all hurdle drills-develop confidence in both

Walk Back Drill

(video)

Going out too slow or fast: Race Modeling

Break the race into parts and practice each part separately.

Time each part and set a goal time to reach.

# Correcting Mistakes

Focusing on other hurdlers during the race:

Perform drills with other hurdlers running at the same time (walkbacks, etc).

(video)

Take off too close to the hurdle:

Place a cone about 1 body length away from the hurdle.

Forgetting technique:

All hurdlers do all the technique drills-always stress form (practice, race).

# Planning the 300 Hurdle Race

1. Which leg does the athlete want to be their lead leg to hurdles 1 through 8?
  - a. Block setting to set up the first hurdle
  - b. Running tall with good form the entire race, keep same stride length
2. Hugging the curve
  - a. Stay near the inside of the lane
  - b. Easier for a left leg lead (always a left turn)
  - c. Be low over the hurdle to avoid landing in the outer part of the lane
3. Finish
  - a. Attack the hurdles on the final stretch
  - b. Slingshot off the curve to the finish line
4. Important to have a plan for each part of the race and practice it!

# Incorporating Hurdles into the Workout Plan

## Reasons:

- By including hurdles into the general workout, you make it event specific while still accomplishing your performance goals.
  - It is a demanding event, that is difficult to practice properly if doing it after a tough workout.
  - It prevents you from overworking your athletes.
- ★ Always remember to warm up with hurdles before doing any hurdle workout and reduce the number of runs to avoid overworking the hurdler.

# Incorporating Hurdles into the Workout Plan

Possible ways to incorporate 300 hurdle work into your workout.

1. Starts: Have your hurdlers go over the 1st hurdle when coming out of the blocks.
2. Sprint Endurance practice examples we use:
  - a. 16 60's (4 to the 1st hurdle, 4 over a curve hurdle, 4 over last hurdle)
  - b. 5 150's (2 times over the 1st 4 hurdles, 2 times over the last 4 hurdles)
  - c. 3 300's (3 times over the 1st 2 hurdles then finish the run, do 250's)
  - d. 5 200's (4 times over the last 200 meters of 300 hurdle race)
3. Finish: When working on finishing a race, run over the last hurdle through the finish line.

# Video-Walkbacks



# Video-Walkbacks



# Video-Walkbacks (Together in Gym)



# Video-Walkbacks (Less Stuttering)



# Starts to First Hurdle



# Video-Starts to First Hurdle with Other Racers



# State Record

Jared Abbrederis

37.91

## Abbrederis-State Record Race

### Race Plan

Right leg lead over all 8 hurdles - had to stride out to get 2nd hurdle with right leg.

Hug inside of lane around curve.

Slingshot off corner to the finish and smile for the camera.

# Questions ?

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