**Clinic Corner – Hurdles**

Hurdle cut step 8/6

<https://trackandfieldtoolbox.net/sprints/hurdle-steps-cut-step?utm_source=sendfox&utm_medium=email&utm_campaign=hurdle-steps-cut-step>

300 Hurdles Drills 8/6

<https://coachesinsider.com/track-x-country/300m-hurdles-drill-progression-for-high-school-athletes-with-randy-bermea-harlingen-high-school-tx/>

Frequency Drills: Hurdles

<https://trackandfieldtoolbox.net/sprints/frequency-drills-hurdles?utm_source=sendfox&utm_medium=email&utm_campaign=frequency-drills-hurdles>

Lead and Trail Leg for Hurdles

<https://trackandfieldtoolbox.net/hurdles/lead-trail-leg-work-for-hurdlers?utm_source=sendfox&utm_medium=email&utm_campaign=lead-trail-leg-work-for-hurdlers>

Hurdle Walkover Drills

<https://trackandfieldtoolbox.net/sprints/walkover-hurdle-drills?utm_source=sendfox&utm_medium=email&utm_campaign=walkover-hurdle-drills>

Steps to hurdles

<https://trackandfieldtoolbox.net/hurdles/lead-trail-leg-work-for-hurdlers?utm_source=sendfox&utm_medium=email&utm_campaign=lead-trail-leg-work-for-hurdlers>

300 Hurdles Progression

<https://coachesinsider.com/track-x-country/300m-hurdles-drill-progression-for-high-school-athletes-with-randy-bermea-harlingen-high-school-tx/>

Steps between hurdles

<https://mail.google.com/mail/u/0/#inbox/FMfcgzQbgcRfFThrxFHdVqHscTJsxzlc>