

Basic Hurdling 100m/110m

Coach Craig Penney
University of Wisconsin, Stevens Point

Coaching Resume

- 35 years Collegiate Coaching Experience
 - 30 Year Head Coaching
 - 5 Years Assistant Coaching
- 12 All American Hurdlers
- 67 National Qualifiers in Cross Country, Indoor, and Outdoor Track & Field
- NCAA Regional Track & Field Coach of the Year

Profile of a Hurdler

- Very athletic
- Mental Strength
- Quick foot speed
- Explosive
- Hurdle Skill Tests #1 & #2

Hurdles Skills Test #1

- 10 hurdles, 2 meters apart
- Men @36"
- Women @30"
- Hurdler should skip over the side of the hurdle using 1 step between, first using lead leg, then the trail leg.
- Hurdler then goes over the middle of the hurdle using a 1 step skip between each hurdle

Hurdle Skills Test #2

- 10 hurdles
- 3.5 meters apart, 30" high women
- 4 meters apart, 36" high men
- 6-8 meters approach, run over 10 hurdles using 1 stride between

Basic Hurdle Terminology

- Lead Leg
- Trail leg
- Knee drive
- Keep tight
- Stay tall
- Dorsal flex

Hurdle Mobility Drills

- Hurdle step over
- Alternate step over
- Backwards step over
- Step overs - 2 forward /1 back
- Over / Under

Lead Leg Drills

1. Step to wall
 - Lead with the knee
 - Take a step into the hurdle
 - Assimilates the take off angle into the hurdle
 - Keep the knee flexed
 - Dorsiflex the lead foot
 2. Hang lead leg and drive trail leg drill
 - How to do drill
 - How
 - how
- Cues
- Lean into hurdle with chest.
 - Hips high
 - Hips aggressive

Trail Leg drills

1. Slide drill with slanted hurdle
 - Place hurdle 4 shoe lengths from the wall
 - Place a box in front of the hurdle to get the knee in the correct position
 - Then what?
 - Dorsiflex the foot
2. Half hurdle drill
 - Space hurdle one hurdle apart
 - Just working on trail lead
 - Knee drive

Arm Action

1. Lead arm

- Opposite arm to opposite leg. R- L. L- R
- Arm shouldn't come across the mid-line of the body
- The lead arm drives back and aggressive once the hips clear the hurdle
- Swimming action (Like taking money from a pocket)

2. Trail leg arm

- Used for balance
- Stay in active running position

Block Start Tips

- Importance of the start in relation to first hurdle
- Aggressive arm action
- Knee drive
- Body position (Drive phase into transition phase)
- Step pattern sets up race pattern
 - 8 or 9 steps
- A quicker body transition into the hurdle then when running the open 100m race

Body position into Hurdle (attack position)

- Position 2 steps from the hurdle
 - Stay tall shoulder lean into the hurdle
 - Drive the chest into the hurdle
 - Stay tall so foot strike is under the hip
- Flight Phase (on top of the hurdle)
 - Flex the knee
 - Keep trail leg under the knee
 - Stay low gliding over the hurdle 2-3 inches over the hurdle
 - Tip - Tape a 3 x 5 to the cross bar and have the athlete hit the card with shorts of lead leg
- Keep shoulder and hips parallel to the hurdles
- Active arms

110/110 Hurdle Touchdown Chart

Boys 110 Meter High Hurdle

Goal Time	H 1	H 2	H 3	H 4	H 5	H 6	H 7	H 8	H 9	H 10	Finish
13.6	2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2	13.6
14.0	2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4	14.0
14.4	2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9	14.4
14.6	2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0	14.6
15.0	2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2	15.0
15.5	2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6	15.5
16.0	2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0	16.0

Girls 100 Meter High Hurdle

Goal Time	H 1	H 2	H 3	H 4	H 5	H 6	H 7	H 8	H 9	H 10	Finish
13.8	2.5	3.5	4.6	5.7	6.8	7.9	9.1	10.2	11.4	12.6	13.8
14.0	2.5	3.5	4.6	5.7	6.9	8.1	9.3	10.4	11.6	12.8	14.0
14.3	2.5	3.6	4.7	5.9	7.1	8.3	9.5	10.7	11.9	13.1	14.3
14.8	2.6	3.6	4.9	6.0	7.2	8.4	9.6	10.9	12.2	13.5	14.8
15.0	2.6	3.8	4.9	6.1	7.3	8.5	9.7	11.0	12.3	13.6	15.0

Training
Phase 1 of 4

- Weeks 1- 4
- 55-60% conditioning
- 15-20% hurdle work
- 10% active recovery
- 10% general fitness and weight training
- These can vary depending on athletes fitness

Example of
week
workout
format

- Monday. Work with the sprinter group
- Tuesday. Hurdle basics
- Hurdle drills after the sprint practice
- Wednesday. Active recovery day
 - Bike, swim, light run
- Thursday. Hurdle specific work. Based on individual specifics
- Friday. Pre meet
- Saturday. Race

Monday

- Short hurdlers training with sprinters
- W/U
- Dynamic stretch
- Accelerations 6 x 100
- Workout 8 x 200 in relay format
- Pairs go every 90 seconds

Tuesday

- Hurdle work
- Hurdle mobility drills
- We can do 5 step hurdle work.
- Hurdles spaced Boys 12 - 12.5m. Girls 10.5 - 11m
- Height. Boys. 36" Girls 30"
- 5-6 x. Not timed just a strong effort 3-4 minute recovery
- 8 minute break. 4-6 x 150 80%
- Example: Down and backs 5 hurdle, with the idea to add hurdlers as the athlete handles the training
- Space the hurdle close so the athlete doesn't have to strain
- Space - Boys 8.0-8.2m, Girls 7.3-7.8m, Set at 36" and 30" height

Wednesday

- Active recovery - Time to let the legs recovery and take a break from pounding
 - Pool workout
 - Light jog and stretch
 - Stationary bike
 - Elliptical
 - Run on high jump pit
 - Seated running

Thursday

- W/u with sprinters
- Dynamic stretch
- Hurdle mobility drills
- Starts to first 2-3 hurdles
- Focus on quick arms and foot speed
- Address individual athlete needs
- 6 x 150 fast
- Race preparation

Friday

- Pre meet preparation
- Starts first hurdle
- I let the athlete choose what they work on that mentally prepares them up for a race (starts to first hurdle). (finish hurdles)
- If athletes is running on a relay, this is a good time to practice handoffs

Phase 2
weeks 5-7

- W/u with sprinters
- Dynamic stretch
- Start transition to more speed and hurdle technique
- 50% conditioning
- 30% Hurdle work
- 10% active recovery
- 10% Fitness
- Focus on speed
- Example: 3-step drill, Boys 8.3-8.5m, Girls 7.8-8.0 m
- Set hurdle at 36" and 30". Unless they are comfortable at normal height

Example: training for speed with Hurdles

- W/u with sprinters
- Dynamic drills
- 1/2 drill. 5-6 hurdles Regular height 4-5 sets
- Set the hurdles at normal distance and normal height followed by simply inserting a hurdle between each effectively having placed at every five yards
- The athlete is to condense his/ her steps to fit a three-step rhythm. The faster the tempo, the harder and ultimately more beneficial.

Phase 3 weeks 8-10

- 65-70%. Hurdle work. Specific needs of the athlete
- 20% conditioning
- 10% active recovery Work specific on racing Preparation for the championship phase of the season
- High school meet schedule will impact your training format
- Workouts: More specific with hurdles
 - One day could be devoted to High hurdles
 - Starts through 5-6 hurdles
 - Speed workout as needed

Workout phase 3

- Monday. With sprinters
- Tuesday.
 - Hurdle drills
 - Starts first 3-4 hurdles
 - 6-8 x 150's. Fast
 - Resistance bands Lead leg and trail leg
- Wednesday Active recovery. Bike, swim, light run
- Thursday. Hurdle drills.
 - 3 x 40m standing starts, 3 x 40m 3 pt start, 3 x 40m block start

Phase 4 weeks 11-12 CHAMPIONSHIP

- 75% Hurdle specific workouts
- 15% work on other events. Relays
- 10% rest
- w/u With sprinters
- Dynamic stretch
- Hurdle drills
- This is a phase when you put final touches on the race
- One of our favorite workout
- Progressive, Regressive
 - Men first 2 hurdles at 30", Next 2 at 33", next 2 at 36", next 2 at 39", final 2 at 42"
 - We reverse the height 42, 39, 36, 33, 30
 - Space hurdles close so they don't strain Boys 7.8-8.0m. Girls 7.2-7.5m
 - Women. 5 at 30" next 5 at 33"
 - We reverse the height. 33" to 30"
 - Space the hurdles close so they don't strain

Additional workout

- W/u with sprinters
- Dynamic stretch
- Quickness drill - Focus on trail leg
- Example: 1 step drill
- Space the hurdles 2 hurdles apart
- Focus is quick trail leg
- Smooth between
- Example: 3-step drill spaced close
- Hurdles spaced Boys 8.3-8.5m, Girls 7.8-8.0m
- Quick arms and feet. 2 sets 4 x 5-6 hurdles

Weekly Training

- (High school may have multiple meets during a week)
- Monday
 - Warmup with sprinters
 - Workout with sprinters
- Tuesday
- Hurdle work
 - Hurdle mobility drills
 - Either 1 step, 3 step or 5 step drill depending on phase of training
 - Starts to first 3 hurdles
 - Wickets
 - Resistance bands
- Wednesday, Thursday, Friday!?

Balance for the Athlete Running Both Hurdle Events

- One day on short hurdle race
- One day on the long hurdle race
- Incorporate long intervals into a practice
350-400 strength with 150-200 as speed

Tips:

- We practice the hurdles in every lane to learn the mechanics on the curve
- You can use meets as a conditioning opportunities

Lifting program

Monday

Tuesday. Resistance bands for trail and lead leg

Thursday

Wednesday and Friday. Non lifting

Common Hurdle Faults

- Chopping into the hurdle
 - Work on spatial awareness into the hurdle
- Work on ins and outs. Step pattern and aggressive
- Do a significant amount of work on the curve, left leg lead
- Strength is a strong component
- Arm action
- Keep arms in tight
- Control action relaxation
- Teach 3 steps between
 - Bring hurdles in close and use low hurdles accommodate
- Hard to break the habit of 4/5 steppers

Common Hurdle Faults

- Twisting the lower body
 - Check the action of the trail leg, should come directly in line with the hip
 - Don't let the trail leg foot get outside the knee
 - Check the placement of the foot as it lands, is it crossing over the mid-line of the body
- Sits on hurdle
 - Check the line of the eye focus
 - Look at the base of the next hurdle
- Decelerating into and off the hurdle
 - Check foot placement, are they landing on the heels.

Questions?

Contact
Information

Coach Craig Penney
Asst Coach, UW Stevens Point
Cell (540) 550-1143
cpenney@uwsp.edu
