

INTERMEDIATE HURDLES

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I. Method of Coaching

A. *Technical Coaching*

- # steps to 1st hurdle
- Stride pattern between hurdles
- Target touchdown times for each hurdle
- Adjustments to make for weather conditions

B. *Just Run Approach*

- It is what it is
- Just run and what happens, happens
- For some, it actually works

II. Developing Technique

A. *Leading with the Knee*

- Still single most important fundamental
- Efficient hurdle technique

B. *Form Not as Pronounced*

- Hurdles not as high as in sprints
- Form still a factor

C. *Drills – Drills – Drills*

- Wall Drills
- Step Overs
- Pull Overs
- Single Leg
- Over the Top

D. *Left Lead Leg vs. Right Lead Leg*

III. Developing Stride Pattern

A. *Alternate vs. Not Alternate*

- Athlete that alternates has advantage
- Poor technique w/alternate leg (may negate advantage)
- As needed, 15 – 17 vs 15 - 16

B. *Start to First Hurdle*

- 23-26 steps / boys
- 25-28 steps / girls
- Use odd # steps to 1st hurdle – lead leg back blocks
- Use even # steps to 1st hurdle – lead leg front blocks
(May have to “switch” wind conditions, etc.)

C. *Drills*

- Down and back
- Two step drill (alternate) 10-12 baby steps apart
- Hurdles set at random distance
- Strive to accelerate into the hurdle
- Avoid chop steps!

D. Workouts

- Competition in practice setting
 - Run against another hurdle / runner
 - Try to simulate actual race conditions
 - Begin with starts over first 1-3 hurdles
 - Finish with the last 3-5 hurdles
- Example: 3 x 3H – first three
 2-3 x 5H – last five
 3 x 100's
- Athletes that are in multiple events
 - Relays – Sprints – Jumps probably get enough work

E. Etc.

- In addition to hurdling, they need to just run
- Law of specific (training needs to be specific to demands of the event)
- 300 Differential
 - Flat 300 time to 300 Hurdles – about 2.5 sec.
 - Technique Factor
- Touchdown time – between hurdles