INTERMEDIATE HURDLES

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