

Hurdle Workouts

#1

3 x 20m block start (in spikes)

2 x 1H, 2 x 2H, 3 x 3H

Men @ 39 w/8.8m spacing (1 foot in), Women @ 30 w/8.2m spacing (1 foot in)

#2

3 x 30m roll-over (in spikes)

2 x 5H, 2 x 8H, 1 x 6H

Men @ 39 w/8.6m spacing (2 feet in), Women @ 30 w/8.1m spacing (2 feet in)

#3

5 x 8H

Men @ 39 w/8.8m spacing (1 foot in), Women @ 30 w/8.2m spacing (1 foot in)

3 x 30m roll-over (in spikes)

#4 (This is a good workout for when it's cold outside)

5 x Lead/Trail over 10H on reg. spacing @ competition height

3 x middle over 10H on reg. spacing @ competition height

Hurdle drill spacing

Tuck Drills (6-8H)

Exercise where you focus on good technique, and if you hit at hurdle that rep doesn't count

Men @ 39 w/14-17 steps (size 10.5-12.5 shoe or 5m)

Women @ 33 w/19-21 steps (size 6.5-9.5 shoe or 5m)

Attack Drills (5-8H)

Exercise where you focus on being VERY aggressive and running through the hurdles.

If scissor hurdles are available, use those and run over the middle. Regular hurdles, only do lead and trail.

Men @ 36/39 w/21-26 steps (size 10.5-12.5 shoe or 8.1m)

Women @ 30 w/24-27 steps (size 6.5-9.5 shoe or 7.5m)

HURDLE DRILLS

| | <u>MEN</u> | <u>WOMEN</u> |
|----------------------------|------------|--------------|
| Start to H1 = | 13.72m | 13.00m |
| Distance Between Hurdles = | 9.14m | 8.50m |

DRILL #1 (Reduce distance & height)

-Start to H1 (8 strides)

13.00m(39")

12.50m(30")

DRILL #2 (Add strides to acceleration pattern)

-Start to H1 (10 strides)

16.50m(39")

16.00m(30")

-Start to H1 (12 strides)

21.50m(30")

21.00m(30")

DRILL #3 (Combine drill #1 or #2 with)

-3 strides between

8.50/8.80(39")

8.00/8.30(30")

DRILL #4 (Combine drill #1 or #2 with)

-5 strides between

13.00m (39")

11.50m (30")

DRILL #5 (Combine drill #1 or #2 with)

-3 stride, 5 stride Combination

Ex; 8/3/5/3/5/3

DRILL #6 (Combine drill #1 or #2 with)

-3 strides between

Progressively reduce by 10cm

DRILL #7

-Assistance hurdling

3% downhill or Towing

***MANY COMBINATIONS OF THE ABOVE CAN BE IMPLEMENTED INTO THE TRAINING PROGRAM.**