

Intermediate Hurdle Training

Todd Henson
IMG Academy

Coach Newton's Laws of Track and Field

- Second Law
 - Force = mass x acceleration
- Third Law
 - When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on the first body - 1687

Factors in Hurdling

- Speed
 - Hurdles are a sprint
- Speed Endurance
- Rhythm
- Technique

Speed Endurance

- Train like a 400m sprinter
- Sprint with and without hurdles over various distances
 - 90m - 500m
 - As Technique will allow
- Posture

Rhythm

- Desired Rhythm
 - 14, 15, 16, 17, 18 steps
- Work over various number of hurdles and various step patterns
 - i.e. 15 strides @ 90% (distance or effort)

Rhythm @ 90%

Steps=	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
% Workout distances																
90	13	13.78	15.99	18.21	20.42	22.64	24.85	27.07	29.28	31.50						
	14	12.99	15.04	17.10	19.16	21.21	23.27	25.33	27.39	29.44	31.50					
	15	12.30	14.22	16.14	18.06	19.98	21.90	23.82	25.74	27.66	29.58	31.50				
	16	11.70	13.50	15.30	17.10	18.90	20.70	22.50	24.30	26.10	27.90	29.70	31.50			
	17	11.17	12.86	14.56	16.25	17.95	19.64	21.34	23.03	24.72	26.42	28.11	29.81	31.50		
	18	10.70	12.30	13.90	15.50	17.10	18.70	20.30	21.90	23.50	25.10	26.70	28.30	29.90	31.50	
	19	10.28	11.79	13.31	14.83	16.34	17.86	19.37	20.89	22.41	23.92	25.44	26.95	28.47	29.98	31.50

Technique

- Most important thing you can give as a coach
- Lead Leg
- Trail Leg
- Arms
- **TEACH BOTH LEGS**

Lead Leg

- Lead with the Hip and Thigh
- Lead foot should cross over the Knee
- Foot Dorsiflexed
- Stay Tall
 - Center of Mass
- Active Reacceleration off the hurdle

Trail Leg

- Pushing through the hurdle
- Foot Dorsiflexed
- Heel tight to the Butt
- Rotate from the Hip
- Knee is higher than the foot
- Bring through and point down the track
- Active reacceleration to the track

Arms

- Lead arm
 - Lead from shoulder / elbow
 - Keep close to 90 degree
- Trail arm
 - Equal or just behind the hip
- Active over the hurdle
 - Slow arms = slow trail leg

Air Time over the Hurdle

Non-Fatigue (3H)	Men	Women
Poor	0.36	0.34
Average	0.34	0.32
Good	0.32	0.30

Fatigue (9H)	Men	Women
Poor	0.40	0.40
Average	0.36	0.35
Good	0.32	0.30

The Mechanics of Sprinting & Hurdling
- Mann and Murphy (2015)

Drills

- Wall Drill
- Marching - Skipping
- Trail Leg - Lead Leg
 - Various steps
- Over top
 - Various steps
- Repeat-Repeat-Repeat
 - With proper technique

Thank You

Todd.Henson@img.com