

**Training for Hurdles**



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**Hurdles runners must be**

- Fast runners
- Good at learning skills
- Flexible
- Competitive

So, training sessions for developing athletes will include

- Static and dynamic mobility work
- Drills which enhance hurdling skills
- Speed running work
- Rhythmic footwork work
- A warm down

Training sessions for mature athletes will be more frequent and specialized, with separate sessions devoted to the different aspects of hurdling, preceded by the appropriate warm up and mobility work.



**Hurdles Specifications**

		Indoor/outdoor	1 <sup>st</sup>	Between	Height
Peewee	Boys	60m/60m	12m	7m	low
	Girls	60m/60m	12m	7m	low
Bantam	Boys	60m/80m	12m	7.5m	0.76m (30")
	Girls	60m/80m	12m	7.5m	0.76m (30")
Midget	Boys	60m/100m	13m	8.5m	0.84m (33")
	Girls	60m/80m	12m	8m	0.76m (30)
Youth	Boys	60m/110m	13.72m	9.14m	0.91m (36")
	Girls	60m/100m	13m	8.5m	0.76m (33")
Junior	Boys	60m/110m	13.72m	9.14m	0.99m (39")
	Girls	60m/100m	13m	8.5m	0.76m (33")
Senior	Boys	60m/110m	13.72m	9.14m	1.067m (42")
Bantam	Boys	200m		35m	0.76m (30")
	Girls	200m		35m	0.76m (30")
Midget	Boys	200m		35m	0.76m (30")
	Girls	200m		35m	0.76m (30")
Youth	Boys	300m	50m	35m	0.84m (33")
	Girls	300m	50m	35m	0.76m (30")
Junior	Boys	400m	45m	35m	0.91m (36")
	Girls	400m	45m	35m	0.76m (30")
Junior	Boys	400m	45m	35m	0.91m (36")
	Girls	400m	45m	35m	0.76m (30")



# Hurdles

**Hurdles Basics**

The hurdle events, being the 100/110m or the 400m, are essentially sprints. The hurdle runners require good sprint runners and need to be able to overcome the challenge of having hurdles in their path. Hurdle runners require a lot of flexibility as well as a good balance and rhythm to clear the hurdles while maintaining maximum speed.



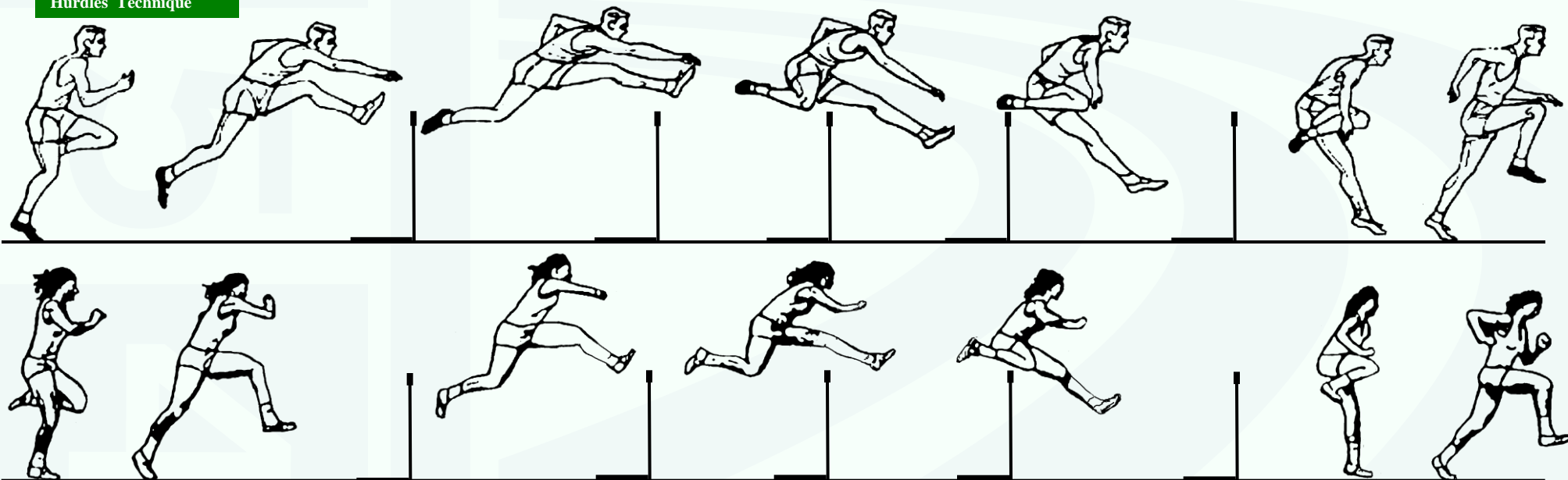
**Hurdles rules**

- Hurdles races are always run in lane.
- Each athlete shall jump each hurdle.
- An athlete shall be disqualified, if he:
  - 1) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance;
  - 2) or in the opinion of the Referee deliberately knocks down any hurdle.
- Hurdle height, distance from the blocks and between hurdles varies with the gender and age of the athletes (see Hurdles Specifications).

**Equipment for Hurdles**

Hurdles follow standard specifications and are usually available at training locations. Scissors training hurdles can be used for younger or inexperienced athletes. Hurdles shoes provide more support and have a heel more cushioned.

## Hurdles Technique



### The Approach

#### The Approach

- From the blocks, the technique is similar to the sprint start but the athlete needs to look up and become upright earlier.
- Foot position could be reversed to allow reaching the first hurdle with the appropriate foot.
- Good running form with high knees is required.

### The Attack

#### The Attack

- The lead knee is driven upward establishing the hip in a “stretched tall” position.
- The knee of the lead leg is flexed and the foot in dorsiflex position to reduce the length of the moment arm.
- The lead leg foot is driven up towards the hurdle, opening the knee.
- Last contact with the trail leg is around 1.9m from the hurdle.
- The trail leg is fully extended and drive the athlete toward the hurdle as the lead leg attack the hurdle.
- The hand of the leading arm is thrust forward with the elbow slightly bent, the hand reaching chess height and not crossing the center of the chess.
- Trail arm position should remain as close as possible as for sprinting.
- The torso leans forward by throwing the shoulders towards the hurdle. Torso lean is more pronounced as the hurdle height increase relatively to the athlete height.

### The Clearance

#### The Clearance

- The lead leg that is extended parallel to the ground but could have a small bent at the knee.
- The foot of the lead leg is driven down as soon as it clears the hurdle.
- With a bent knee, dorsiflexed foot, and the heel close to the butt, the trail leg is rotated laterally, the knee leading the movement, to clear the hurdle.
- Lead arm is brought forward, the hand position close to the lead leg knee. As the lead leg moves downward, the lead arm quickly go back to a running position.
- As the trail leg crosses the hurdle, the trail arm then returns to normal running motion.
- The torso is brought back to an upright position as the trail leg crosses the hurdle.

### The Landing

#### The Landing

- The foot of the leading leg hit the ground, around 1.05m away from the hurdle, as the knee of the training leg complete its lateral rotation and is in front of the athlete.
- The knee of the trail leg is kept high.
- The support leg is now extended with little knee flexion.
- Normal running has to be resumed as quickly as possible.

## Running between hurdles

- The athlete should strive to resume running as quickly as possible after landing.
- The athlete will run 3 strides (4 ground contacts) between hurdles.
- If the knee of the support leg is kept open, the foot can be driven backward, initiating the first stride.
- The first stride is the shortest followed by a long second stride and a shorten third stride, in preparation for the attack phase.
- Athletes should try to keep a constant rhythm between hurdles, gradually picking speed during the race.

## 400m hurdles

- Hurdle clearance technique is the same as for the 100m/110m for the 400m hurdles.
- Athlete should be able to use either legs leading leg as it will change during the race.
- The height of the hurdles are lower relative to the athlete height influencing the amount of body lean.
- Athletes wants to use a left leading leg in the curves to avoid risking clearing the hurdle outside the plan of the line (see rules).
- Fatigue become an issue to maintain proper technique over the hurdles and prevent excessive lost of speed.

