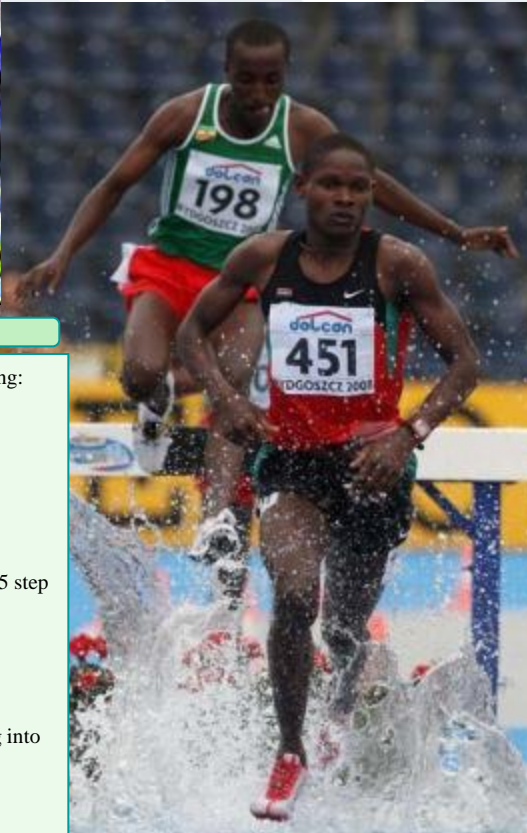


### Training Requirements

The basic training requirements must be modified according to the experience and athletic maturity of the athlete.

- Planning is essential for long, medium and short term development.
- 5000metre endurance and strength-endurance training.
- 1500metre speed and speed-endurance training.
- Training for strength at speed (power).
- Mobility training for suppleness, injury prevention and range of movement.
- Technique training, including correct progressions and drills (see hurdles brochure).
- Skills training – hurdling at race pace, on a bend, in a group, hurdling off either foot and with both an inside or outside water jump.
- Relaxation – working on maintaining good technique when under pressure and fatigued.

Advice on endurance training can be found on the endurance poster.



### Skill Development / Learning

- 1 Hurdle/jog over hurdles 10m apart using:
  - (a) alternate lead legs
  - (b) the same lead leg
- 2 Hurdle/jog over hurdles using:
  - (a) isolated trail leg
  - (b) isolated lead leg
- 3 Bench - Barrier (0.3m hurdle)
  - (a) step on/over
  - (b) 1 step approach, then 3 step, then 5 step
  - (c) systematic increase in height
- 4 Hurdle running (straights & bends)
  - 3 stride
  - 7 stride
  - normal spacing
- 5 Repeat 3 & 4 for water jump – landing into sand
- 6 Hurdle drills
  - Trail leg
  - Step over
  - Isolation drills

Note: in general use hurdles not barriers and sand pit not water in training

# Steeplechase

### Steeplechase Basics

Steeplechase is a specialist endurance event run over distances between 1500 and 3000 meters. The event involves clearing twenty-eight barriers and seven water-jumps (in 3000m steeplechase) a total of thirty-five obstacles. These barriers upset the rhythm of the athlete and in the later stages of the race when extreme fatigue is setting in they can become daunting obstacles.

The steeplechaser must therefore maintain a good rhythm throughout the race, keeping relaxed, with total concentration and ensuring that good technique is maintained, even when fatigue sets in. The key to maintaining good technique is to ensure that the take-off, barrier clearance, flight and landing are executed as quickly and efficiently as possible.

Athletes must be able to hurdle confidently whilst there are many other athletes around them; the ability to hurdle leading with either leg is an advantage.

The good steeplechaser requires a good range, which encapsulates the speed of a 1500 meters runner and the endurance of a 5,000 meters runner. The steeplechaser requires: endurance, technique, speed, power and mobility. Additional qualities which are an advantage are mental toughness, tactical awareness, decision making and determination.

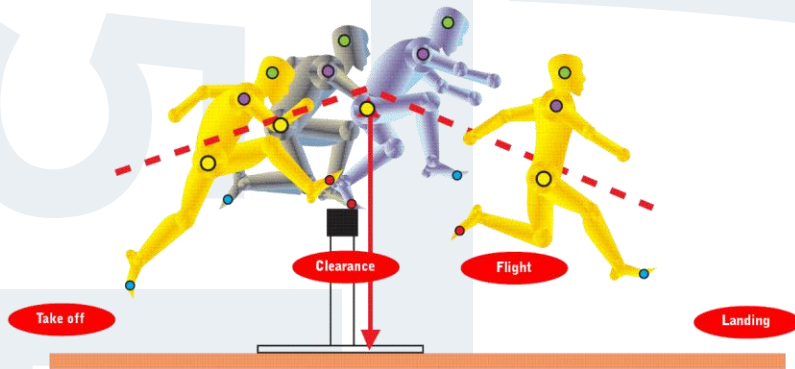


### Basic Rules of Steeplechase

- In 3k steeplechase there are 5 obstacles in each complete lap with the water jump the fourth. The barriers are evenly distributed so that the distance between each is one-fifth of the nominal length of the track.
- In the 3k steeplechase there are no barriers until the start of the first full lap.
- Each competitor shall go over or through the water and anyone who steps to the one side or other of the jump or trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance shall be disqualified.
- Provided rule 3 is observed, a competitor may go over each barrier in any manner.

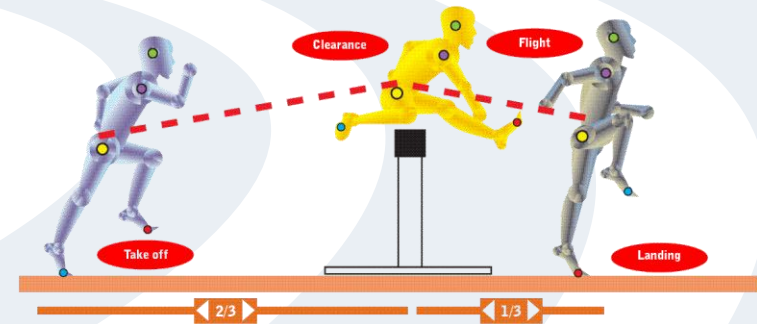
## Steeplechase Technique

### Barrier – Step on Technique



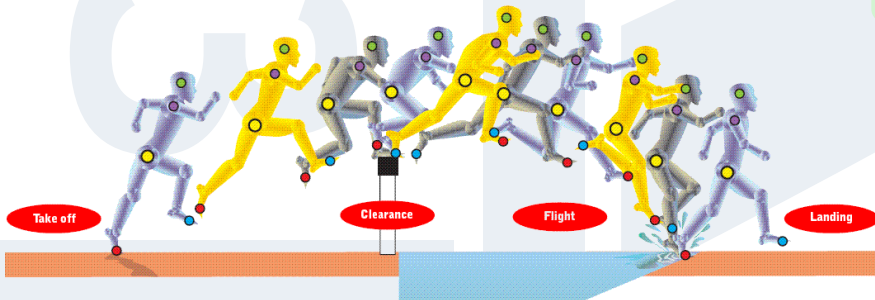
- The novice steeplechaser will probably use the 'step-on' technique in the early stages of their development.
1. The athlete needs to accelerate into the barrier before the take-off phase, then drive up and onto the barrier. The athlete may use check marks, which help to ensure the correct stride pattern approaching the barriers.
  2. The foot is placed on the barrier while the body rolls over it. The eyes are important as they focus beyond the barrier and help to keep the body in a low position, which will help to keep the centre of gravity low.
  3. The athlete drives off the top of the barrier into the flight phase. The drive is controlled to allow the lead leg to cushion the landing without the body over-rotating. Therefore it is essential to land the correct distance from the barrier.
  4. The landing should be controlled; the back leg should drive through so that the athlete accelerates away from the barrier and returns to the normal upright running position as quickly as possible.

### Barrier – Hurdle Technique



1. The need is again to accelerate towards the barrier before the take-off phase. The athlete must see the barrier early (which is not always easy in the presence of others) and adjust their stride accordingly to arrive at the optimum take-off point.
2. In the clearance phase the athlete must drive the lead leg low over the barrier and flow over the hurdle. The lower the athlete's centre of gravity over the barrier the more proficient they will be. The ability to hurdle off either leg is a distinct advantage.
3. The lead leg in the flight phase should hit the ground quickly and with control so that the minimum time is spent in the air. The eyes should be focused ahead to avoid over rotation. As in the 'step-on' technique the landing should be such that there is no collapsing of the lead leg. The more experienced steeplechaser will employ the standard hurdle technique. This is far more efficient and the athlete will waste less time in the air than when using the 'step-on' technique.
4. The trail leg is the key to the landing phase. It should be brought through quickly so that the athlete accelerates away from the barrier and regains the normal running action as soon as possible.

## Water Jump Technique



Either the 'step-on' or the hurdling technique can be used for clearing the water-jump barrier. Although infinitely quicker the hurdle technique is physically very demanding. Nearly all athletes therefore use the 'step-on'

1. The take-off is very important. The athlete should see the barrier early, accelerate into it and be aware of (although not put off by) the presence of others.
2. Whichever technique is used in the clearance phase the centre of gravity should be kept low and the eyes focused ahead. In the step-on' technique, the lead foot should rotate over the barrier as shown in the diagram. In the hurdle technique, the clearance should be the same as for a normal barrier except the take-off must be more powerful.
3. In the 'step-on' technique, the athlete will drive off the barrier into the flight phase and hold the position in the air aiming to land at the shallow end of the water jump. In the hurdle technique, again the emphasis is to land at the far end of the water jump.
4. In the controlled landing phase whichever technique is deployed, once the lead leg has landed, the trail leg must be brought through quickly onto the track. In this way the athlete can accelerate away with their normal running action as soon as possible. If the athlete lands too close from the barrier, the deep water will hamper the next stride, possibly leading to over rotation and a fall. Landing too far away from the barrier can cause the lead leg to collapse, again leading to a possible fall.
5. The key to all three techniques is to ensure that the barrier is negotiated as quickly and efficiently as possible with the minimum disruption to the normal running technique.

