HOW TO DEVELOP A 400M HURDLER

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RACE LOGISTICS

• 400m with 10 hurdles – 30 inches for women, 36 inches for men
• 45m to first hurdle; women 22-25 strides, men 20-23 strides
• 35m between each hurdle
• Women take 15-17 strides between each, men 13-15 strides
• 40m between hurdle 10 and the finish line
• Even number of steps require alternating, odd number of steps same lead leg
MY JOURNEY AS A 400M HURDLER

KEEP CALM AND RUN HURDLES
MY PERSONAL 400M HURDLE JOURNEY

• 56 sec 400m runner in high school
• 15.2 in 100m hurdles
• Trained 3 days a week
• No weights
• These stats would probably not get a coach very excited
SKILLS NEEDED TO DEVELOP AS A 400M HURDLER

Life’s challenges wouldn’t be called “hurdles”... if there wasn’t a way to get over them!
SKILLS NEEDED TO DEVELOP A 400M HURDLER

• 400m – 800m endurance abilities
• Adequate levels of speed should be able to run the 100mh/110mh or the indoor 60mh
• Good mobility and flexibility
• Good core strength
• Visual steering ability
• Be prepared to confidently use both legs
IF YOU’RE NOT READY TO FALL, YOU’RE NOT READY TO HURDLE.
1ST YEAR GOALS AND EXPECTATIONS

- Build strength and endurance capabilities
- Maximum volume 2400m per session
- Emphasize use of “dummy leg”- Victor Lopez
- Improve flexibility especially on “dummy leg”
- Evaluate the individual’s tool shed and focus on the weak areas as much as you can
- Race often
- Allow for mistakes, small errors can be very costly when initially starting this event
2\textsuperscript{ND} YEAR

- Must be confident in attacking hurdles with either leg
- Visual steering is very important
- Focus on the first half of the race and cement the race pattern
- Should be able to go over hurdle 1 in the exact same manner consistently
- Max volume 2400-2600m
I used to have a fear of hurdles
but I got over it
3rd Year

• Athlete should be seeking to become a hurdle perfectionist
• Should become competent in the sprint hurdles—may be difficult for some male hurdlers but they should be able to 3 step over 39 inches at a high speed
• Athlete should be able to 3 step discounted hurdles with both legs confidently at full speed at 30 inches for women, 36 inches for men
• At this stage race pattern should be dictated by strength and speed capabilities not solely by one leg
• Focus on the last five hurdles of the race and emphasize the critical rhythm change that takes place between hurdles 5-8
• Max volume 2600-2800m
Hurdler, n.
Sprinter with lots of guts and a dash of stupid.
4TH YEAR

• Work on perfecting the optimal race plan based on speed and endurance capabilities
• Start looking at touchdown charts and comparing the athletes race plan and pinpointing the areas they need to improve
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*Courtesy of SpeedEndurance.com*
4TH YEAR

• Continue to emphasize enhancing endurance base—should be racing over 600m and 800m indoors

• These races are for developing not just endurance but the mental toughness needed for the second half of the race

• Speed power development is important; should be able to power clean body weight at least 4 times

• Be strategic in racing. Select races that offer the best opportunities for success this is an event that outside factors make a difference

• Max volume 2800-3200m depending on how they handle work load
HOW TO GET THERE

The final hurdle is no higher than the rest but feels like it is.
GENERAL PREPARATION I

• AKA Fall Training is the 1st macro cycle- usually limited 8 hour week
• 400m hurdlers train with the 400m runners
• Training includes long runs max 3miles twice per week
• Weight room 3 times a week basic lifts bench, squat, power cleans with supplemental exercises that focus on strengthening key areas for hurdlers- lower back, gluts, hip flexors
• “Put money in the bank”- Victor Lopez
GENERAL PREPARATION I

FAVORITE WORKOUT- GLOBAL CIRCUIT

• 45min in length
• 4 exercises 30sec on 15 sec off
• Follow with 1 lap of track
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<tr>
<td>EZ Warm Up</td>
<td>Long Warm Up</td>
<td>Meet at track- Jog to Citrus College, stretch 5 singles, 5 double</td>
<td>35/40min Global Circuit</td>
<td>EZ Warm Up</td>
<td>Abs on your own</td>
<td>REST</td>
</tr>
<tr>
<td>3*30 sec Explosive Harvards on bleachers 5 double leg hops up bleachers 3 single leg hops up bleachers on each leg</td>
<td>Ladies Short sprints 2(6<em>100m) in 17-18 jog back in 60 secs Ladies long sprints 2(8</em>100) Men 2(8*100) in 14-15 jog back in 60 secs</td>
<td>Jog back to track Stretch</td>
<td>8*40m HKA</td>
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<tr>
<td>8*30m on grass</td>
<td>Ab circuit</td>
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GENERAL PREPARATION II

• Start to introduce tempo runs up to 600m max per run
• Runs are very low intensity with shorter rest periods
• Volume is 2400 and up depending on athlete
• Still in the weight room 3 days a week
• Specific skill instruction begins- walking hurdle drills, hurdle drills against the wall lots of hip mobility drills and exercises
• Mature hurdlers can start 4 stepping drills
GENERAL PREPARATION II

• Favorite workout — "20-20s"
• Women start with 100m in 20sec rest
  20sec Men can start at 16 sec
• This workout can be manipulated throughout the entire year making runs faster and keeping rest at 20sec
• Can do anywhere from 2-4 sets with 5-7 min between sets
# TYPICAL WEEK IN GENERAL PREP II

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<td><strong>Long Warm Up</strong></td>
<td><strong>Long Warm Up</strong></td>
<td><strong>EZ Warm Up</strong></td>
<td><strong>REST</strong></td>
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<tr>
<td><strong>5ª froggies</strong></td>
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<td>A. 2(6*150)(2)</td>
<td>A. 2(8*100)(20+20,19)</td>
<td>A. 2(8*100)</td>
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<td></td>
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<td>(6) tempo: 26</td>
<td>+ 20</td>
<td>+ 20</td>
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<td><strong>2 sets Med ball overhead quick step-alternate 6 times</strong></td>
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<td>B. 8*300(3) Tempo:60</td>
<td>B. 3(8*100)(20,19,18)</td>
<td>B. 3(8*100)</td>
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<td></td>
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<td>A. 8*300(3) Tempo:57</td>
<td>C. (10<em>100)(8</em>100)(6 *100)19,18,17</td>
<td>C. (10<em>100)(8</em>100)(6 *100)</td>
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<td>A. 8*300(3) Tempo:53</td>
<td>D. (10<em>100)(8</em>100)(6 *100)17,16,15</td>
<td>D. (10<em>100)(8</em>100)(6 *100)</td>
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<td>E- 8*300(3)</td>
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<td><strong>Med Ball Throws</strong></td>
<td>F. (10<em>100)(8</em>100)(6 *100)16,15,14</td>
<td>F. (10<em>100)(8</em>100)(6 *100)</td>
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<td><strong>Weights</strong></td>
<td>Rest 6min between sets</td>
<td>Rest 6min between sets</td>
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<td><strong>Single leg jumps with hip extension</strong></td>
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<td>Josh 10*300(3)</td>
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<td><strong>6ª bounding @50m</strong></td>
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<td>Cool Down walk 1 lap Abs</td>
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<td><strong>10 wickets</strong></td>
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<td><strong>5ª40m HKA</strong></td>
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SPECIAL PHASE
SPECIAL PHASE

• Heading into Xmas break – you never know how much training is getting done
• Assume the worst
• Indoor season preparation for 60m, 400m, & 600m distances
• Lots of dummy leg work
• Goal is to improve hurdle technique and begin to establish 400m hurdle rhythm
• Work on race pace and visual steering trying to eliminate stutter stepping on the hurdle approach
SPECIAL PHASE

FAVORITE WORKOUT

• 2 sets of 5 – 60mh discounted first
  set with dominant leg second set
  with dummy leg

• Finish session with 150-300m rest
  1minute attack hurdles 6-10
## TYPICAL WEEK OF SPECIAL PHASE

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<tr>
<td>laps- 2 jog 2 laps run the straight walk the sides 15 Leg Swings 2<em>25 Jane Fondas Hurdle Drills 5 stepping on regular hurdle mark 10</em>100(1) 1, 3, 5, 7, 9 w/hurdles on every other mark 8 step alternating Tempo:16 (8) 1<em>500(7) 1</em>400(6) 1*300(5)</td>
<td>Weights</td>
<td>Drills</td>
<td>Med Ball Circuit 1<em>15 Chest Pass Kneeling overhead Throw Seated Side Throw V Sit ups Hamstring flicks Crab walk 5</em>20m 300abs 100 push ups</td>
<td>Warm Up 4 laps- 2 jog 2 laps run the straight walk the sides Hurdle Drills 3 stepping measure hurdles 21 steps apart 2 sets 5°60m @ 8.2m from 3 point start 3 stepping thru middle Measure the 1st hurdle at the normal mark, 2nd hurdle 2-step shuf, 3rd- 4 steps, 4th- 6 steps, 5th- 8 steps, 6th- 10 steps -1 set left lead 1 set right lead (7) 6*300(3) Tempo:52 Cool Down: jog 5-7 mins, 100 abs stretch</td>
<td>Warm Up 4 laps- 2 jog 2 laps run the straight walk the sides 15T’s 15 leg swings 2*25 J.Fondas H.Ex 5°60m as Wednesday 4 times- 300 jog 100m run 100m</td>
<td>Weights</td>
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<td>7°50m bounding 5*40m, 3°60m, 2°80m w/ wickets</td>
<td>Blocks</td>
<td>7HH</td>
<td>7°50m bounding 5*40m, 3°60m, 2°80m w/ wickets</td>
<td>7°50m bounding 5*40m, 3°60m, 2°80m w/ wickets</td>
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COMPETITION PHASE

- New 400m hurdler - start racing as soon as possible and often
- Mature athletes- strategically plan races to get qualifying marks, should be competing in relays and sprint hurdles
- Work on race pace starts frequently
- Alternating at high speeds is essential
- Emphasize transition on curve- everyone knows hurdle 8 is higher than the others
- Before a major competition do 8H,6H,4H rehearsal at race pace
COMPETITION PHASE

FAVORITE WORKOUT

• 10*100 w/ 1 min rest, #1,3,5,7,9
  with hurdles with every other hurdle
  in place on the straight (8 stepping
• End workout with a high tempo
  500m
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<td>Warm Up</td>
<td>Weights</td>
<td>Pre-competition Warm Up</td>
<td>Competition</td>
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<tr>
<td>15 Leg Swings</td>
<td>Drills</td>
<td>4 laps- 2 jog 2 laps run the straight walk the sides</td>
<td>Drills</td>
<td>1,2,3</td>
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<tr>
<td>2*25 Jane Fondas Drills</td>
<td>6HH</td>
<td>15 Leg Swings</td>
<td>15 Leg Swings</td>
<td>Competition</td>
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<td>Hurdle Drills</td>
<td>5*bounding up baseball hill</td>
<td>2*25 Jane Fondas Drills</td>
<td>2*25 Jane Fondas Drills</td>
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<td>10*100(1) 1,3,5,7,9 w/ hurdles 8 stepping</td>
<td>5*50m pulling sled</td>
<td>Hurdle Exercises</td>
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<td>Tempo:13</td>
<td>5*50m w/ wickets- Relay exchanges</td>
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<td>1*500(8)</td>
<td>Cool Down</td>
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<td>Tempo: 1:15-1:18</td>
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<td>Cool Down: jog 5-7 mins, 200 abs stretch</td>
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CONCLUSION

• There are many ways to get the job done
• One of the most unique events with lots of moving parts
• Be creative and design a variety of workouts
• This is just my approach based on my personal experiences
• Make it fun; allow the athletes to grow and challenge themselves
ACKNOWLEDGEMENTS & THANK YOUS

- Jim Bevan- Rice University
- Orlando Greene
- Jack Hoyt & Azusa Pacific Family
- Victor Lopez
- Mike Maynard
- Fred Newhouse
- Dan Pfaff/ Altis.com- follow on twitter
- Boo Schexnayder
- Bubba Thornton
- USTFCCCA
- Jon Warren- Rice University