Developing the Steeplechaser

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Background


• Coaching: since 2008, coached 4 female All-Americans and 9 male All-Americans, including the 2011 Men’s DII champion. Last season- 5 men went under 9 mins and had the DII leading time at 8:44.
Athlete: PR/year (previous experience before Western)

Men:
- Ryan Haebe- 8:44 / 2011 (Na)
- Loren Ahonen- 8:49 / 2010 (Na)
- David Goodman- 8:49 /2011 (9:12)
- Glen Watts- 8:52 /2010 (9:07)
- David Flynn- 8:52 /2011 (9:18)
- Tyler Rasmussen- 8:55 /2011 (300 hurdles)

Women:
- Hillory Davis- 10:24 /2011 (300 hurdles)
- Sarah Lyle- 10:24 / 2011 (na)
- Sheila Salil- 10:32 / 2008 (na)
- Lisa Thomas- 10:36 / 2009 (na)
Build Popularity of Event
Developing Steeplechase Talent

• Not a step-child event - some programs approach as athletes not strong enough for 5k or fast enough for 1500
• Top steeplers need to be good at other events: Lyle / Haebе
• Marquee event at Western- everyone wants to try it. Have to weed out the uncoordinated, injury prone
• Cross Country on the track- technique, strength, guts
Recruiting

• Fall CCountry: all new athletes get critiqued. Background checks/ Drills/ hurdle work/flexibility

• Looking for Steeple Talent when recruiting
  - HS steeplers- Jr meets, exhibition races
  - Hurdle background – HS hurdlers
  - Athletes: Basketball, soccer, etc.- Non one-dimensional runners
Training the Steeplechaser
Hurdle Technique
Hurdle (Hip) Mobility Drills (all athletes do these once a week after distance run- fall and winter)-

• Leg swings- on wall, both legs: front/back, side/side
• Over-unders- both directions
• Walk overs right/ walk overs left (both legs each hurdle)
• Spider walkovers (one leg reach to next hurdle) (clip)
• Backwards spider walkovers
• Can-cans- both directions (side to side, kick heals over end of hurdle) (clip)
Hurdle Drills (steeplers do once a week in winter-spring following hip mobility)

- Lead leg step ups on wall- both legs
- Trail leg against wall- both legs
- Inclined trail leg- pull through. Both legs (clip)
- Lead leg A skips- next to hurdle
- Trail leg drill- pull trail leg through on side
- Down the middle- both legs (emphasize arms)
Hurdling
Strides over Hurdles - Winter/ Spring

• One hurdle- working on technique from drills
• Two hurdles- running through hurdle, rotate lead leg
• Hurdles next to partner- work on attacking (last three steps) (clip)
Strides over Barrier - Spring

• Form/ comfort  (hurdle with other people- race congestion) (clip)
• Tap (congested in race)
• Push off- (into sand or grass) (clip)
  – foot placement
  – staying low
  – push off, not up (not jumping)
  – practice running next to other people

Water jump- getting comfortable with it
Strength training (for all athletes):

- injury prevention
- flexibility
- running form
- core strength
2 days a week – AM on distance days

• Core work - superman’s, bicycles, crunches, side crunches, med ball twists.

• Weight lifting: bench press, tricep pull-downs, dumbbell shoulder raises, etc./ Olympic lifts: Dead lift, RDL, High Pull (Vern Gambetta)

• Exercises/ Drills - front lunges, side lunges, box step-ups, running arms- holding weights, balancing drills, line hops

• (yoga)
Training- intervals

• 1500 speed / 5k strength
• Partial Workout over barriers- one day a week
  Example
  6 x 800 on track with 1500- 5k runners. Women do second lap over hurdles in 2\textsuperscript{nd} and 3\textsuperscript{rd} reps, men go over 2\textsuperscript{nd} lap in 5\textsuperscript{th} and 6\textsuperscript{th} reps. (put hurdles out in lane 3 and 4)-
• Barrier work- in spring, do hurdle drills and 6-8 strides over barriers one day a week
• Water pit- spring- every two weeks, do 4-5 strides over water pit (off race weekends)- after an easy run- practice running with a teammate in/out of pit- focus on good line into barrier
Athlete interpretation:
“It's not so much that we do anything revolutionary to train for the steeple at WSC, it's just that we've found a group of guys and girls with some guts and athleticism who can work out the kinks together” Loren Ahonen ‘11- 3 time All-American in the steeplechase.