Coaching the Technical Aspects of the Steeplechase
INFORMATION & STRATEGY

- Races
  3k, 2k, 1500
- 5 barrier per lap
- 1 water pit and 4 dry barriers
- Inside pits and outside pits

*Discuss
Predicting Performance Outcomes

- 20-30 seconds slower than their 3k time (or 3-6 sec slower per lap)

Important Considerations

- The faster the pace, the more efficient the technique.
- 3 choices while racing:
  1. Run in front
  2. Run in back
  3. Run in a crowd
TECHNIQUE

• Learn to hurdle with both legs
• Become efficient at barrier clearance
• Acceleration into each barrier is key
  * Especially true for the water jump
    • Poor technique Vs. Superior fitness
• Note: hitting a barrier IS NOT AN OPTION!
TECHNIQUE
WATER BARRIER TECHNIQUES

- Stepping
  - Decelerate on top
  - Shallow landing
  - Better for slower runners

- Hurdling
  - Requires a faster approach
  - Less deceleration
  - Deeper Landing

- Skipping (not recommended)
TRAINING

- Developing strength and endurance is the most important key
- Better 3k,5k PR = faster steeple time
- Start basic flexibility and drills early
- Outdoor steeple practice
  - Place hurdles between lanes 2 and 3
L 7 Trail Leg Drill
Wall Drill & Trail Leg Drill Drill
Coaching Points ~ Trail Leg Drill
Trail Leg Drill
Winter Hurdle Drills
Hurdle Drill
Coaching Positions ~ Sand Barrier
Coaching Positions ~ Hurdles
STRATEGY
TECHNIQUE
TRAINING
Progression Sequence ~ Water Jump
Video Breakdown ~ Water Jump
Water Barrier Technique
Men’s Olympic Steeplechase Final
Men’s Olympic Steeplechase Final
## Video Library

### Payton Jordan

<table>
<thead>
<tr>
<th>2012 Men</th>
<th>2011 Women</th>
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<tbody>
<tr>
<td>Barrier 5 Lap 1</td>
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<tr>
<td>Barrier 5 Lap 2</td>
<td>Barrier 5 Lap 2</td>
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<tr>
<td>Barrier 5 Lap 7</td>
<td>Barrier 5 Lap 7</td>
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<tr>
<td>Water Jump Lap 1</td>
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<td>Water Jump Lap 6</td>
<td>Water Jump Lap 3</td>
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</tbody>
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### Olympic Trials 2012

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Olympic Trials Water Jump Lap 7
Olympic Trials Barrier 5 Lap 7
Olympic Trials Water Jump Lap 1
Olympic Trials Water Jump Lap 7