400H Hurdles – Philosophy & Training

Kebba Tolbert
Harvard University
General Philosophy
Prioritize NM Development
Balanced training
Compatible/complimentary
Training Design Considerations

- Speed & Power Development
Technical Philosophy
Technical Philosophy Cont’d

- attack with posture
- steer correctly
- t.o away!
Technical Philosophy Cont’d

-Skill with both legs (drills and exercises)
Specific Work Capacity
- Attack both ends
  15-30 seconds (ext phosphate)
- 30-90 seconds (lactate)
Specific Work Capacity
- 450, 350, 250, 3x90m
- 450, 350, 250, 4x60H
- 8H, 6H, then final hurdles
- 350m, 300m, final hurdles
- broken runs (flat/hurdle combos)
Special Issues
-AF/JM differences
- Race distribution
- Discounting hurdles
Email –

kebba_t@hotmail.com