

HARVARD



**400H Hurdles –
Philosophy & Training**

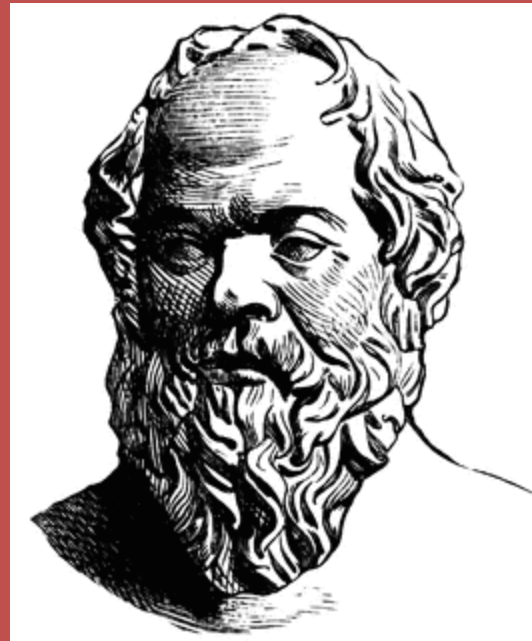
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IVY
LEAGUE

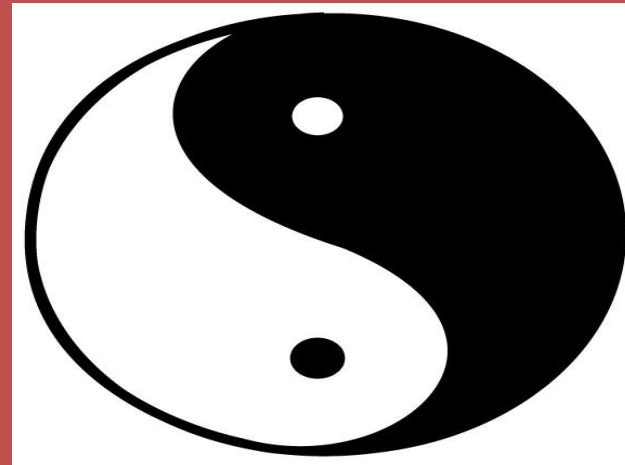
General Philosophy



Prioritize NM Development



Balanced training **Compatible/complimentary**



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Training Design Considerations

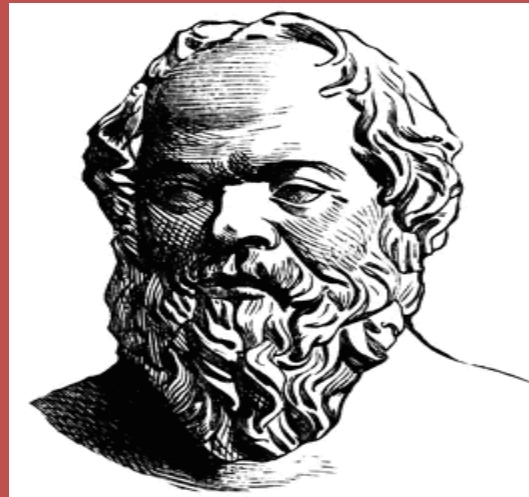
- Speed & Power
Development**



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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



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-Race distribution

-discounting hurdles



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