

Short Sprints and Hurdles

Training Philosophy and Implementation

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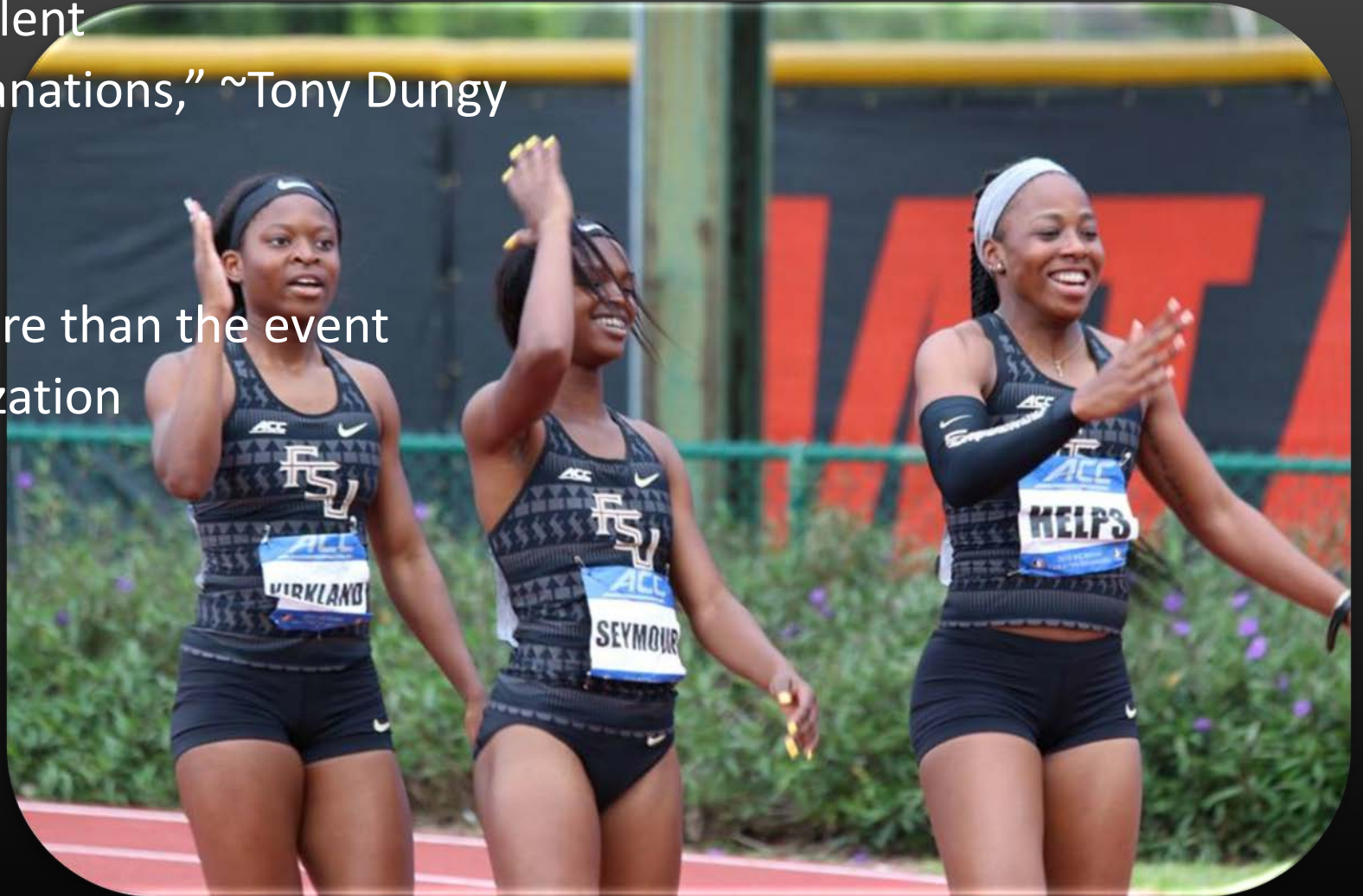
- Thank you for the opportunity to share
- 9 years at University of Cincinnati, 2 years recruiting coordinator, 4th year Director of Sprints
- Learned 2 key things
 - There are no secret sciences or magical workouts that lead to greatness
 - There is magic however, which lies in coaching art.

- Attitude, Effort, Execution

- Nothing to do with talent
- “No excuses, no explanations,” ~Tony Dungy

- Inner-Athlete

- Coach the athlete more than the event
- Psychological Periodization



- Undertrained < Overtrained
 - Can't go back to pink
 - A good chef knows what to do with the meat put in front of him
- Everything looks good on paper. Trust and adjust.
 - Flow vs Force

Workout Planning

- Basic Principles
 - Know Why You're Doing It
 - Justify + Apply (off season planning and adjustments to annual can be a joy, but be careful about over-implementation)
 - Know What You Don't Know
 - It's ok not to understand everything at an expert level. Learn what you can as often as you can but do not implement anything you are not confident in.

- Simplicity is Key

”I fear not the man who has practiced 10,000kicks once, but I fear the man who has practiced one **kick** 10,000 times.” ~ Bruce Lee



- Quality Based Program

- When all else fails, be fast

- Volume and rest is important, but nothing is more important than quality



Fall Training

- General Prep – Get in shape to get in shape
 - Not a win/loss record sport, take your time
- Lift = 4 days/week until season
- “Avoid Slow and Ugly” –Vince Anderson. Split 450=3x150 preserve quality
 - Both short and long together
 - "Chains of habit are too light to be felt until they are too heavy to be broken."
 - Warren Buffett



Speed

- Motor Skill That Must Be Rehearsed Often
- Emphasis on acceleration/push phase of speed
 - More compatible with max strength phase of lifting during this time – bigger “slower” movements
- Full speed 15m accels week 1
- Gradually increase by 5m 1-2 weeks at a time
- Fly 30s/Max V Testing
 - Once per week beginning mid October



Extensive Tempo/Sprint Rehearsal

- If you can't do it fast, it doesn't matter
- Get them comfortable sprinting again while increasing work capacity
- Session volume 1000-1500m @75%
- Rep volume rarely exceeds 300m
- Used primarily for active recovery session outside of general prep. Intensity may be reduced to 70%
- Mechanics, breathing and rhythm heavily emphasized
- Faster the pace = less thinking

Speed Endurance

- Without speed it's just endurance running
- Live in 90-95% pace beginning in November
- As raw speed develops, 90-95% will be continually redefined
- Rep count and volume are strategically low for gradual development towards June

Sample Week - General Prep

- Monday – Seminole Circuit
 - Crossfields/Figure 8s + Seminole Circuit + Hurdle Walkovers
 - Long + Short Sprints Unity, Avoid Ugly Track
- Tuesday – Hybrid
 - Ramps + Stadiums (Accel/Push Oriented Work)
 - Ramps 60m + re-accelerate opposite direction 30m, up to 6 reps
 - Stadiums 4-6 reps
- Wednesday – Off
- Thursday – Acceleration Day 2, Bounding Circuit

•10x Box Jumps	•Single Leg Alternate Leg Bound 5x30m
•10x Depth Drops	•Single Leg Bound 3x20m
•x10 hurdle hops	•15-20m Accelerations
•Single Leg Alternate Leg Bound 5x30m	•Hurdlers – Basic Wall Drills 3x10, Basic 5 Step Drill 5x6H

- Friday – Speed Endurance
 - 4 x split 450 (150+150+150 1 min rest) 75% intensity, 5 min between sets

Sample Week - Specific Prep

- Monday – Speed Day 1 -Accel
 - Box jumps and Depth Drops Height Progression from 36” – 48” Absorb low, progress to stick
 - Hurdle Hops
 - Sled 4x30m 10lb women 25lb men
 - Blocks 3x10, 3x20, 3x30 (Hurdlers 3x1h, 2x2h, 3x3h)
- Tuesday – Speed Endurance I
 - 5x150 6 min rest 85%
- Wednesday – Off (active recovery + film study during 20 hour weeks)
- Thursday – Speed Day 2 – Max V Progression
 - Hurdlers Footwork Ladder Series
 - 5x25m Green Hurdles w/20m approach (hurdlers shuffle spacing 2.0m)
 - Blocks 2x30, 2x35, 2x40 (Hurdlers – 2x3h, 2x4h, 2x6h, 20 foot drill over 8H)
- Friday – Speed Endurance “Earn Your Weekend”
 - 3x250 @ 90%, 200m split focus, 10-15 min or
 - 1x300, 1x split 300 (150-150), 1xsplit 300 (180-120) or
 - 2x80-80-80 @95% 20 seconds rest, 8-10 min between sets

In Season Considerations

- 1 vs 2 day competitions
- Travel day and mode
- Training weather conditions
- Back to back weekend competitions



Hurdle Philosophy

- Controlled aggression
- Take care of the ground game (70%)
- Timing and intensity
 - 20 ft drill
 - Cheat 4



- Drive and dive

- Stay small

- “Hurdle in a phone booth.”



Peaking

- More psychological and emotional than physiological
 - ~ Tony Veney
- Psychological Periodization
 - Manage the intensity, stress and excitement of competitions with the same care you would manage mesocycle compatibility and order within the macrocycle
- Physiologically – Reduce volume, not intensity.
 - Blade needs no more building but must remain sharp

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