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 10,000 kicks 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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps/Sets</th>
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<tbody>
<tr>
<td>10x Box Jumps</td>
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<tr>
<td>10x Depth Drops</td>
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<tr>
<td>x10 hurdle hops</td>
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<tr>
<td>Single Leg Alternate Leg Bound 5x30m</td>
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<tr>
<td>Single Leg Bound 3x20m</td>
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<tr>
<td>15-20m Accelerations</td>
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<tr>
<td>Hurdlers – Basic Wall Drills 3x10, Basic 5 Step Drill 5x6H</td>
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• 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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