Training the Dual Hurdler

Jon Stuart
University of Southern Mississippi
Introduction to the Dual Hurdler

- Ability to perform well at both hurdle events takes a uniquely talented athlete.
- Success will require various training methods that will challenge a coaches expertise and the athletes resilience.
- Dual hurdlers are extremely valuable to team success.
- Hard work will truly pay off for both coach and athlete.
Talent Identification

- Mobility and athleticism
- 100/110H technique
- 400 time or 4x4 relay split
- Number of events run at each track meet
- Speed is important, but less important than the previous
Rhythm and Quickness

● Teach “ankling” as a prerequisite to accomplish other rhythm drills
● Use mini hurdles or wickets
● Lower hurdles
● Cheat hurdles closer
● Increase the quickness of drills throughout training
Alternate Lead Legs

- A must to develop full potential.
- Drill equally with both legs. Trail leg drills and lead leg drills.
- Use 4 steps over lower hurdles.
- Increase hurdle speed and rhythm as proficiency increases.
Intensity and Pace

- 100/110m hurdlers must train at the same rhythm as competition.
- 400m hurdlers must train at the same stride frequency as competition.
Training

The 100/110mH and 400mH combination allows for a hybrid style of training that emphasizes different physical requirements at each competition season. Rules of physiology, biomechanics and recovery are applied to avoid overstimulation and injury.
General Conditioning Period

(August-October) – 6 weeks

- Increase cardio-respiratory capacity (oxygen uptake)
- Increase strength, aerobic and tempo endurance
- Develop blood circulation to main muscle groups for sprinting
Periodization (cont.)

Pre-Competition Period

(October-January) 8-10 weeks.
- Develop sprint and hurdle technique and specific strength
- Develop speed, power, and hurdle endurance

Competition Period

(February - May) 12-16 weeks
- Develop speed and racing ability
## Training Methods

<table>
<thead>
<tr>
<th>Physical Requirement</th>
<th>Means of Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Endurance</td>
<td>Distance runs,</td>
</tr>
<tr>
<td>Continuous movement</td>
<td></td>
</tr>
<tr>
<td>games.</td>
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</tr>
<tr>
<td>Tempo Endurance</td>
<td>12x120 (w/jog back recovery)</td>
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<tr>
<td></td>
<td>10x250 (w/100m walk)</td>
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<tr>
<td></td>
<td>6x3x300 (w/100m walk)</td>
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</table>
# Training Methods

<table>
<thead>
<tr>
<th>Physical Requirement</th>
<th>Means of Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurdle Endurance</td>
<td>3x8-11 lowered hurdles</td>
</tr>
<tr>
<td>Speed Endurance 150m</td>
<td>Runs from 20-</td>
</tr>
<tr>
<td>Strength Endurance</td>
<td>Long Hill Runs,</td>
</tr>
<tr>
<td>Resistance runs 20-40m</td>
<td>(sleds, tires, etc)</td>
</tr>
<tr>
<td>Speed</td>
<td>Block</td>
</tr>
</tbody>
</table>
Training Methods

Physical Requirement

Power
- Short Hills (10-30m), Plyometric Exercises, Short resistance runs at max effort. Ball throws.

Hurdle Rhythm
- Drills promoting quickness over hurdles, employing lower and closer barriers.

Means of Development

Mobility
- Various
Warm-Up

- 400m jogging
- Leg swings- forward/backward
- Side shuffles
- Skipping forward
- Skipping backward
- Skips through 4-6 low hurdles
- Trail leg skips x2
- Lead leg skips x2
- 1 step half hurdle x2
- Shuffle drill over 3 hurdles
- Accelerations 3x30-40m
Skips Trail Leg
Skips Lead Leg
One Step - Half hurdle
Shuffle
### General Conditioning Sample

#### WEEKS 1 & 3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 minute run</td>
<td>3min run x2</td>
<td>15 minute run</td>
<td>12x120 w/jog back recovery</td>
<td>Hurdle Mobility Circuit, 10x100m at 1 min intervals</td>
</tr>
<tr>
<td></td>
<td>2min run x2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1min run x2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(3min rest)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>10x150m hill runs, jog back recovery</td>
<td>20 minute run</td>
<td>10x250m w/50m walk recovery</td>
<td>20 minute run</td>
<td>Hurdle Mobility Circuit, 10x100m at 1 min intervals</td>
</tr>
</tbody>
</table>
## Early Season Sample

**WEEK 1 & 3**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6x30m Sled Pulls, then 3-4x30m</td>
<td>5x300 w/100 walk recovery</td>
<td>Hurdle Drills 6x5ih with 4 step cadence</td>
<td>Block starts over 2-3 hurdles (w/2ft lengths closer)</td>
<td>300-100-100x2 w/full recovery</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>2x3h, 2x5h (w/2 ft lengths closer)</td>
<td>Endless Relay 200’s (2x2x200)</td>
<td>Hurdle Drills 6x5ih with 4 step cadence</td>
<td>Block starts over 3-4 hurdles (w/2ft lengths closer)</td>
<td>350/150 w/50 walk recovery (x2)</td>
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Championship Week

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday-Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block Starts over 2-3 High Hurdles (x3-4)</td>
<td>1x 180m over intermediate hurdles.</td>
<td>Warm-up only</td>
<td>Starts over 1 and 2 high hurdles. (x3)</td>
<td>Compete</td>
</tr>
</tbody>
</table>
2 x 300mh (last 6h)

- Justin Gaymon  35.7, 35.5
- LaRon Bennett  36.2, 35.8
- Drew Branch  36.5, 37.1
- LaBronze Garrett  36.8, 37.4
- Javonie Small  36.4, 37.1
- Phillip Adams  37.6, 38.1
- Modesty Lorick  41.8, 42.4
- Talia Thompson  42.8, 42.8
- Tameeka McFarlane  42.5, 42.8
- Brooklyn Polk  42.8, 43.7
2 x 11h (lower and closer)

- Esteban Guzman 13.7, 13.7
- LaRon Bennett 13.9, 14.0
- Justin Gaymon 14.0, 14.0
- LaBronze Garrett 14.1, 14.3
- Modesty Lorick 13.5, 13.7
- Talia Thompson 14.1, 14.4
- Brooklyn Polk 14.4, 14.6
- Jasmine Griffin 14.1, 14.3
Superlatives

- Justin Gaymon
  7.86, 13.85, 48.46

- LaRon Bennett
  7.94, 13.86, 48.71

- LaBronze Garrett
  7.94, 13.93, 48.61

- Javonie Small
  7.98, 14.15, 50.46

- Modesty Lorick
  8.50, 13.48, 58.54

- Talia Thompson
  13.96, 1:00.85
Thank You