



Training the Dual Hurdler

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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.

Periodization

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

Physical Requirement
Development

Means of

General Endurance
Continuous movement

Distance runs,

games.

Tempo Endurance
back recovery)

12x120 (w/jog

10x250 (w/100m walk)

Training Methods

Physical Requirement Development

Means of

Hurdle Endurance
hurdles

3x8-11 lowered

Speed Endurance
150m

Runs from 20-

Strength Endurance
Resistance runs 20-40m

Long Hill Runs,

(sleds, tires, etc)

Speed

Block

Training Methods

Physical Requirement
Development

Means of

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
15 minute run	3min run x2 2min run x2 1min run x2 (3min rest)	15 minute run	12x120 w/jog back recovery	Hurdle Mobility Circuit, 10x100m at 1 min intervals
Monday	Tuesday	Wednesday	Thursday	Friday
10x150m hill runs, jog back recovery	20 minute run	10x250m w/50m walk recovery	20 minute run	Hurdle Mobility Circuit, 10x100m at 1 min intervals

Early Season Sample

WEEK 1 & 3

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

Championship Week

Monday	Tuesday	Wednesday	Thursday	Friday-Saturday
Block Starts over 2-3 High Hurdles (x3-4)	1x 180m over intermediate hurdles.	Warm-up only	Starts over 1 and 2 high hurdles. (x3)	Compete

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

