



## Annual Planning & Implementing Women's Sprint Hurdle Training

## Annual Planning

- ◆ Identify the following
  - Training Organization
  - Most important competition(s) for the calendar year
  - Technical factors



## Training Organization



### Warm Up Series

Series A:  
Mobility jog routine  
Static flexibility routine  
Dynamic flexibility series A & B x 10  
Sprint drill series A x 2 x 40 meters  
Roll start - 3 x 20 meters  
Series B:  
Mobility jog routine  
Static flexibility routine  
Dynamic flexibility series C & D x 10  
Sprint drill series B x 3 x 20 meters  
Roll start - 3 x 40 meters  
Series C:  
Mobility jog routine  
Static flexibility routine  
Dynamic flexibility series B & C x 10  
Sprint drill series C x 2 x 20 meters  
Roll Start - 2 x 40 meters  
Series D:  
Mobility jog routine  
Static flexibility routine  
Dynamic flexibility series A & D x 10  
Roll start - 2 x 60 meters  
Series E:  
1x100 meters  
5x10 hurdle walkovers  
Dynamic flexibility series A & D x 10  
Roll Start - 2 x 40 meters  
Series F:  
Ad lib  
Competition **\*\*Separate sheet\*\***

### Mobility Jog Routine

**\*\*500 meters with one exercise at each relay exchange zone\*\***  
Ankle ticks  
Backward run  
Arm circles  
Cartwheels (R)  
Cartwheels (L)  
Skip lunges  
Side shuffle (R)  
Side shuffle (L)

### Static Flexibility Routine

**\*\*2x60 each stretch for 10-15 seconds x 3\*\***  
Back series  
Back Arch  
Seated Oblique stretch (R-L)  
Seated straddle (M-L-R)  
Spinal roll (3 rolls then hold back position for 3 counts)  
Butterfly  
Pretzel (R-L)  
Hurdle cradle (R-L)  
Heel Sit  
Standing calf stretch (Straight/Bent, L-R)

### Abdominal Exercise Series

Series A:  
Abdominal curls  
Side up hyperextension  
Legs up and reach  
Leg toes  
Series B:  
V-sit  
Crunches  
Eagles 6" off ground  
Crisscross  
Series C:  
Bicycle crunches  
Hip up  
Back flattening  
Leg circles

### Dynamic Flexibility Series

**\*\*Each exercise x 10 repetitions\*\***  
Series A:  
Head rotation  
Trunk rotation  
Lead leg pick up (R-L)  
Trail leg pick up (R-L)  
Front eagle  
Back eagle  
Series B:  
Inverted scissors  
Inverted bicycle  
Inverted crossovers  
Wide cuts  
Series C:  
Hurdle seat exchange  
Leg swings (R-L)  
Leg swings (F-B)  
Trail leg rotations (R-L)  
Series D:  
Hip tisers  
File hydant  
Extenders  
Pick ups  
Speed skate  
Series E:  
Lunge Rebound (Forward/Backward)  
Alternating Lateral Lunges (Side to Side)  
Torso Extensions (Alternating arm & leg movement)  
Living Thigh Raises (L/R)  
Adductor/inside leg lifts (L/R)  
Reverse Leg Lifts (L/R)  
Reverse Double Leg Lifts  
Series F:  
Walking extended lunges (3-5 on each leg w/open hip stretch  
Carrollballs (3 each)  
Walking Toy Soldiers (3 each)  
Walking Knee Squeezes (3 each)  
Walking Stock Stretches

**Hurdle/Lunge/Bound/Medicine Ball/Abdominal/Remedial Circuit**

Hurdle mobility exercise  
20 meter lunge exercise  
60 meter St. leg bound with fast leg every 5 count  
60 meter split drill  
30 x Medicine Ball  
30 x Abdominal exercise  
30 x Remedial exercise

**Sprint Drill Series**

Series A:  
Four side butt kicks  
High knee (small steps)  
A skips  
Fast leg (R-L every 3)  
Series B:  
A skips  
Backward stride  
Straight leg bound  
Ankle flicks  
Canoe  
Series C:  
Back arches  
Four side butt kicks  
A skips  
Alternating fast leg (every 3)  
Power bound

**Remedial Exercise Series**

Series A:  
Toe Raises (R-L)  
Prisoner squats  
Ankle resistance (Up & down)  
Negative hamstring resistance  
Hip flexor resistance  
Yogi  
Reverse Yogi  
Series B: \*\*Cable exercise\*\*  
Abductor  
Adductor  
Hip extension  
Hip flexion  
Front claw  
Back claw  
Leg pull down  
Trail leg rotations

**Lunge Exercises**

Front  
Back  
Side to side (R-L)

**Medicine Ball Series**

Series A:  
Overhead standing toss  
Standing chest toss  
Standing trunk twist (R-L)  
Overhead hike  
Series B:  
Sitting overhead straddle  
Knee toss (R-L)  
Hamstring flick  
Seated abductor/adductor  
Series C:  
Rollover toss  
V-sit  
Shoulder toss (R-L)  
Ankle flicks  
Series D:  
Back arches  
Side to Side Arches  
Heel To Heel Semi Circles  
Kneeling Arch  
Over/Under Arch Passes  
Back To Back Partner Twist Passes  
Horizontal over head toss

**Shot Throw Circuit Series**

Series A:  
Between leg forward  
Overhead backwards  
Squat chest pass  
Hammer hip (R-L)  
Series B:  
Hop, hop between leg forward  
Hip, hop overhead backward  
Lunge chest pass  
Series C:  
Box drop between legs forward  
Box drop chest pass  
Box drop forward, overhead forward  
Box drop backward, overhead backward

**Stadiums**

Triplets  
Doubles  
Singles  
Blanchers

**Hurdle Mobility Exercise Series**

Series A:  
Right lead walk over  
Left lead walk over  
-2, -1 alternate leg walk over  
-2, -1 right lead walk over  
-2, -1 left lead walk over  
Over and under right lead  
Over and under left lead  
Series B:  
Lateral alternate flexed leg skip  
Lateral alternate straight leg skip  
Series C:  
Lead leg skips  
Trail leg skips  
Series D:  
Lead leg run  
Trail leg run  
Lead trail 3 step shuffle

**Multi Jump** \*\*20 second x 1 / RJ = 40 seconds  
**Sprint Drill** \*\*20 second x 7 / RJ = 20 seconds  
**Tempo Run** \*\*40 sec to 2 minute / RJ = 2 minutes

Series A:  
Rocker jumps / high knee  
Straddle jumps / A skip  
Split jumps / alternate fast leg  
Star jumps / canoe  
Series B:  
Tuck jumps / canoe  
Split jumps / alternate fast leg  
Single leg hops / straight leg bounds  
Straddle jumps / A skip  
Ankle pogo / high knee  
Series C:  
Tuck jumps / canoe  
Mountain climber / alternate fast leg  
Donkey kick / high knee  
Split jumps / power bound  
Straddle jumps / A skip  
Ski jumps / B skip

**General Strength Circuits**

Series A:  
Push ups in start position  
Prisoner squat-Arms over head  
V-sit  
Rocker jumps  
Back hyper extension with twist  
L over  
Crunch sit ups  
Reverse leg lifts  
Push ups with clap  
Single leg squat (R)  
Single leg squat (L)  
Reverse push up  
Single leg step ups with dumbbell w/ thigh raise  
Series B:  
Vertical jump  
Single leg toe raiser (R)  
Single leg toe raiser (L)  
Back hyper extension  
Crunches with twist  
Push ups with clap  
Side ups (R)  
Side ups (L)  
Leg Toss  
Pogo jumps  
V-sit  
Lize hops side to side  
Single leg step ups with dumbbell w/ thigh raise  
Series C:  
3 Step Dard  
3 Step Pushups  
3 Step Forward Leg Lifts Standing  
3 Step Reverse Leg Lifts Standing  
3 Step Lateral Leg Lifts Standing  
Bridge Up/Knee Extension  
3 Step Crunches  
Pelvic Tilt Isometric  
Spine Dumbell  
Side ups (R)  
Side ups (L)  
Reverse leg lift knee flexion  
Table Top Pelvic Rotations  
Series D:  
Single leg step ups with dumbbell w/ thigh raise

Series D:  
Plank/Elbow Stand Single Leg Raise  
Reverse Plank/Elbow Stand Single Leg Raise  
Plank/Hand Stand Single Leg Raise  
Reverse Plank/Hand Stand Single Leg Raise  
Side Elbow Stand Single Leg Raise  
Side Hand Stand Single Leg Raise  
Bridging/Butt Knee/Elbow Stand/Hip lift  
Partner Pelvic Raises  
Table Top Pelvic Raises  
Series E: (Lower Back Exercise)  
Pelvic Tilt  
Single Knee to Chest  
Double Knee to Chest  
Lumber Rotations  
Cat/Camel Back  
Pouter Dog  
Press Ups  
Bridging

**Multi Jump Series**

Series A:  
Ankle pogo  
Rocker jumps  
Tuck jumps  
Split jumps  
Donkey jumps  
Ski jumps  
Single leg jumps (R)  
Single leg jumps (L)  
Series B:  
Low forward (R)  
Low forward (L)  
Low backward (R)  
Low backward (L)  
Low sideways (R)  
Low sideways (L)  
Power skip (height)  
Power skip (distance)  
Series C:  
Standing long jump  
Standing triple jump  
Double leg jumps  
Single leg jumps (Rx3)  
Single leg jumps (Lx3)  
Hurdle hops over 5 hurdles  
Series D:  
Alternate leg bounds  
Straight leg bounds  
Single leg bounds  
Hurdle hops over 10 hurdles  
Speed bounds  
Run, run bounds

**Cooldown Series**

Series A:  
Jog 4x100 (no shoes)  
Back eagle x 15  
Leg swings (R-L) x 15  
Series B:  
Walk 400 (no shoes)  
Front eagle x 15  
Leg swings (F-B) x 15  
Series C:  
100 meter technique build ups x 4  
Side to side lunge - laces x 2  
Standing quad stretch x 4 each leg  
Series D:  
Walk 400 (no shoes)  
Front eagle x 15  
Leg swings (F-B) x 15  
Series E:  
3x Alternate leg hurdle walkovers  
Leg swings (F-B) x 15  
Leg swings (R-L) x 15

**Breathing Stretch Routine**

Diaphragm  
Spinal roll back - Partner  
Spinal roll up - Partner  
Seated arm pulls - Partner  
Quadriceps series (Str, XRL, XLR)-Partner  
Quadriceps lift - Partner

**LSU COMPETITION WARM UP LSU**

TRACK AND FIELD

1. Mobility Jog Routine  
2. Static Stretch Routine  
3. 1x60m bu → 30m Lunge Stoop → Stuck/Calf → 30m Sprint Drill - A  
1x60m bu → 30m Side Shuffle → Standing Straddle → 30m Sprint Drill - B  
1x60m bu → 30m Side Bound → Lateral Squat Abductor → Dynamic Flex - A x 10  
1x60m bu → 30m Swedish Hops → Lateral Squat Extension → Dynamic Flex B & C x 10

**4. SPRINTERS**

A) 2 x Hurdle Mobility  
B) 3 x 3h Hurdle Hops OR 4 x SLJ OR 4 x BLF  
C) Spikes - 2 x resistance OR 3 x 30m mixed OR 2 x towing  
D) 1 x 1b -> 2 x 1b -> 1 x 3b reduced after h1 by 1 foot

\*\*\*If race is a final AND your first race\*\*\*  
g1 - 60m @ 85-90%  
g2 - 150m @ 85-90%  
D) Relax and stay loose until called (Approx. 5-10 minutes)

**4. HURDLERS**

A) 2 x Hurdle Mobility  
B) 2 x 3h Hurdle Hops OR 4 x SLJ OR 4 x BLF  
C) Spikes -> 2 x 30 mixed OR 1 x towing  
D) 1 x 1b -> 2 x 1b -> 1 x 3b reduced after h1 by 1 foot

\*\*\*If race is a final AND your first race\*\*\*  
g1 - 2 x 3h  
g2 - 1 x 3h  
E) Relax and stay loose until called (Approx. 5-10 minutes)

**THE COMPETITION COOL DOWN**  
Begin Immediately after race is completed - Takes Approximately 10 minutes  
Drink fluid → g1- Jog 400m OR 3 minutes → Breathing Stretch Routine  
Drink fluid → g2- Jog 800m OR 3 minutes → Breathing Stretch Routine

**COMPETITION MENU**

Mobility Jog	Static Stretches	Sprint Drills	Dynamic Flexibility	Hurdle Mobility (3h)	Weights
-Ankle Flicks -Backward Run -Ann Circles -Canoe (1) -Canoe (2) -Skip Lunges -Side Shuffle (1) -Side Shuffle (2)	-Back Series -Seated Straddle -Spinal Roll -Seated Butterfly -Seated Hurdle-Cradle -Overleg -Heel Sit -> raise-hips -Oblique Stretch	Series A -Butt Kicks -High Knees -A Skips Series B -B Skips -Fast Leg (alt.) -Straight Leg Bounds	Series A -Head Rotation -Trunk Rotation -Lead Leg Pickup -Trail Leg Pickup -Front Angle -Back Angle Series B -Inverted Scissors -Inverted Bicycle -Inverted Cross Overs -Rollover Hurdle Series C -Hurdle Seat Exchange -Leg Swings (1-2) -Leg Swings (3-4) -Trail Windmill (1-1)	-Alt. Leg Walkover -Rt. Lead Walkover -Lt. Lead Walkover -Lat.Alt. Leg Skip - Straight -Leg -Lat.Alt. Leg Skip - Flexed Leg	Substitute for Wts. -6 x BLF w/ 2 hops -6 x SLJ -6 x STJ -3 X 5 hurdle hops-Static -2 x 5 hurdle hops-Dynamic

ENERGY SYSTEM TRAINING BREAKDOWN FOR WOMEN SPRINT HURDLES

Terminology	Length of Run	Component	Energy System	% of Predicted Performance	Rest Interval Between Reps/Sets	Daily Volume Ranges 100mH
<b>ABSOLUTE SPEED</b>	20-80m	Speed (s) Anaerobic power	Anaerobic Alactic	90-95% 95 - 100%	3-5 / 6-8 min	300-800m 300-500m
<b>SPEED ENDURANCE</b>	50-80m	Alactic Short Speed End. (ASSE)	Anaerobic Alactic	90 - 95% 95 - 100%	1-2 / 5-7 min 2-3 / 7-10 min	300-800m 300-800m
<b>SPEED ENDURANCE</b>	80m	Glycolytic Short Speed End. (GSSE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	1 / 3 min 1 / 4 min	300-800m 300-800m
<b>SPEED ENDURANCE</b>	0-150m	Speed Endurance (SE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	5 - 6 min 6 - 10 min	300-900m 300-600m
<b>SPECIAL ENDURANCE I</b>	150-300m	Long Speed Endurance (LSE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	10 - 12 min 12 - 15 min	600-900m 300-900m
<b>SPECIAL ENDURANCE II</b>	300-600m	Lactic Tolerance (LAT)	Lactic Acid Tolerance	90 - 95% 95 - 100%	15 - 20 min Full	300-600m 300-600m
<b>INTENSIVE TEMPO</b>	100-600m	Anaerobic Capacity (ANC)	Mixed: Aerobic Anaerobic	80 - 89%	30s - 5 / 3-10 min	800-1800m
<b>EXTENSIVE TEMPO</b>	200-800m 100-200m	Aerobic Capacity (AC)	Aerobic Aerobic	40 - 79% 60 - 79%	45 - 2 min 30s / 2-3 min	1400-2500m 1400-1800m
<b>CONTINUOUS TEMPO</b>	1600-6400m	Aerobic (AC)	Aerobic	40 - 60%	Heart Rate 130-150	1600-3200m

MICROCYCLE PLANNER						
PERIOD: Preparation		PHASE: General		MESOCYCLE: 2		MICROCYCLE: 2
EVENT: Sprints/Hurdles				WEEK #6		October 11-17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Warm Up:</b> E <b>Acceleration:</b> -6 x 30m <b>Multi Jump:</b> Bx20 meters Cx2 <b>Weights:</b> Day 1 <b>Shot Throws:</b> Ax4 <b>Cooldown:</b> E	<b>Warm Up:</b> C w/ BSR <b>General Strength:</b> RI=20" on / 20" off -1x D -1x E <b>Body Build:</b> Day 1 30 reps/40 seconds <b>Extensive Tempo:</b> g1 6x30" w/jog 1' 6x40" w/jog 1' <b>Cooldown:</b> B	<b>Warm Up:</b> D <b>Weights:</b> Day 2 <b>Circuit:</b> (4 sets) -Hurdle Mobility -Lunge -Bound -Sprint drill -Abdominals -Medicine Ball -Remedials <b>Cooldown:</b> D	<b>Warm Up:</b> B w/ BSR <b>Body Build:</b> Day 2 30 reps/40 seconds <b>Stadiums:</b> RI=2:00 -2 triple -2 single -2 double -2 bleacher <b>Cooldown:</b> A	<b>AM Workout</b> g2 -30' easy <b>Warm Up:</b> D <b>Jump Run:</b> B Drills x 4 g1- 110" <b>Cooldown:</b> Walk w/ BSR	<b>Warm Up:</b> A <b>Intensive Tempo:</b> RI=2:00 Hills -g1x6 <b>Weights:</b> Day 3 <b>Cooldown:</b> E	<b>AM Workout</b> g2 -40' easy Rest

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.06			
<b>Name:</b> Lolo Jones		Please round DOWN to the nearest 5 pound increments on all repetitions.	
<b>Body Weight:</b> 140		It is essential all weight training be done EXACTLY as prescribed!	
<b>Power Clean 1-rep max:</b> 200		Consult your coach before you deviate away from this WORKOUT!	
<b>Bench Press 1-rep max:</b> 155		Communicate if you have difficulty in achieving the repetitions.	
<b>Squat Projected 1-rep max:</b> 320		We are quickly moving into our MAXIMUM STRENGTH lifting phase!	
Day 1	Day 2	Day 3	
<b>Snatch</b> 4x5 @ 63	<b>Hang Snatch</b> 3x5 @ 63	<b>Hang Clean</b> 3x6 @	110
<b>Rep Jerk (1-7)</b> 3x7 @ 63	<b>Power Clean</b> 3x5 @ 120	<b>Seated Military Pre:</b> 3x10 @	70
<b>Power Clean</b> 3x7 @ 130	<b>S.Leg Squat (each)</b> 3x8 @ 72	<b>Lunge Jump</b> 3x12 @	20
<b>Bench</b> 3x10 @ 85	<b>Bent Leg Deadlift</b> 3x7 @ 99	<b>Alternating Lat Pull</b> 3x12 @	50
<b>Squats-Deep</b> 3x6 @ 160	<b>Walking Lunge</b> 3x12 @ 40	<b>St.Leg Deadlift</b> 3x6 @	92

MICROCYCLE PLANNER						
PERIOD: Competition		PHASE: Preparation		MESOCYCLE: 1		MICROCYCLE: 3
EVENT: Sprints/Hurdles				WEEK #19		January 10-16
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Warm Up:</b> E <b>Acceleration:</b> (30m) 1 set -3 x stick drill -4 x blocks (3h) <b>Speed Endurance:</b> RI=1:10 g1 300 hardway (6x50) <b>Multi Jump:</b> Cx2 <b>Weights:</b> Day 1 <b>Shot Throws:</b> Cx3 <b>Cooldown:</b> E	<b>Warm Up:</b> B-BSR <b>Body Build:</b> Day 1 <b>Special Endurance I:</b> RI=Full g1h,g1-2x90 W @ 10.7 <b>Cooldown:</b> B	<b>Warm Up:</b> D <b>Hurdle Mobility:</b> A&Bx1 <b>Abdominals:</b> Odd # A&Bx50 <b>Medicine Ball:</b> A,B&Cx15 <b>Remedials:</b> Ax10 <b>Weights:</b> Day 2 <b>Cooldown:</b> D	<b>Warm Up:</b> B-BSR <b>Body Build:</b> Day 2 <b>Contrast Training:</b> 2 x 30m accelerator 2 x 30m blocks (3h) 1 x 40m blocks (4h) <b>Speed Development:</b> RI=5:00 Sprinters 1 x In & Outs g1-2 x 15m peak <b>RI=5:00 Hurdlers</b> (W @ 30"/M @ 39") 1 x 5h <b>Special Endurance:</b> RI=Full g1, g1h- 2 x 90 W @ 10.5 M @ 9.5 <b>Cooldown:</b> D	<b>Warm Up:</b> Mobility Jog Routine <b>Hurdle Mobility:</b> -5x10h alt. leg w/o's <b>-Competition #1-3</b> <b>Acceleration:</b> g1, g1h-2x30 blocks <b>Cooldown:</b> Competition	<b>Purple Tiger Invite</b> <b>8:00 am</b> <b>Warm Up:</b> Hurdle Mobility: -5x10h alt. leg w/o's -Competition #1-3	Rest and Treatment

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.19			
<b>Name:</b> Lolo Jones		Please round DOWN to the nearest 5 pound increments on all repetitions.	
<b>Body Weight:</b> 140		It is essential all weight training be done EXACTLY as prescribed!	
<b>Power Clean 1-rep max:</b> 200		Consult your coach before you deviate away from this WORKOUT!	
<b>Bench Press 1-rep max:</b> 155		Communicate if you have difficulty in achieving the repetitions.	
<b>Squat Projected 1-rep max:</b> 320		Push yourself and move bar with EXPLOSION! Recruit more muscle fibers!!	
Day 1	Day 2	Day 3 (Competition)	
<b>Power Clean</b> 1x5 @ 140 4x5 @ 160	<b>Hang Clean</b> 3x4 @ 140 2x3 @ 160	<b>Rep Jerk (1-6)</b> 3x8 @	70
<b>Snatch</b> 3x6 @ 109	<b>Clean &amp; Jerks (1-4)</b> 3x4 @ 84	<b>Hang Clean</b> 3x8 @	100
<b>Squat Deep Jump</b> 3x6 @ 80	<b>S.Leg Squat (each w/box)</b> 3x8 @ 112	<b>Power Clean</b> 1x5 @ 120 1x3 @ 140 1x3 @ 150 2x2 @ 160	
<b>Bench</b> 1x8 @ 109 1x6 @ 116 1x4 @ 124	<b>Clean Shrug</b> 3x4 @ 150	<b>Speed Squat</b> 3x6 @	112
		<b>OR</b>	
<b>Squats 1/4</b> 1x6 @ 245	<b>Speed Squat</b> 3x8 @ 140	<b>BLF w/2 hops</b>	6
		<b>SLJ</b>	6
		<b>STJ</b>	6
<b>Step Up</b> 3x8 @ 70	<b>Hurdle Hops (dynamic)</b> 3x5	<b>Hurdle Hops (static)</b> 3x5	
		<b>Hurdle Hops (dynamic)</b>	2x5

MICROCYCLE PLANNER						
PERIOD: Competition II		PHASE: Main		MESOCYCLE: 3		MICROCYCLE: 2
EVENT: Sprints/Hurdles				WEEK #37		May 16-22
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest & Treatment	Warm Up: B & BSR <u>Hurdle Mobility:</u> -5x10h all-leg walkover -2x5h lateral skips Straight & Bent <u>Weights:</u> Day 1 <u>Shot Throws:</u> Cx3	Warm Up: Competition # 1-3 <u>Acceleration:</u> 2 x 30m blocks (3h) 2 x 40m blocks (4h) <u>Speed Development:</u> <b>RI=5:00 Sprinters</b> 1 x In & Outs g1-2 x 20m peak <u>Speed Endurance:</u> <b>RI=5:00 Hurdlers</b> g1h-2 x 8h (5 step->3step) g2h-2 x 3h 1 x 8h 1 x 5h <u>Cooldown:</u> A	Warm Up: E <u>Body Build</u> <u>Medicine Ball:</u> A,B&Cx10 <u>Remedials:</u> A&Bx10 <u>General Strength:</u> D&E <u>High Knee:</u> g1-2x100 <u>Continuous Tempo:</u> g2-20' easy <u>Cool Down:</u> A	Warm Up: E (Hurdles with pause) <u>Weights:</u> Day 2 <u>Shot Throws:</u> Cx3 <u>Continuous Tempo:</u> g2-10' easy <u>Cool Down:</u> BSR Leg swings W @ 10.5 <u>Weights:</u> g1 only Deep squats with pause -3x10 <u>Cooldown:</u> A	Warm Up: Competition # 1-3 <u>Acceleration:</u> (30m) -3 x blocks (H-3h) <u>Speed Endurance:</u> <b>RI=12:00-15:00</b> g1h- 1x120 W @ 14 1x90 W @ 10.5 <u>Weights:</u> g1 only Deep squats with pause -3x10 <u>Cooldown:</u> A	Rest & Treatment

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.37		
Name: Lolo Jones		Please round DOWN to the nearest 5 pound increments on all repetitions.
Body Weight: 140		It is essential all weight training be done EXACTLY as prescribed!
Power Clean 1-rep max: 200		Consult your coach before you deviate away from this WORKOUT!
Bench Press 1-rep max: 155		Communicate if you have difficulty in achieving the repetitions.
Squat Projected 1-rep max: 320		Push yourself and move bar with EXPLOSION! Recruit more muscle fibers!!!
Day 1	Day 2	Day 3
Power Clean 5x8@ 100	Snatch 3x5 @ 78	Hang Clean 2x6 @ 140 1x6@ 150
Speed Squats 1/2 5x5 @ 112 After each set do-> 3xHH Static	Clean Shrug 2x5 @ 130 1x5 @ 140 1x5 @ 150 1x5 @ 160	Cleans & Jerk (1-3) 2x3 @ 98 (1-2) 2x2 @ 105 (1-2) 1x2 @ 112
Squat Deep 3x6@ 112		
Standing Good Mornings Bent-> 2x6 Straight->2x6	Bench 2x5 @ 124 1x5 @ 132	Lunge Jumps 3x20 @ 20
	St./Bt.Leg Deadlift 4x5 @ 70	Military Press 3x8 @ 45
	Squats 1/4 3x5 @ 192 After each set do-> 3xHH Dynamic	Standing Good Mornings Bent-> 2x8 Straight-> 2x8



Contact Information:		
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2012 Indoor Track & Field Schedule		
January 14 College Invitational January 21 LSU vs. Texas A&M Dual January 27-28 Arkansas Invitational February 3-4 New Orleans & Collegeville Invite February 10-11 Zyron Invitational February 17 LSU Twilight February 24-26 SEC Indoor Championship March 2 LSU Invitational March 3 NCAA Qualifier March 9-10 NCAA Indoor Championship	Birmingham, AL College Station, TX Fayetteville, AR New York, NY Fayetteville, AR Baton Rouge, LA Lexington, KY Baton Rouge, LA Ames, IA Boise, ID	
2012 Outdoor Track & Field Schedule		
March 17 Louisiana Classics March 23-24 LSU Relays March 28-31 Texas Relays April 7 LSU Invitational April 13-14 Sam Angel Classic April 21 LSU Alumni Meet April 26-28 Drake Relays April 26-28 Penn Relays May 18-19 SEC Outdoor Championship May 24-26 NCAA Outdoor Championship - Ford Region June 6-9 NCAA Outdoor Championship June 15-17 USA Junior Championship June 22-July 1 Olympic Trials July 19-25 IAAF World Junior Championship August 9-12 Olympic Games	Baton Rouge, LA Baton Rouge, LA Austin, TX Baton Rouge, LA Tampa, FL Baton Rouge, LA The Mile, IA Philadelphia, PA Baton Rouge, LA Yuba The Mile, IA Birmingham, AL Eugene, OR Barcelona, SPAIN London, ENGLAND	

# Technical Factors

Factors affecting the 100 Hurdles

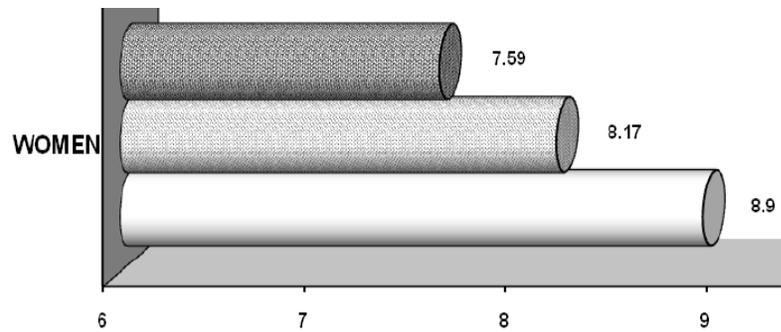


## HURDLE RACE REFERENCE CHART – 100 HURDLES

- Number of strides to hurdle # 1 8
- Number of hurdle clearance strides 10
- Number of strides between hurdles 27
- Number of strides from last hurdle to finish 6
- **TOTAL NUMBER OF STRIDES** **51**

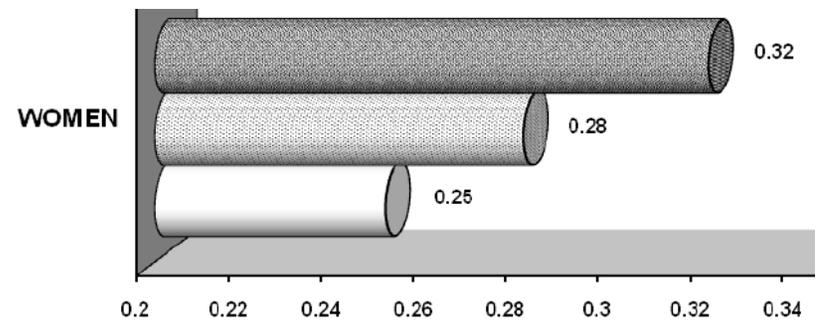
### Horizontal Velocity

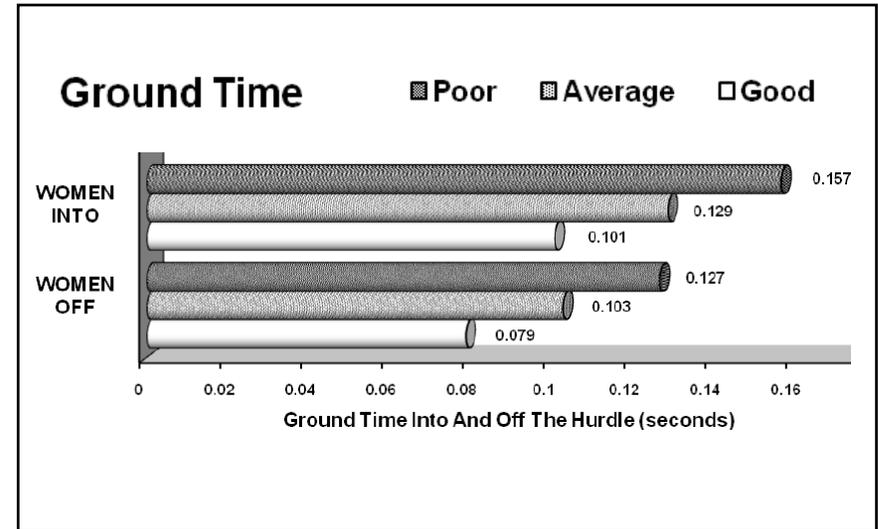
■ Poor ■ Average □ Good



### Air Time

■ Poor ■ Average □ Good

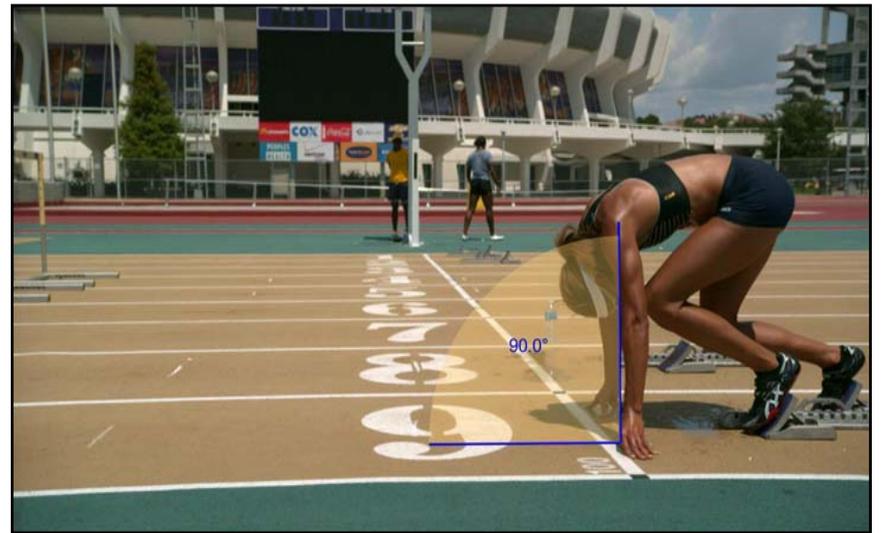


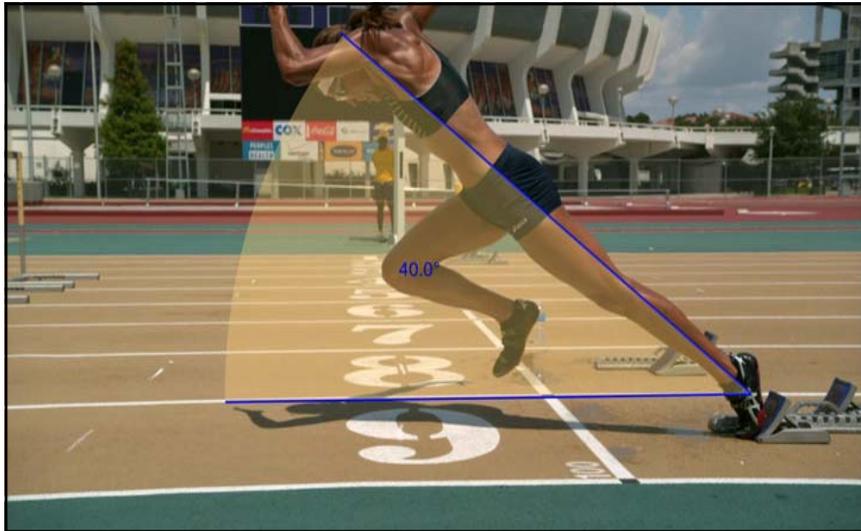


## Technical Factors

- ◆ Factors affecting the 100 Hurdles
  - Start
  - Acceleration to Hurdle 1
  - Take off phase
  - Flight phase
  - Landing phase
  - Inter hurdle run
  - Run to finish







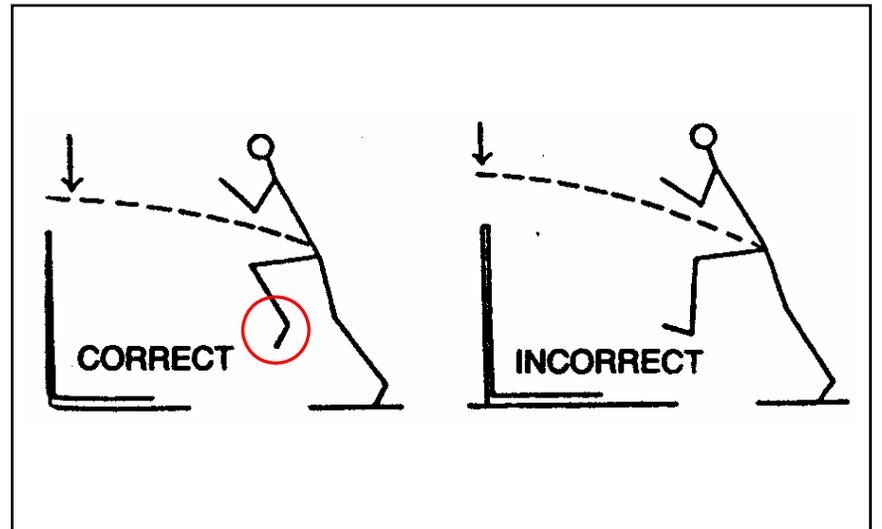
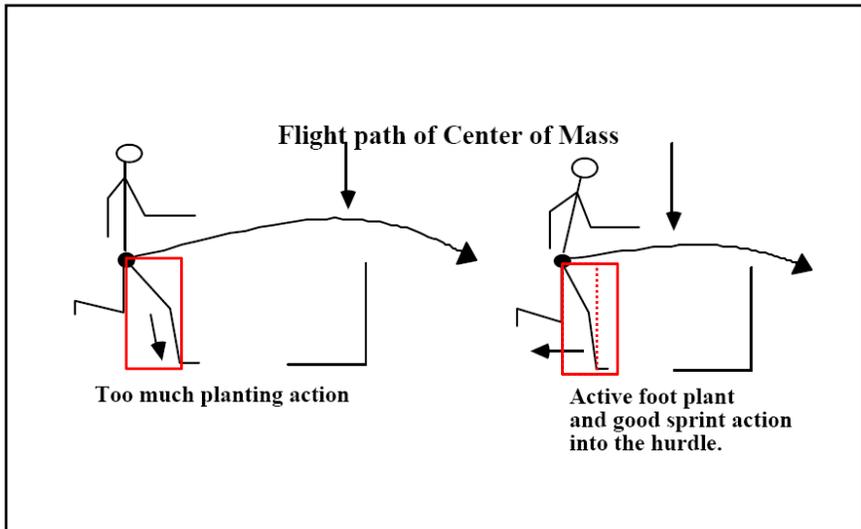
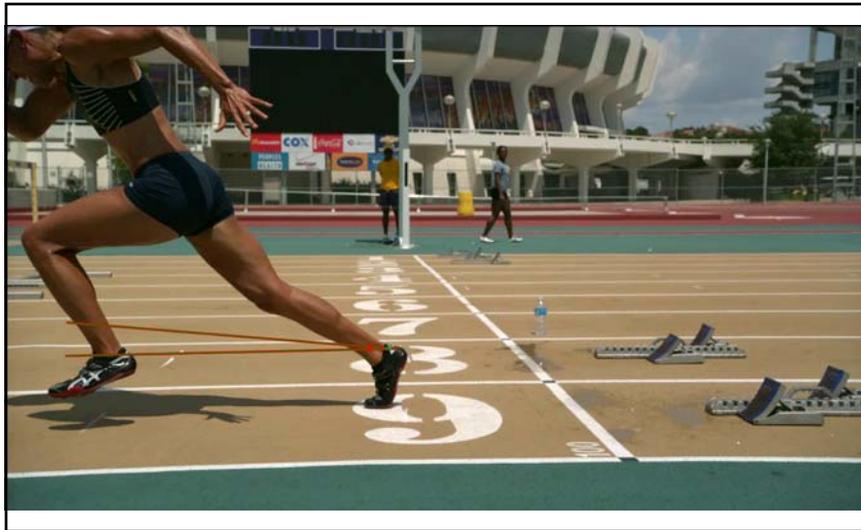
**AVERAGE STRIDE PATTERN START LINE TO HURDLE #1**

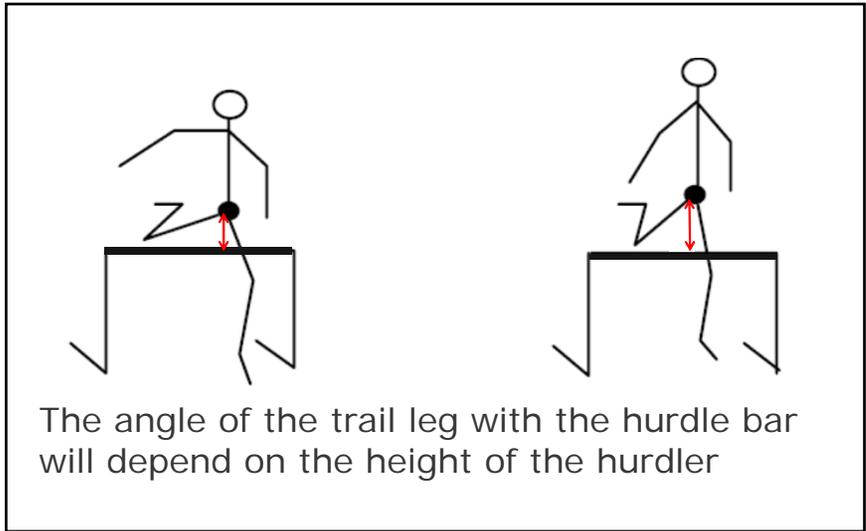
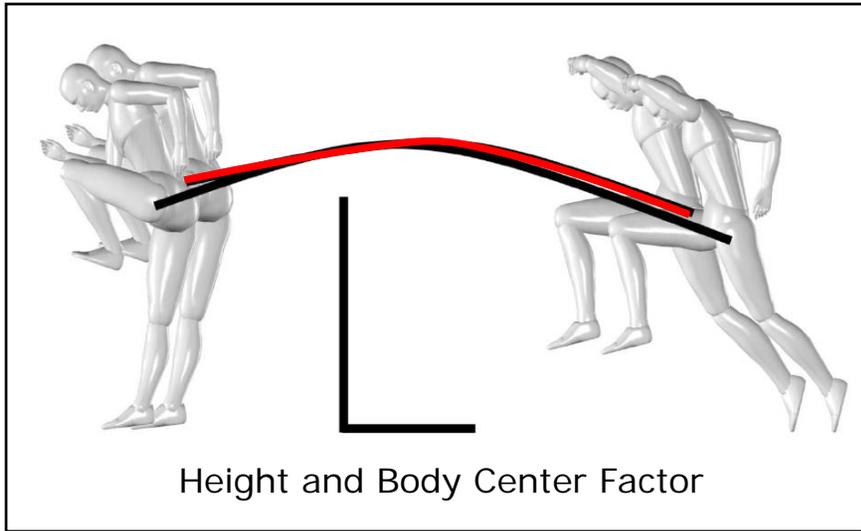
- Stride pattern to hurdle #1: (8 stride pattern is recommended)
- Measurement begins from the starting line in meters for the *average* pattern.
- Trail leg (power) should be in the front block setting.

**100 Meter Hurdles**

Start Line | .60 | 1.65 | 2.95 | 4.40 | 5.95 | 7.60 | 9.35 | 11.05 | T.O. | h1







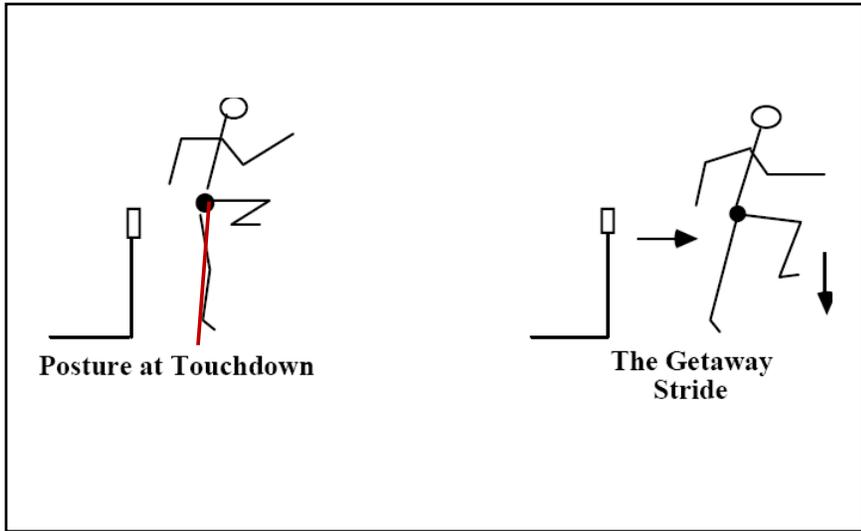
	Leaving hurdle	1 <sup>st</sup> stride	2 <sup>nd</sup> stride	3 <sup>rd</sup> stride	Distance to hurdle
Early race 100h	95cm	150cm	205cm	195cm	205cm
Later race 100h	105cm	150cm	200cm	190cm	205cm





	Leaving hurdle	1 <sup>st</sup> stride	2 <sup>nd</sup> stride	3 <sup>rd</sup> stride	Distance to hurdle
Early race 100h	95cm	150cm	205cm	195cm	205cm
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	Leaving hurdle	1 <sup>st</sup> stride	2 <sup>nd</sup> stride	3 <sup>rd</sup> stride	Distance to hurdle
Early race 100h	95cm	150cm	205cm	195cm	205cm
Later race 100h	105cm	150cm	200cm	190cm	205cm





	1H1	1H2	1H3	1H4	1H5	1H6	1H7	1H8	1H9	1H10
12.30	2.45	3.45	4.41	5.36	6.30	7.26	8.24	9.24	10.24	11.25
		1.00	0.96	0.95	0.94	0.96	0.98	1.00	1.00	1.01
12.36	2.46	3.47	4.43	5.39	6.33	7.30	8.28	9.29	10.29	11.31
		1.01	0.96	0.95	0.94	0.96	0.98	1.01	1.01	1.02
12.42	2.47	3.48	4.45	5.41	6.36	7.33	8.32	9.33	10.34	11.36
		1.01	0.97	0.96	0.95	0.97	0.99	1.01	1.01	1.02
12.49	2.49	3.50	4.48	5.44	6.39	7.37	8.36	9.38	10.39	11.42
		1.02	0.97	0.96	0.95	0.97	0.99	1.02	1.02	1.03
12.55	2.50	3.52	4.50	5.47	6.43	7.41	8.41	9.43	10.45	11.48
		1.02	0.98	0.97	0.96	0.98	1.00	1.02	1.02	1.03
12.61	2.51	3.54	4.52	5.50	6.46	7.44	8.45	9.47	10.50	11.53
		1.03	0.98	0.97	0.96	0.98	1.00	1.03	1.03	1.04
12.67	2.52	3.55	4.54	5.52	6.49	7.48	8.49	9.52	10.55	11.59
		1.03	0.99	0.98	0.97	0.99	1.01	1.03	1.03	1.04
12.74	2.54	3.57	4.57	5.55	6.52	7.52	8.53	9.57	10.60	11.65
		1.04	0.99	0.98	0.97	0.99	1.01	1.04	1.04	1.05
12.80	2.55	3.59	4.59	5.58	6.56	7.56	8.58	9.62	10.66	11.71
		1.04	1.00	0.99	0.98	1.00	1.02	1.04	1.04	1.05
12.86	2.56	3.61	4.61	5.61	6.59	7.59	8.62	9.66	10.71	11.77
		1.05	1.00	0.99	0.98	1.00	1.02	1.05	1.05	1.06



### Special Thanks

- Gary Winckler
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- Red Bull



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