

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 Means of

<u>Development</u>

General Endurance Distance runs,

Continuous movement

games.

Tempo Endurance 12x120 (w/jog

back recovery)

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

Means of

Development

Power Hills (10-30m), Plyometric Short

Exercises, Short resistance runs at max

effort. Ball throws.

Hurdle Rhythm quickness over hurdles,

Drills promoting

employing lower and closer barriers.

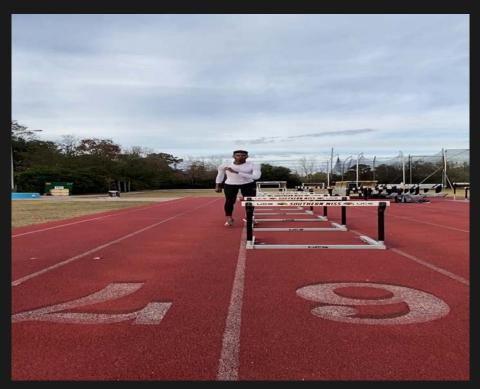
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Warm-Up

- 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

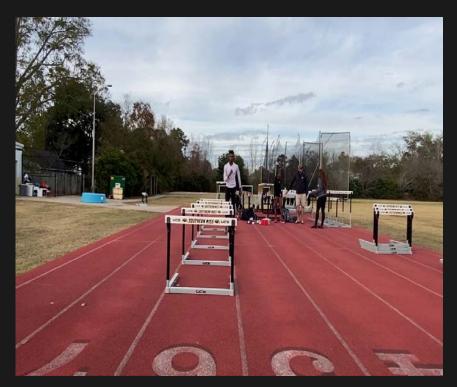


Skips Trail Leg



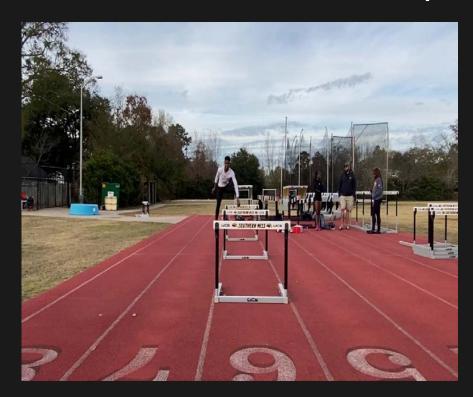


Skips Lead Leg





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 Guzman13.7, 13.7		•	Modesty Lorick	13.5, 13.7
•	LaRon Bennett	13.9, 14.0	•	Talia Thompson	14.1, 14.4
•	Justin Gaymon	14.0, 14.0	•	Brooklyn Polk	14.4, 14.6
	LaBronze Garrett	1/1 1/1 3		Jasmine Griffin	141 143

Superlatives

- Justin Gaymon
 7.86,13.85,48.46
- LaRon Bennett7.94,13.86,48.71
- LaBronze Garrett 7.94, 13.93,48.61
- Javonie Small7.98,14.15,50.46

- Modesty Lorick8.50,13.48,58.54
- Talia Thompson13.96,1:00.85

Thank You

