

# Practical Coaching Strategies:

400m/ 400H

Both events are very similar in training styles. The difference incorporates technique and race strategy.



When beginning the training process, try not to separate 400m/400h from the fact that they are sprinters.



# Baby Hurdles

Used to train sprinting technique. Start on day 1 in flats and progress to spikes. Distance between hurdles increases by 3 inches every 6 weeks.



# Baby Hurdles

Flats- Early Season-Female



109\_0077.mov

# Baby Hurdles

Spikes-Mid-season-Female



wickets Tamika spikes.MOV

# Baby Hurdles or Wickets

Examples for distances: Place a mark at half the distance before The first baby hurdle. This is the line that the first step MUST land On. After hurdle is placed the spacing increases by 3 inches after Each 3<sup>rd</sup> hurdle.

EX. Women

5'6", 5'6", 5'6", 5'9", 5'9", 5'9", 6'00", 6'00", 6'00" etc.

Every 6 weeks of training begin by increasing 3" on wicket

# Training for both events:

<u>WEDNESDAY, OCTOBER 1, 2014</u>
WARMUP: "C"
6 x 60m WICKETS DRILL: w=5'8" m=6'1"
500-BREAKDOWN
1 x 500 Lactacid Capacity [3']
1 x 400 Lactacid Capacity [3']
1 x 300 Lactacid Capacity [3']
1 x 200 Lactacid Capacity [3']
1 x 100 Lactacid Capacity
6 x 100m Cooldown strides
Hurdle Mobility II
3 x 8 Hurdle Walk-Overs
3 x 8 Hurdle Bent Leg - middle of hurdle
3 x 8 Hurdle Over-Unders
3 x 16 x Hurdle In-Place Dual Trail legs
3 x 10 Crocodile Walk with pause
*Yoga Circuit



# Determine what athlete's needs are:

Texas Sprints
MONDAY, NOVEMBER 19, 2015
WARMUP: ORANGE
Stick to recoveries and run through the finish line:
Lactacid:
ACAP: ASSE 3/60/80/100
1 x 60 Accelerate at 85% effort [2']
1 x 80 Accelerate at 88% effort [3']
1 x 100 Accelerate at 90% effort [6']
1 x 60 Accelerate at 85% effort [2']
1 x 80 Accelerate at 88% effort [3']
1 x 100 Accelerate at 90% effort [6']
1 x 60 Accelerate at 85% effort [2']
1 x 80 Accelerate at 90% effort [3']
1 x 100 Accelerate at 93% effort [6']
8 x 100 SPRINTER'S COOLDOWN
Hurdle Mobility
3 x 8 Hurdle Walk-Overs
3 x 8 Hurdle Bent Leg - side of hurdle
3 x 8 Hurdle Over-Unders
3 x 10 Crocodile Walk with pause

WEDNESDAY, FEBRUARY 11, 2015

WarmUp:MOVEMENT

800M jog

4 x 50 SideStep Shuffle

40 x Lunges

4 x 50 Stride and turnaround

2 x 50 Walk with arm swings...crossovers, overhead

2 x 50 Skip with large arm circles

2 x 20 A-Skip and bend down to touch toes each 5m

2 x 50 Jog and lunge with scoop each 10m

2 x 50 Jog doing cross steps with arms crossing

20 x • Leg Swings

20 x • Eagles

2 x 30 Tripling at medium fast rhythm

2 x 60 Stride doing 4 A-skips on spot each 20m front and side

2 x 60 Stride doing 4 B-skips on spot each 10m

2 x 50 Backward Runs

2 x 50 Single A-Run on tripling rhythm (L & R)

10 x Inch Worm

10 x Crocodile Walk

4 x 30 Hurdle Hops Accelerations- 8H+10m

4 x 30 Block Starts at 60m mark

4 x 150m ...in 50m build + 50m hold + 50m kick to finish

REST

2 x 4 x 120m Turn Kickers (jog back)

(400H) 2 x 5678 (jog back)

8 x 100 SPRINTER'S COOLDOWN

Hurdle Mobility

3 x 8 Hurdle Walk-Overs

3 x 8 Hurdle Bent Leg - side of hurdle

3 x 8 Hurdle Over-Unders

3 x 10 Crocodile Walk with pause

Focus on

400 HURDLES

Trail foot is below the knee. This is a result of the push off of the ground and not the rushed takeoff. Leave that takeoff on the ground a little longer to force the hips forward on top of the hurdles.



As you can see, from this angle the foot is not visible because it is behind the hips and not above the knee.



Example of not pushing long enough on the ground. The foot is way above the knee. This causes the foot to flip and prevents the hips from moving through the hurdles as effectively. Can also cause the athlete to hit the hurdle with his/her knee.



- Event should be thought of as a sprinting event.
- Training and Conditioning should be implemented with this in mind.
- Don't train like 800M- train like a 200m or 400m runner.

- You don't have to be an experienced hurdler to try this event. Hurdles are shorter.

~Girls 30" Boys 36"

- Being involved in other sprinting events helps overall performance and general speed.

Ex. 100, 4x100, indoor sprints and sprint hurdles.

- All 300H don't have to run short hurdles, but it helps foot speed. Best speed training for an intermediate hurdler is short hurdle training. Also benefit from technique work as well.



- Focus on improving 200m time.  
Can't run the race outdoors often because of time schedule.

\*Baby Hurdles

- Speed Endurance training

- Rhythm Endurance-using hurdles with short rest (walk back or jog) -No fatigue running.

# Training Sessions:

## #1) Optimal Hurdle Runs

4 hurdles on the straight with 19-22 meters apart.

Focusing on aggressive arms and attacking and running off. Run-in, Run-off

## #2) 5678 drill

4-5 hurdles placed on the marks. Focusing on stride pattern. Objective is to get in hurdle fitness. Can run using hurdles 4-10. Jog back when fitness improves. Stop when fatigue compromises stride pattern.

# Training Sessions:

## #3) Block Starts to hurdle 1

1-3 hurdles. Focusing on determining a # of steps to take or which leg you will lead with from the gun. Should be dominant lead.

## #4) Endurance Sessions:

Long endurance runs from 1-6. Never run in a fatigued state. Use blocks and simulate race.

- Hurdling Technique is important
- You can teach a new hurdler to do the event with more confidence than the 100H.  
-Hurdles are farther apart and shorter.
- Constantly work on technique in training  
**EVERY TIME** you hurdle.

The long over-reaching step (too close) will propel you higher and slow you down, possibly causing you to hit the trail leg. A shorter step striking underneath the hips keeps the hurdler from going too high and “floating”.



# Floating

Reasons why:

1. Too close to the hurdle at take off. Cut-step is too long or reaching
  2. Takeoff foot planted on heel. Take off on the ball of your foot.
  3. Non existent or non-active cut step-“hot stepping”
  4. Lead leg extended too long. It is not a bad thing if your lead knee is slightly bent.
- ~~If your Athlete is afraid of the hurdles, use collapsible hurdles and athlete will eventually realize that hitting a hurdle in most cases does not mean death.

# Stride Pattern

Determine a stride pattern. No need to count steps.

Odd # of steps-same lead leg ex. RRRRR

Even # of steps-alternating lead legs ex. RLRLRLRL

# of steps do not determine how fast you will run.

# Stride Rhythm

Stride rhythm has to do with tempo and pace. Understanding what the stride rhythm “feels” like and learning how to distribute distance.

- a. Hurdle approach
- b. Hurdle runoff
- c. Adjusting stride frequency
- d. Adjusting stride pattern



# Developing Hurdle Mobility

- ~Leg Swings
- ~Hurdle Roll-Overs
- ~BW Squats to heels
- ~Split Squats
- ~Arm Skipping
- ~A-Skipping into 30m sprint
- ~A-Run into 30m sprint
- ~Hurdle over-unders
- ~3x8 Hurdle Walk-Overs
- ~4x8 Hurdle Bent Leg-Side of Hurdle
- ~3x12 Hurdle In-Place Dual Trail Leg
- ~10 Inchworm
- ~10 Crocodile Walk (with pause)

# Barefoot Silly Walks

Do in the sand pit

- 2x20 Forward Heel-Toe walk
- 2x20 Backward Toe-Heel walk
- 2x20 Forward Heel-Little to-Big toe walk
- 2x20 Forward Heel-Big toe-Little toe walk
- 2x20 Forward Toe walk
- 2x20 Forward Heel walk
- 2x20 Backward Heel walk
- 2x20 Backward Toe walk

# CORE-RUDIMENT

- 2x20 Power Skip (height)
- 2x20 Power Skip (distance)
- 2x20 Single Leg (forward)
- 2x20 Single Leg (backward)
- 2x20 LLRR
- 2x20 Medials
- 2x20 Double Leg (Forward)
- 2x20 Double Leg (backward)