

Stride Pattern to H1

- These are only an estimate
- Trail leg should be in front block (unless doing 7 steps)
- 100 Meter Hurdles

Start Line | .60 | 1.65 | 2.95 | 4.40 | 5.95 | 7.60 | 9.35 | 11.05 | T.O. | H1

110 Meter Hurdles

Start Line | .60 | 1.70 | 3.05 | 4.55 | 6.20 | 8.00 | 9.90 | 11.70 | T.O. | H1

110 Meter Hurdles (7 steps)

Start Line | .75 | 2.15 | 3.85 | 5.60 | 7.50 | 9.60 | 11.58 | T.O. | H1

Table 8.3 Touchdown Times for Various Hurdle Races

110-Yard High Hurdles										
1	2	3	4	5	6	7	8	9	10	Finish
2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2	13.6
2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4	14.0
2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9	14.4
2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0	14.6
2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2	15.0
2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6	15.5
2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0	16.0
100-Meter High Hurdles										
1	2	3	4	5	6	7	8	9	10	Finish
2.5	3.6	4.6	5.7	6.8	7.9	9.1	10.2	11.0	12.2	13.8
2.5	3.6	4.6	5.7	6.9	8.1	9.3	10.4	11.2	12.4	14.0
2.6	3.6	4.7	5.9	7.1	8.3	9.5	10.7	11.7	12.9	14.3
2.6	3.8	4.9	6.0	7.2	8.4	9.6	10.9	11.8	13.0	14.8
2.6	3.8	4.9	6.1	7.3	8.5	9.7	11.0	12.0	13.2	15.0
2.7	3.9	5.0	6.2	7.4	8.7	9.9	11.2	12.3	13.5	15.3
300-Meter Intermediate Hurdles										
1	2	3	4	5	200	6	7	8	Finish	
6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4	36.6	
6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8	38.0	
6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	38.0	39.4	
6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3	40.8	
7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7	42.2	
7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1	43.7	
7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5	45.2	
7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9	46.6	
8.0	13.2	18.4	23.6	29.0	31.4	34.6	40.4	46.3	48.8	
400-Meter Intermediate Hurdles (Women)										
1	2	3	4	5	6	7	8	9	10	Finish
6.5	11.1	15.7	20.3	25.0	29.8	34.7	39.7	44.9	50.1	56
6.7	11.5	16.3	21.1	25.9	30.8	35.9	41.1	46.2	51.8	58
6.9	11.9	16.9	21.9	26.9	32.0	37.2	42.5	47.9	53.4	60
7.1	12.3	17.5	22.6	27.8	33.1	38.4	43.9	49.5	55.2	62
7.3	12.6	17.9	23.3	28.7	34.2	39.8	45.4	51.1	57.0	64
400-Meter Intermediate Hurdles (Men)										
1	2	3	4	5	6	7	8	9	10	Finish
5.9	10.0	14.1	18.2	22.3	26.5	30.8	35.2	39.7	44.3	49.6
6.0	10.2	14.4	18.6	22.8	27.1	31.5	35.9	40.4	45.1	50.5
6.1	10.4	14.7	19.0	23.3	27.7	32.2	36.8	41.6	46.5	52.0
6.3	10.7	15.1	19.5	23.9	28.4	32.9	37.6	42.5	47.5	53.0
6.4	10.9	15.4	19.9	24.4	29.0	33.7	38.5	43.4	48.4	54.0

TRAINING VARIATION FOR SPRINT HURDLES

Drill	Men	Women
reduced distance & height to H1	13.42/36-39"	12.70/27-30"
10 strides to H1	17.22/36-39"	16.20/27-30"
12 strides to H1	21.02/36-39"	19.7/27-30"
3 strides between Hurdles	7-8.4 meters/height lower	7-8.2 meters/height lower
5 strides between Hurdles	12.84/36-39"	12.20/27-30"
Combine 5 and 3 step patterns	<u>8/5/5/5/3</u>	
3 stride between Hurdles	Reduce each hurdle by 10 cm	
Incline Hurdling	<u>1-3% uphill or downhill</u>	