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- USATF Executive Committee for Coaching Education
- USATF Level 2 & 3 Sprints, Hurdles, Jumps
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- 12 years of Div. I Coaching Experience
 - Drake University, Acting Head Coach
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Key Qualities for the Transitioning Hurdler

Content of Presentation

- Qualities a Sound Hurdler
- Bio-Motor Abilities
- Event Demands
- HS to College Transitioning —Training and Competition

Makings of a Hurdler

- Exceptional bio-motor abilities
- Kinesthetic/spatial awareness
- Fear-less



- Work-horse
- Patient
- All-inclusive

Bio-motor Abilities

Primary Abilities

- **Strength**
- **Speed**
- **Endurance**
- **Flexibility**
- **Coordination**

Integrated Abilities

- **Power**
 - speed + strength
- **Agility**
 - speed + coordination
- **Mobility**
 - Flexibility + Coordination
- **Speed Endurance**
 - Speed + Endurance

100mH/110mH Race Constants

University and Beyond

- 10 barriers
- Same lead leg
- 7-8 stride to 1st hurdle
- 3 steps between hurdles
- Women: 33"
- Men: 42"

Grade School

- 10 barriers
- Same lead leg
- 7-8 stride to 1st hurdle
- 3 steps between hurdles
- Girls: 33"
- Boys: 39"

Event Demands—100m/110mH

- Start
- Sprint approach to the 1st hurdle
- Hurdle Clearance (takeoff, flight, descent)
- Landing (1st step)
- Follow up stride (2nd step)
- Cut step (3rd step)
- Re-acceleration
- Sprint to finish



300mH/400mH Race Constants

400mH

- 10 barriers
- M: 36" W: 30"
- Alternating lead leg
- 45m to 1st hurdle
 - M: 20-22
 - W: 24-26
 - even= trail leg in front
- 35m between hurdles
 - M: 13-15
 - W: 15-17
 - odd= same lead leg
- 40m last hurdle to finish

300mH

- 8 barriers
- B: 36" G: 30"
- Alternating lead leg
- 45m to 1st hurdle
 - M: 20-22
 - W: 24-26
 - odd= trail leg in back
- 35m between hurdles
 - M: 13-15
 - W: 15-17
 - odd= same lead leg
- 10m last hurdle to finish

Event Demands—300mH/400mH

- Similar technical demands as short hurdles
- Start and sprint approach to 1st hurdle
 - 300mH/400mH variation
 - Curve running
- Hurdle clearance
- Stride pattern and running between hurdles
- Run-in



Training Transitions

High Hurdles

- Increase training load
 - volume vs. intensities
- Hurdle specificity
- Adjust to higher height
 - Part→whole drills
 - Optimal take off position and distance
 - Flight trajectory
- Acceleration→max velocity over competition height (H1-6)
- Adjust to higher height via repetitions (6H+)

Intermediate Hurdles

- Increase training load
 - volume vs. intensities
- Acceleration work on curve
- Stride pattern rehearsal on curve