### **Building a Short Hurdler**



#### **By Justin Wickard**



### **Physiological Demands**

- Power
- Acceleration
- Speed Development
- Max Speed
- Speed Power
- Speed Endurance
- Technical Efficiency
- Rhythm/Hurdle Endurance
- Aerobic



### Correlation

**BIG REMINDER:** Hurdlers must be sprinters first.

#### **Big Rocks to Focus on**

These Kinematics translate over to the efficiency of hurdling .

#### → Improve Acceleration Mechanics

Focus on improving posture, positions & horizontal force.

#### → Improve Max Velocity mechanics Focus on stiffness, timing of limbs, touchdown

# WHY IS SPEED CRITICAL TO THE SUCCESS IN THE SHORT HURDLES?



#### Tip

Speed Development must be a big focus throughout the entire training plan.

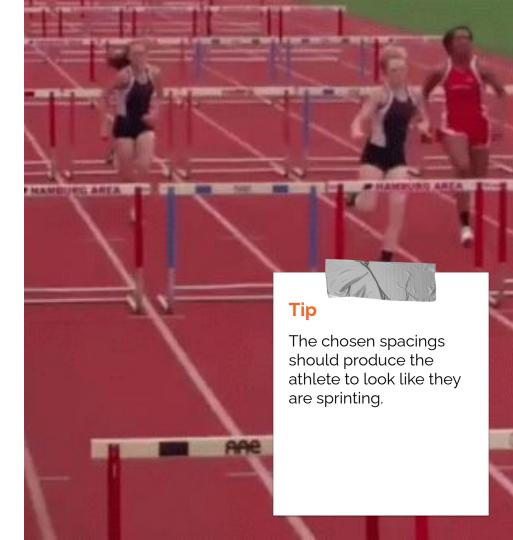
\*\*Speed Development is anything from 0-60 meters.

### When to Drill! Vs Not to Drill?



Remember. Drill don't make you a faster hurdler.

How do you we know what is the **Hurdle Practice Spacing Distance** we should chose with our short hurdlers?





### Analyze Hurdle Performance

What is the hurdle unit splits the athlete is hitting in competitions?

#### Why

- Allows us to calculate practice spacings
- Analyze what are of the hurdle race we need to focus on improving
- Compare performance splits to target goal time hurdle unit splits

ter Target Ti	CARSEN IN	seconds											
<u>Men</u>	<u>Ш</u>	<u>H2</u>	<u>H3</u>	<u>H4</u>	<u>H5</u>	<u>H6</u>	H7	<u>H8</u>	<u>H9</u>	HI0	<u>Finish</u>	о. н. т.	
	2.78	3.90	4.99	6.07	7.14	8.22	9.31	10.40	11.50	12.63	14.12	Cumulitive Time	
		1.12		1.08	1.07	1.08	1.09	1.09	1.10	1.13	1.49	Splits	
ideo S	Splits 2.73	1.06	1.10	1.06	1.06	1.06	1.06	1.10	1.10	1.13	1.50		
HI-H 8.3			17-H10	<u>Hurdle \</u> distances	į		based on ] wrdles	<u>Farget G</u>	<u>oal</u>				
	Goal of 13.0			distances	Jec up o	curcent	iur dies		_				
	Touchdown	25120 - ANNO 12717 (24-4712											
ater Target		second	5										
	HI	<u>H2</u>	<u>H3</u>	<u>H4</u>	<u>H5</u>	<u>H6</u>	<u>H7</u>	<u>H8</u>	<u>H9</u>	<u>H10</u>	<u>Finish</u>		
<u>1en</u>													
<u>1en</u>	2.68	3.75	4.81	5.85	6.88	7.92	8.97	10.02	11.07	12.16	13.60	Cumulitive Time	

Hurdle Practice distances to achieve hurdle touchdown splits for 13.60 target goal.

110mH Hurdle Velocity Training based on Target Goal											
HI-H4	H4-H7	H7-H10									
8.65	8.80	8.58	distances set up between hurdles								

## hurdle unit splits greater than 1.10 seconds

Don't settle for

#### Tip

Lower the hurdles to increase hurdle velocities.

It's import to force the inter hurdle stride frequency if using Wickets.

# Don't go over 2.0m & 1.95m wicket spacings.







# Thank You

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