

# Key factors for the long hurdles



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If you had to choose just *one* factor that makes or breaks a long hurdler

1. Speed
2. Rhythm
3. Endurance
4. mental toughness

which would you pick and why?

**Training Perspective**  
Should we train the long  
hurdles like a 400 meter  
athlete?

# Establishing a stride pattern for the long hurdles

!!First we must know Athlete's stride length!!

# Steps taken based on Stride length

## Strides Between the Hurdles / Required Stride Length Needed by Athlete

14 Strides 2.28m

15 Strides 2.13m

16 Strides 2.00m

17 Strides 1.88m

18 Strides 1.77m

19 Strides 1.68m

# Sub-maximal hurdling TO ESTABLISH stride Rhythm

## 300/400mH Practice Spacings

86	% of normal distance spacing										
Steps=	9	10	11	12	13	14	15	16	17	18	* practice strides
14	20.27	22.24	24.20	26.17	28.13	30.10					
15	19.09	20.93	22.76	24.60	26.43	28.27	30.10				
16	18.06	19.78	21.50	23.22	24.94	26.66	28.38	30.10			
17	17.15	18.77	20.39	22.01	23.62	25.24	26.86	28.48	30.10		
18	16.34	17.87	19.40	20.93	22.46	23.98	25.51	27.04	28.57	30.10	
Strides in Comp											

Focus on 7-12 step spacings

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# Long Hurdles Performance Ch

## 300mH Touchdown Times

Enter Target Time: **43** seconds

Enter Target Time: **37.5** seconds

Hurdle	Women	Hurdle Splits
1	7.09	
2	11.70	4.61
3	16.39	4.69
4	21.16	4.77
5	26.03	4.87
6	31.03	5.00
7	36.09	5.06
8	41.44	5.36
Finish	43.00	1.56 Run In

Hurdle	Men	Hurdle Splits
1	6.38	
2	10.42	4.04
3	14.49	4.08
4	18.66	4.16
5	22.92	4.26
6	27.30	4.38
7	31.79	4.50
8	36.40	4.61
Finish	37.50	1.10 Run In

**27.99**

**24.65**

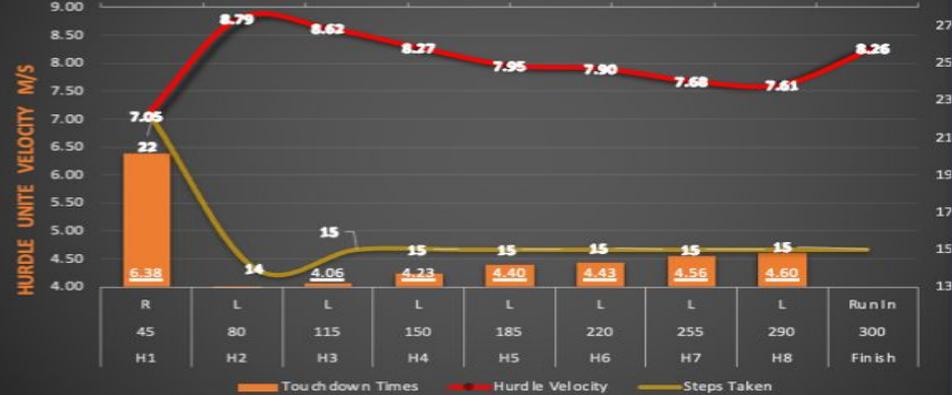
200m Split Time  
**24.78**

## 300mH Analysis

	H1	H2	H3	H4	H5	H6	H7	H8	Finish
Distances in Meters	45	80	115	150	185	220	255	290	300
Step Pattern	R	L	L	L	L	L	L	L	Run In
Touchdown Times	6.38	3.98	4.06	4.23	4.40	4.43	4.56	4.60	1.21
Cumulative Time		10.36	14.42	18.65	23.05	27.48	32.04	36.64	37.85
Steps Taken	22	14	15	15	15	15	15	15	4
Hurdle Velocity	7.05	8.79	8.62	8.27	7.95	7.90	7.68	7.61	8.26
Average Velocity H1-8	7.99								
Race Distribution	% of Time	Time Difference	Difference %						
1st (150)	18.65	49.27	0.55	1.45					
2nd (150)	19.2	50.73	If more then 5% improve second half of race						
Difference btw best & worst hurdle split	0.62	Elite > 1.25	Av > 2.0	Poor < 2.50					

## 300H Analysis

LEAD LEG AT EACH HURDLE



Select Athletes Name

Select Date of Race

Bryson Crippen

4/30/22

Analyze Performances to adjust training

# Seasonal Game Plan to Establish the Long Hurdle Race Strategy

## GPP

### Areas of Focus

- Acceleration & Speed Development
- Intensive Tempo Work
- Low Amplitude Plyometrics
- Circuit Training to improve aerobic fitness, coordination,
- Off leg hurdling emphasis (2 step Drill)
- Off leg hurdle drills
- Steering work at random spacings

## SPP

### Areas of Focus:

- Speed Development & Max Velocity
- 1x a week Speed Endurance
- Use intensive tempo work over hurdles to establish stride rhythm.
- Hurdle Step/Rhythm (Reduced Spacings 7-12 Steps)
- Higher Amplitude Plyometrics



Thank you

Presented by

