

# Training & Technique for 300/400 Hurdles

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# Introduction To The 300/400 Hurdles

- One of the most demanding events in track and field
- Success in this event requires a great deal of determination, pain tolerance, and heart.
- ‘Quarter’ runners/hurdles are heralded for their tenacity and courage; this in turn makes them team leaders
- Truly an event where “hard work will pay off.”

# Talent Identification

- There are no size requirements, but tall and thin predicts better than short and stocky
- During a 300m time trial, watch the athletes after crossing the line. The short sprinters stop shortly after they finish. The 300m runners run through the line for another 20-30m.(it's not scientific, just experience)



# Pace

- Hurdlers need to develop a keen sense of pace during workouts
- Call splits at each interval
- Use buzzers or whistles at given increments
- Show athlete each 100m split/split between hurdles at the end of each run. (4.0 vs 4.2)  
This prevents going out too slow or too fast in a race

# Pace (cont...)

## **IMPORTANT!!!!**

Pacing is established by proper execution, which 'can' lead to faster times. So, practice times and type workouts should correlate to the desired time. ('Why, What, and How.')

Ex: An athlete who wants to run 48s in the 400h should average: 11.6s/100m, 23s/200, 35.0/300, 41.0/350m( the more consistently they can hit these marks, the easier to hit 48s.

# 300h Race Strategy

- “**P**” is for **Push**, to push out blocks to get up to top speed by 50m
- “**P**” is for **Pace**, from 50 to 250m to get into good rhythm going to get on pace for how fast your looking to go.



## 300h Race Strategy(cont...)

- “**P**” is for **Positioning** for when you get to top of curve and see where you are to make a move... (Now you can race)
- “**P**” is for **Poise** for last 110m where you maintain your Form and Heart to get you home.

# 300 Hurdle Execution

- **Hurdles 1-3:** Use power(attack the ground) and speed to establish steps and rhythm(22-23/14-15)  
(24-25/16-17)
- **Hurdles 3-5:** focus and maintain rhythm;  
DON'T COMPETE



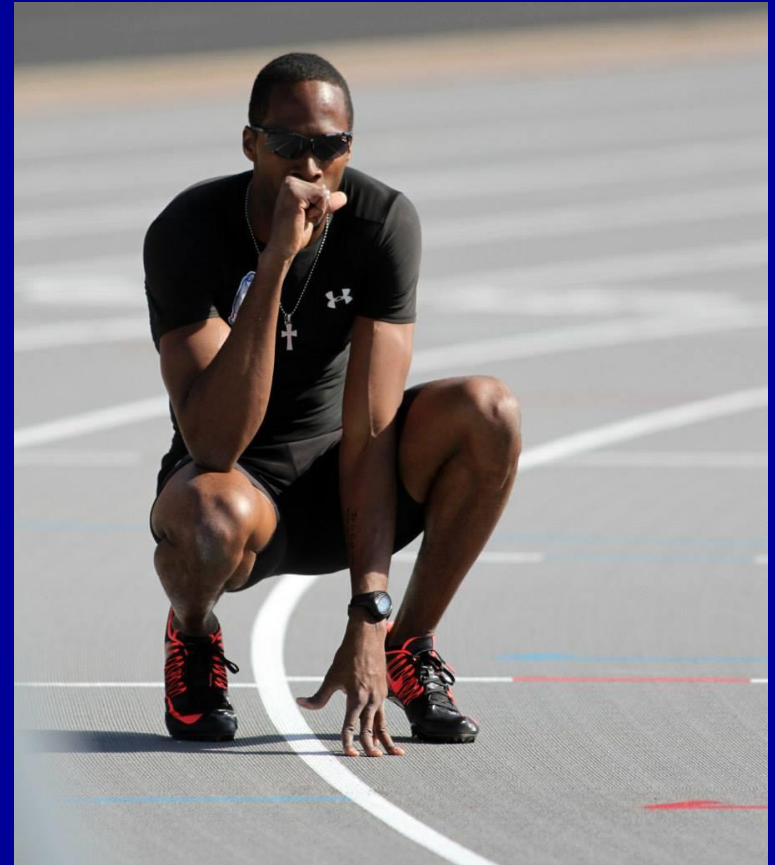


# 300 Hurdle Execution(cont...)

- **Hurdle 5-6:** Transition; Most important part of race; Do I stay or do I go? Hands up and maintain full range of motion.
- **Hurdle 6-8:** Heart; The most painful part of the race; maintain form as best as possible. Hands Up!
- **The Finish:** Finish the race; you can win it or lose it here.

# Intensity

- High intensity is one of the most important aspects to the success of 300/400h training
  - High intensity helps to
    - Simulate race conditions
    - Simulate race recovery time
    - Give confidence to athlete
- (Quantity must go down with near max efforts)**



## Intensity (cont...)

- Athletes can run near max intensity for a short time before injury, extreme fatigue, or cramping occurs
- The coach should never feel bad about cutting workouts because of fatigue
- The coach should also never feel bad about cutting workouts because of a great performance
- Always Err on the side of caution...

# Percentage of Effort

- The intensity of the athlete's effort is expressed by percentage. (i.e..90%, 80%, etc.)
- It's very unlikely you will get 90% effort on every workout, based on the athletes personal best, so you must base the percentage on pace and how they are feeling.



# Recovery

- A hard, easy, hard, easy daily training schedule is a good general way to maintain quality workouts and prevent injury.
- Our collegiate schedule is more like: medium, hard, technical, hard, easy with weekends off
- Proper sleep, nutrition, water intake, ice baths, foam rolling, and stretching(daily) are key components to effective recovery and better performances.

## Recovery (cont...)

- The 300 and 400 hurdles are mostly anaerobic events. In fact, the breakdown seems to \*90% anaerobic and \*10% aerobic. The anaerobic 'lactic' system used during these two events usually produces a great deal of lactic acid with 35-40 seconds (and can continue on for around 60 seconds); this causes a great deal of fatigue. So we base our training around conditioning our bodies to last towards the upper end of 35 to 40 seconds.

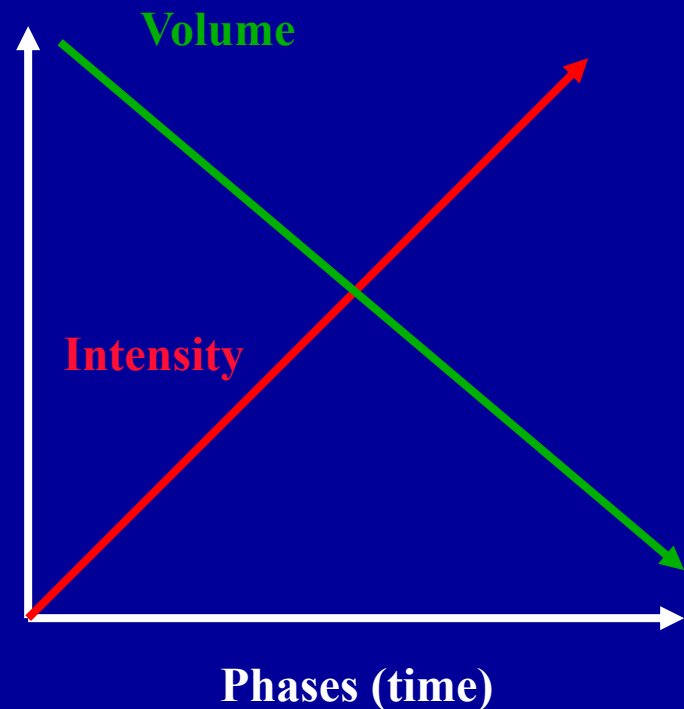
# Periodization

- **General conditioning  
Period (Aug-Oct)- 8  
weeks**
  - Increase cardio-respiratory capacity
  - Increase tempo endurance
  - Develop blood circulation to main sprinting muscles



# Periodization (cont...)

- **Pre-Competition Period (Oct-Dec) 8-10 weeks**
  - Develop sprint and hurdle technique and specific strengths
  - Develop speed, power, and speed endurance.
- **Competition Period (Jan - May) 12-16 weeks**
  - Develop speed/hurdling and racing ability





# 300/400h Training Methods

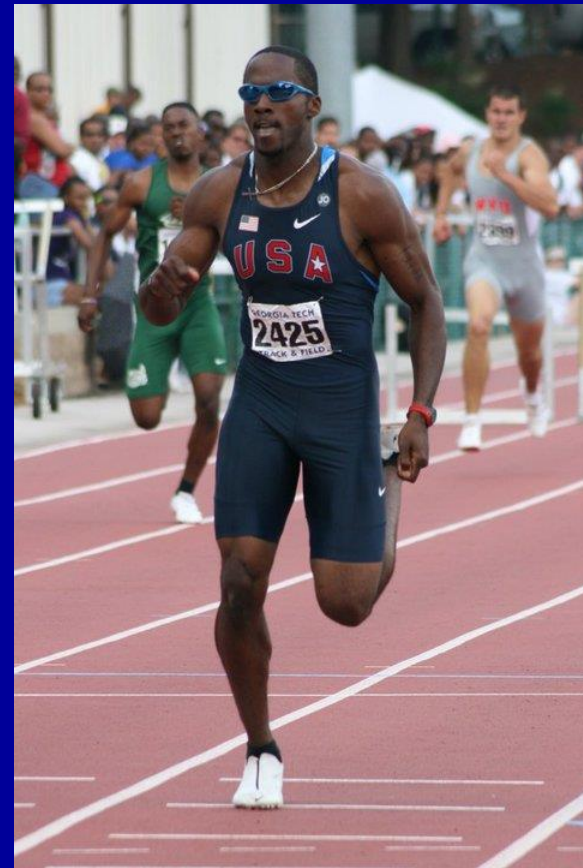
Physical Requirement	Means of Development
General Endurance	Distance runs, biking, swimming, continuous movement activities
Tempo Endurance	Segment runs 8x300m(w/100m walk) 10x250(w/100m walk) 12x 120m(w/100m jog back
Special Endurance	2x500m Full recovery 2x350m Full recovery 2x300m Full recovery

# 300/400h Training Methods

Physical Requirement	Means of Development
Speed Endurance	Runs from 20m to 150m Ex. 3-4 x 150m 6 x 60m(walk back)
Strength Endurance	Long Hill Runs(100m+) Sled Pulls
Speed	Block starts, Relay exchanges, runs under 60m
Power	Short Hills(10-30m), Short resistance runs, Plyometrics

# Hurdle Warm-Up

- **The purpose of the warm-up is to elevate the body's core temperature, so that the muscles can use their full elasticity. This in turn will reduce and/or prevent injury, increase flexibility, and increase blood flow to the main muscles.**



# Hurdle Warm-Up (cont...)

## 5 Components to the warm-up

- Jogging
- Static stretching
- Dynamic stretching
- Hurdle Drills
- Sprinting

# Like a Pro Warm-Up

- 400m jog
- 5m static stretching and rolling out
- Dynamic stretching:
  - Leg swings
  - Toe Taps, Quick steps
  - A-skips, Dynamic A-skips
  - B-skips, Dynamic B-skips



# Like a Pro Warm-Up(cont...)

- **Toe touches, reverse toe touches**
- **Fast-legs, skip-n-scoot**
- **High Knee, A-Runs**
- **Hurdle Drills**
- **Accelerations(20,30,50)**
- **2 x 150m @80%**
- **Total time..1.25hrs**



# General Conditioning Sample

Week 1 and Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
15min run	3m run x 2 2m run x 2 1m run x 2 (3m rest)	15min run	12 x 120m w/jog back recovery	Hurdle Mobility, 10 x 100 at 1min intervals
Monday	Tuesday	Wednesday	Thursday	Friday
10x 150m hill runs w/jog back recovery	20min run	10x 250m w/ 50m walk recovery	20min run	Hurdle Mobility, 10 x 100 at 1min intervals

# Early Season Sample

## Week 1 and Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Block work, Technical work, Ab work, cool down</b>	<b>3x600/300 w/ 1min rest between 600/300</b>	<b>12 x 100m @ 14s. 1min intervals</b>	<b>2 x 300-100- 100 (33-35s). Full recovery</b>	<b>6 x 60m Sled pulls</b>
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3x 40m, 3 x60m</b>	<b>3 x 500m w/5min recovery</b>	<b>6 laps ins/outs, Ab work, roll out</b>	<b>4 x 200m @ 23-24s</b>	<b>4x4 exchanges, 3 x 60m sled pulls</b>



# Championship Week

Monday	Tuesday	Wednesday	Thursday	Friday-Saturday
<b>3 x 150m(90%)</b>	<b>300-100- 100, (33sec)</b>	<b>Warm-up only</b>	<b>Block starts x 4</b>	<b>Compete</b>



**All workouts preceded with a full warm-up**

# Checkpoints



**Mid and late October**

**2 x 500 with full recover**



**Early November**

**350's, 200's**



**Late November**

**300 time trial**

# 2 x 500m



**Torrin Lawrence**

'08- 67.7, 67.3

'10- 62.0, 63.0



**David Dickens**

'05- 64.0, 63.4

'06- 62.4, 63.8



**Justin Gaymon**

'08- 64.0, 64.9

'09- 63.7, 63.9



**LaRon Bennett**

'03- 63.5, 61.9

'06- 62.5, 63.9

'09- 63.7, 63.9



**Travis Marsh**

'12- 65.4, 67.0



**Kia Asberry**

'13- 66.1, 66.3

# 500m

	<b>LaRon Bennett</b>	<b>59.99</b>
	<b>Torrin Lawrence</b>	<b>61.0</b>
	<b>David Dickens</b>	<b>61.7</b>
	<b>Justin Gaymon</b>	<b>62.2</b>
	<b>Travis Marsh</b>	<b>64.4</b>
	<b>Kia Asberry</b>	<b>64.7</b>

# 300m Time Trial

Athlete	300m Time	Personal Best
<b>T. Lawrence</b>	<b>31.8</b> (official ncaa record 32.32)	<b>54.03i, 20.55, (43.9spl)</b>
<b>D. Dickens</b>	<b>32.3</b>	<b>10.46, 20.6, 45.91, (44.8)</b>
<b>L. Bennett</b>	<b>32.7</b>	<b>13.86, 48.74,(44.6)</b>
<b>J. Gaymon</b>	<b>33.0</b>	<b>13.85, 48.46, 45.94i</b>
<b>K. Asberry</b>	<b>33.9</b>	<b>6.95i, 48.2i, 51.7</b>
<b>T. Marsh</b>	<b>34.7</b>	<b>47.8i, 14.4, 52.0</b>

# Hurdler Stats

Athlete	Year/Time	Place
Sarah Yeager	2013/ 8.43 (60h)	MVC Champ
Sarah Yeager	2014/13.60 (60h)	3 <sup>rd</sup>
	2014/1:00 (400h)	6 <sup>th</sup>
Mary Young	2015/ 8.33(60h)	3 <sup>rd</sup>
	2016/8.59(60h)	3 <sup>rd</sup>
Kai Asberry	2015/ 51.95 (400h)	MVC Champ
Bas Van Leersum	2016/51.66 (400h)	MVC Champ
Virginia Hill	2016/59.00 (400h)	3 <sup>rd</sup>

# What's Your Why?

- Don't practice to get it Right,  
Practice so you can't get it Wrong  
*-Nick Saban*



# Thank You

