

3 Pillars for Developing Championship Hurdlers

Erica Lynn Douglas
Ames High School Boys and Girls T&F Head Coach
@AmesTrack @ericallyndoug @ShePlaysNow
sheplaysnow.com/shehurdlers

1



2



3

Champion Hurdlers & Hurdle Program

Technique

Rhythm

Speed

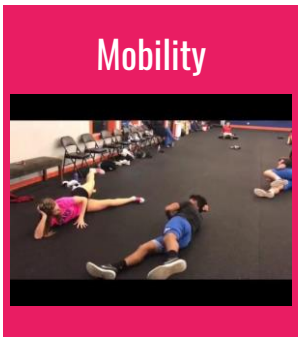
4

Champion Hurdlers & Hurdle Program

Technique

- Reps
- Mobility
- Trail Leg
- Lead Leg
- Body Position
- Take off

5



Mobility

- Hurdle Walk-overs
- Fire Hydrant series
- Isolation -Standing and Plank
- Hip Series
- Hurdle/Seat Exchange
- Seated Hurdle lead leg lifts and trail pull through

6

Champion Hurdlers & Hurdle Program

Rhythm

- Skips
- B-skips
- 6 yard
- 10 step
- Rhythm > Distance

7

Champion Hurdlers & Hurdle Program

Speed

- No hurdles
- To hurdles
- Over hurdles
- Between hurdles

8



Erica Lynn Douglas
Ames High School Boys and Girls T&F Head Coach

@AmesTrack @ericalyndoug
@ShePlaysNow

sheplaysnow.com/shehurdles

9