



Coaching The Long Hurdler

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Go Hard or Go Home...

The “long” hurdles are arguably the most demanding of all events in the sprint-hurdle group. It requires a combination of speed endurance and hurdling skill along with a unique stride pattern (between hurdles) awareness which requires special concentration throughout the race.

-Ralph Lindeman

Longtime Head Track Coach @ US Air Force Academy

WHAT DO YOU WANT IN A LONG HURDLER?

- **Athleticism** – Hurdlers are typically the most athletic people on a team, in ANY sport.
- **Speed!!** – Hurdlers are NOT slow
- **Fearless**
 - Highly aggressive, Tough mindset, Not scared to fall...etc.
- **Flexibility**
 - Hurdlers should be one of the most flexible kids on the track team
- **Coachable Athlete**
 - Listens & follows directions. Takes practice seriously, and always willing to learn/get better. Hurdlers need to stay focused.

WHAT DOES A LONG HURDLER NEED IN A COACH...

- **Be a Sponge/Be a Thief** – Always continue to be a student of the sport. Be open to learning new things. It's ok to “steal” ideas/drills/workouts from other coaches – but use wisely & don't be afraid to ask questions.
 - *Sammy Dabbs, Terry Reese, Chris Parno, Kebba Tolbert, Hector Cotto, Steve McGill, Justin Wickard, Kenny Anderson*
- **Understanding** – Finding each hurdler's need & coach it to perfection.
- **Great Teacher** – Connect with your hurdlers to build confidence. It's ok to “lie” to them sometimes 😊. Positive reinforcement.
- **Time & Energy** – Hurdlers need YEAR-AROUND attention. They need to know you are invested.
- **Videographer** 😊
 - Plan on recording any and everything. From practice drills & workouts to meets. Good & Bad. Multiple angles.

Race Breakdown/Plan

Hurdles 1-3 – PURE ADRENALINE

- Get out & SPRINT! (Be Careful*)
- Ease the acceleration
- No “slowing down”...only maintain.

Hurdle 4 – The Temperature Check

- Are you in it to win it?
- By this point you have a feel for the race, while still trying to be aggressive in the turn.

Hurdles 5-6 – Where the race really develops...

- Hurdling off the turn, just as fatigue/lactic begins
- Maintaining a stride pattern or time to adjust?
- Be aware of your surroundings

Hurdles 7-8 – Gimme what you got in the tank!

- This is where medals are decided
- Form is key! Continue to attack the hurdles aggressively, while remembering to keep your arms active and “low”
- Run 305 Meters...you want to run THROUGH/PAST the finish line.

CREATE A PLAN FOR EACH RACE....AND TRY AND STICK TO IT!

Hurdle Drills & Exercises

Trail Leg Wall/Fence Drill



Toe Out



Drive the Knee/Foot



See The Knee Up / Toe Up



Drive Foot Back Under Hip

Hurdle Drills & Exercises

Hurdle Walk Overs



Hurdle Drills & Exercises

Hurdle A-Skips



Warm Up Drills

5 Step "Quick Feet" Drill



Warm Up Drills

3 Step - 7 Yard Drill



Warm Up Drills

5 Step – 9.5 Yard Drill



Long Hurdler Technical Cues



- **Lead Leg**
 - Drive the knee into the hurdle. The most important fundamental of efficient hurdling technique.
 - With your “hips tall” on approach, a quick lead knee initiates the take-off to the hurdles
- **Lead Arm**
 - As the knee is driving toward the hurdle, the arm should be extending forward with it.
 - You do not want the hand crossing center mass – as this can cause over-rotation and balance issues upon downswing & touchdown off the hurdle



Long Hurdler Technical Cues

- **Trail Leg**

- Does not need to be as aggressive as a high hurdler – no need snap it though as quick.
- It should feel more like a "glide" motion over the hurdle. HOWEVER -you are not slowing down off the hurdle.
- The trail leg knee drives forward and upward after it passes over the hurdle – to ensure an active landing of the lead leg and continuation of effective sprinting.

- **Trail Arm**

- The arm on the side of the lead leg should deviate as little as possible from normal sprinting action. Swing the elbow straight back.



Long Hurdler Technical Cues

- **Takeoff**

- Attack the hurdle while keeping the hips tall. The distance at takeoff will vary depending on the level of athlete.

- **Touchdown**

- The athlete should land on the ball of their (lead) foot, below their center of gravity. You want to keep the momentum forward coming off the hurdle. The push step of the trail leg on touchdown is what helps propel the body toward the next hurdle. Motion should be fluid.



Long Hurdler Technical Cues



Long Hurdle Training

Lowering the Hurdle Height for the Intermediate Hurdles

Yes! It's ok....

Dropping the hurdles down a notch or two is a great way to build confidence in your hurdler. It allows them to be more aggressive in practice with less worry. This can help your hurdlers also overcome fears while giving them the feeling of success prior to meets.

Hurdlers need to feel progress!

Stride/Step Pattern Rhythm Work

Stride Pattern	Steps	Spacing	Approach
15 steps	5	13.65m	15.00m
15 steps	7	17.91m	15.00m
15 steps	9	22.17m	30.00m
17 steps	5	12.40m	15.00m
17 steps	7	16.16m	15.00m
17 steps	9	19.92m	30.00m
<i>19 steps</i>	<i>5</i>	<i>11.40m</i>	<i>15.00m</i>
<i>19 steps</i>	<i>7</i>	<i>14.76m</i>	<i>15.00m</i>
*13 steps	5	15.30m	15.00m
*13 steps	7	20.22m	30.00m
*13 steps	9	25.14m	30.00m

Stride/Step Pattern Rhythm Work

<u>Stride Pattern</u>	<u>Steps</u>	<u>Spacing</u>	<u>Approach</u>
17 steps	7	16.16m	30.00m



Stride/Step Pattern Rhythm Work

Stride Pattern

Steps

Spacing

Approach

15 steps

9

19.92m

30.00m



Long Hurdle Training

Strength/Aerobic Workouts

- Broken 500 (200,100,200) - (45-90s rest/4 sets)
- Broken 400 (200,100,100) - (30-45s rest/5 sets)
- 90 sec runs X 6 (Rest 4,4,3,3min)
- Quick Feet - Down & Back Hurdle Endurance Drill
- 55 Second Hurdle Workout

Long Hurdle Training

Hurdle Speed Work

- Hurdle 1-4 (150m) @ race pace X 4 – Full Recovery
- •6 x 60m (Hurdle @ 45m) – Walk Back Recovery
- •Relay Exchanges
- •Block Work
- •Sprints UNDER 60m

Long Hurdle Training

Start/Block Work

- The start is important to set the tone & rhythm of the race. Acceleration & stride pattern is vital
- Hurdler should predetermine through practice the number of strides that will result in a great transition to sprint between the hurdles

- Odd # of Strides = Lead Leg in **FRONT** Block
- Even # of Strides = Lead Leg in **BACK** block

Long Hurdle Training

Strides to Hurdle 1

HURDLE 1 (45m)	21 Strides		22 Strides		23 Strides		24 Strides	
Step 1	0.60	2"	0.60	2"	0.60	2"	0.60	2"
2	1.70	5' 7"	1.70	5' 7"	1.70	5' 7"	1.70	5' 7"
3	3.05	10' 0"	3.05	10' 0"	3.05	10' 0"	3.05	10' 0"
4	4.55	14' 11"	4.55	14' 11"	4.45	14' 7"	4.45	14' 7"
5	6.20	20' 4"	6.20	20' 4"	5.95	19' 6"	5.95	19' 6"
6	8.00	26' 3"	8.00	26' 3"	7.60	24' 11"	7.60	24' 11"
7	9.90	32' 6"	9.90	32' 6"	9.35	30' 8"	9.35	30' 8"
8	11.90	39' 1"	11.90	39' 1"	11.20	36' 9"	11.20	36' 9"
9	13.95	45' 9"	13.90	45' 7"	13.15	43' 2"	13.15	43' 2"
10	16.05	52' 8"	15.95	52' 4"	15.20	49' 10"	15.14	49' 8"
11	18.40	60' 4"	18.00	59' 1"	17.34	56' 11"	17.13	56' 2"
12	20.86	68' 5"	20.10	65' 11"	19.48	63' 11"	19.12	62' 9"
13	23.32	76' 6"	22.39	73' 5"	21.62	70' 11"	21.11	69' 3"
14	25.78	84' 7"	24.68	81'	23.76	77' 11"	23.10	75' 9"
15	28.24	92' 8"	26.97	88' 6"	25.90	85'	25.09	82' 4"
16	30.70	100' 9"	29.26	95' 12"	28.04	92'	27.08	88' 10"
17	33.16	108' 10"	31.55	103' 6"	30.18	99' 0"	29.07	95' 4"
18	35.62	116' 10"	33.84	111' 0"	32.32	106' 0"	31.06	101' 11"
19	38.08	124' 11"	36.13	118' 6"	34.46	113' 1"	33.04	108' 5"
20	40.54	133' 0"	38.42	126' 1"	36.60	120' 1"	35.05	115'
21	43.00	141' 1"			38.74	127' 1"	37.03	121' 6"
22			43.00	141' 1"	40.88	134' 1"	39.02	128' 0"
23					43.00	141' 1"	41.01	134' 7"
24							43.00	141' 1"

Long Hurdle Training

- Get Creative – Hurdler's should be reactive
 - Standing starts, placing hurdles at 1 – 3 – 5
 - Curve Work - Hurdle 3-4-5, while starting at H2 mark.
 - All out 250m – placing H6 at mark (220m)

Race Breakdown/Plan

Touchdown Chart

Target Time	H1	H2	H3	H4	H5	200m Split	H6	H7	H8	Finish Time
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4	36.6
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8	38.0
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	38.0	39.4
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3	40.8
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7	42.2
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1	43.7
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5	45.2
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9	46.6
48.8	8.0	13.2	18.4	23.6	29.0	31.4	34.6	40.4	46.3	48.8

Long Hurdle Training

General Notes

- Pay attention to the athlete in practice. When form begins to break down or speed drastically drops – SHUT IT DOWN!
- No good will come from an athlete not being at their best during practice.
 - Any workout you anticipate or plan for fatigue to be involved, use collapsible hurdles. Do not teach FEAR. Let the hurdle fall, **not the athlete.**

Thanks for listening!

Q & A
Open Session

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