



# 300 Meter Hurdle Training

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- Do all drills with both legs
- Do 300 work at end of practice
- Run yourself into shape (don't panic)
- Run 4x4 if possible
- Do not count steps

# Philosophy

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- Not exactly the same as 110/100 hurdles
- Stay taller and more relaxed
- Can clear hurdles higher
- More Floating and less ‘snap down’

# Technique

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- When space is limited
- When weather is rough
- Cut the recovery time and Increase the sets/reps
  - Examples
    - Hurdle Mobility
    - 6 foot drill
    - 1 stride drill
    - 2 stride drill

**Short hurdle drills can be  
used to train 300H**

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- This is a drill that serves as a good warm-up before a hurdle workout.
- Set up 3 hurdles at 39” or 36” (high school boys) or 33 or 30” (women, girls) about 7-8 feet (boys) or 6-7 feet (girls) apart from each other, measuring from crossbar to crossbar.
- This drill will expose technical flaws
- Athlete will take every hurdle with same lead
- Make sure they alternate leads every rep

## **6 Foot Drill**

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- Set up 3-5 hurdles at 39” or 36” (boys) or 33 or 30” (girls) about 16-17 feet (boys) or 15-16 feet (girls) apart from each other, measuring from crossbar to crossbar.
- Set up first hurdle on regular 110/100m mark
- Athletes will take their normal 8 strides to first at full speed
- Athlete will take every hurdle with same lead

# 1 Stride Drill

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- Set up 3-5 hurdles at 39” or 36” (boys) or 33 or 30” (girls) about 32-34 feet (boys) or 30-32 feet (girls) apart from each other, measuring from crossbar to crossbar.
- Set up first hurdle on regular 110/100m mark
- Athletes will take their normal 8 strides to first at full speed
- This drill will force athlete to use both leads
- Athlete will switch leads over every hurdle

## **2 Stride Drill**

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- Examples of 300MH Workouts
  - Decision Hurdling
  - 100m Down and Backs
  - Repeat 200 m
  - 5 Step

# 300Hurdle workouts

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- No Chopping to get favorite lead leg
- It costs you time (up to .5 seconds)
- Loss of momentum
- More energy spent to recover

# Decision Hurdling

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- Starts to one (never same spot)
- Up and back
- On the curve
- Great anytime but especially right before a meet

# **Decision Hurdling Drills**

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- This is an early season conditioning workout.
- From a standing start, run 100 meters one way, rest 30 seconds, then run 100 meters the other way.
  - In the early part of the off-season, you might not want to add any hurdles at all. Then, as conditioning increases, put two hurdles at the 50m mark (one hurdle facing one way, the other facing the other). Then move up to four hurdles (two facing one way, two facing the other); in this case, use the intermediate hurdle marks on the final straightaway for hurdle placement.
- A total of twenty-four 100 meter sprints would be a full conditioning workout.
- The emphasis here is not on speed at all. It's more a matter of getting in the habit of maintaining running form when fatigued, and getting used to stepping over hurdles when fatigued.

# 100M down and backs

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- Repeat 200s over the first five hurdles.
- In the early part of the year, have them do five to six reps, with about three minutes recovery between each one. Emphasize hurdle conditioning
- By the end of the season, have them do two reps, or three at the most, with about six minutes recovery between each. Emphasize speed
- Each rep is timed
- Athletes always have someone to run beside.

# **Repeat 200 meter**

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- Set up twelve hurdles 8 yards (girls) 9 yards (boys) apart from each other, with the first hurdle on the regular 100/110m mark. The hurdles should be 3 inches lower than race height.
- From a standing start, approach the first hurdle with good knee lift but not a lot of speed, then go down the lane of hurdles as quickly as you can, five-stepping all the way down.
- Switch leads with every repetition

## **5 Step workout**

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- If done right, times should be consistent until fatigue causes deceleration
- Winners have less deceleration due to conditioning and technique
- Touchdown times are very important in meet(they tell the whole story)

# Touchdown times

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Touch-down times for 300 Intermediate Hurdles (Boys' & Girls')

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

# Touchdown times

- Hurdles feel low early and higher as you fatigue- 60 inches at END!
- That is why we stay tall all the way through the race
- Must talk to yourself about technique as you fatigue (relax, high knee, etc)
- Do not rush last hurdle (panic) that is when you fall on your face.

**What will the runner  
experience in race**

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