



Annual Planning & Implementing Women's Sprint Hurdle Training

Annual Planning

- Identify the following
 - Training Organization
 - Most important competition(s) for the calendar year
 - Technical factors



Training Organization



Warm Up Series

Series A:
Mobility jog routine
Static flexibility routine
Dynamic flexibility series A & B x 10
Sprint drill series A x 2 x 40 meters
Roll start - 3 x 20 meters
Series B:
Mobility jog routine
Static flexibility routine
Dynamic flexibility series C & D x 10
Sprint drill series B x 3 x 20 meters
Roll start - 3 x 40 meters
Series C:
Mobility jog routine
Static flexibility routine
Dynamic flexibility series B & C x 10
Sprint drill series C x 2 x 20 meters
Roll start - 2 x 40 meters
Series D:
Mobility jog routine
Static flexibility routine
Dynamic flexibility series A & D x 10
Roll start - 2 x 60 meters
Series E:
1x100 meters
5x10 hurdle walkovers
Dynamic flexibility series A & D x 10
Roll start - 2 x 40 meters
Series F:
Ad lib
Competition **Separate sheet**

Mobility Jog Routine

500 meters with one exercise at each relay exchange zone
Ankle flicks
Backward run
Arm circles
Cartwheels (R)
Cartwheels (L)
Skip lunges
Side shuffle (R)
Side shuffle (L)

Static Flexibility Routine

30-60 seconds each stretch for 10-15 seconds x 2
Back series
Back Arch
Seated Oblique stretch (R-L)
Seated straddle (M-L-R)
Spinal roll (5 rolls then hold back position for 3 counts)
Butterfly
Pretzel (R-L)
Hurdle cradle (R-L)
Heel Sit
Standing calf stretch (Straight/Bent, L-R)

Abdominal Exercise Series

Series A:
Abdominal curls
Side up hyperextension
Legs up and reach
Leg toes
Series B:
V-sit
Crunches
Eagles 6" off ground
Crosses
Series C:
Bicycle crunches
Hip up
Back flattening
Leg circles

Dynamic Flexibility Series

Each exercise x 10 repetitions
Series A:
Head rotation
Trunk rotation
Lead leg pick up (R-L)
Trail leg pick up (R-L)
Front eagle
Back eagle
Series B:
Inverted scissors
Inverted bicycle
Inverted crossovers
Wide oats
Series C:
Hurdle seat exchange
Leg swings (R-L)
Leg swings (F-B)
Trail leg rotations (R-L)
Series D:
Hip risers
Fire hydrant
Eagles
Pick ups
Speed skate
Series E:
Lunge Rebounds (Forward/Backward)
Alternating Lateral Lunges (Side to Side)
Torso Extensions (Alternating arm & leg movement)
Lying Thigh Raises (L/R)
Adductor/inside leg lifts (L/R)
Reverse Leg Lifts (L/R)
Reverse Double Leg Lifts
Series F:
Walking extended lunges (3-5 on each leg w/open hip stretch)
Cartwheels (8 each)
Walking Toy Soldiers (8 each)
Walking Knee Squeezes (8 each)
Walking Stock Stretches

Hurdle/Lunge/Bound/Medicine Ball/Abdominal/Remedial Circuit

Hurdle mobility exercise
20 meter lunge exercise
60 meter St. leg bound with fast leg every 5 count
60 meter split drill
30 x Medicine Ball
30 x Abdominal exercise
30 x Remedial exercise

Sprint Drill Series

Series A:
Front side butt kicks
High knee (small steps)
A skips
Fast leg (R-L every 3)
Series B:
A skips
Backward stride
Straight leg bound
Ankle flicks
Canoe
Series C:
Front side butt kicks
A skips
Alternating fast leg (every 3)
Power bound

Remedial Exercise Series

Series A:
Toe Raises (R-L)
Pronator squats
Ankle resistance (Up & down)
Negative hamstring resistance
Hip flexor resistance
Yogi
Reverse Yogi
Series B: **Cable exerciser**
Abductor
Adductor
Hip extension
Hip flexion
Front claw
Back claw
Leg pull down
Trail leg rotations

Lunge Exercises

Front
Back
Side to side (R-L)

Medicine Ball Series

Series A:
Overhead standing toss
Standing chest toss
Standing trunk twist (R-L)
Overhead hike
Series B:
Sitting overhead straddle
Knee toss (R-L)
Hamstring flick
Seated abductor/adductor
Series C:
Roller toss
V-sits
Shoulder toss (R-L)
Ankle flicks
Series D:
Back Arches
Side to Side Arches
Heel To Heel Semi Circles
Kneeling Arch
Over/Under Arch Passes
Back To Back Partner Twist Passes
Horizontal over head toss

Shot Throw Circuit Series

Series A:
Between leg forward
Overhead backwards
Squat chest pass
Hammer hip (R-L)
Series B:
Hop, hop between leg forward
Hop, hop overhead backward
Lunge chest pass
Series C:
Box drop between legs forward
Box drop chest pass
Box drop forward, overhead forward
Box drop backward, overhead backward

Stadiums

Triangles
Doubles
Singles
Blenders

Hurdle Mobility Exercise Series

Series A:
Alternate leg walk over
Right lead walk over
Left lead walk over
-2, -1 alternate leg walk over
-2, -1 right lead walk over
-2, -1 left lead walk over
Over and under right lead
Over and under left lead
Series B:
Lateral alternate flexed leg skip
Lateral alternate straight leg skip
Series C:
Lead leg skips
Trail leg skips
Series D:
Lead leg run
Trail leg run
Lead trail 3 step shuffle

Multi Jump

Sprint Drill **20 second x 1 / RJ = 40 seconds
Tempo Run **40 sec to 2 minute / RJ = 2 minutes

Series A:
Rocker jumps / high knee
Straddle jumps / A skip
Split jumps / alternate flat leg
Star jumps / canoer
Series B:
Tuck jumps / canoer
Split jumps / alternate fast leg
Single leg hops / straight leg bounds
Straddle jumps / A skip
Ankle pogo / high knee
Series C:
Tuck jumps / canoer
Mountain climber / alternate fast leg
Donkey kicks / high knee
Split jumps / power bound
Straddle jumps / A skip
Ski jumps / B skip

General Strength Circuits

Series A:
Push ups in start position
Pronator squat-Arms over head
V-sits
Rocker jumps
Back hyper extension with twist
L. every
Crunch sit ups
Reverse leg lifts
Push ups with clap
Single leg squat (R)
Single leg squat (L)
Reverse push up
Single leg step ups with dumbbell w/ thigh raise
Series B:
Vertical jump
Single leg toe raiser (R)
Single leg toe raiser (L)
Back hyper extension
Crunches with twist
Push ups with clap
Side ups (R)
Side ups (L)
Leg Toss
Pogo jumps
V-sits
Lime hops side to side
Single leg step ups with dumbbell w/ thigh raise
Series C:
3 Step Dand
3 Step Plunges
3 Step Forward Leg Lifts Standing
3 Step Reverse Leg Lifts Standing
3 Step Lateral Leg Lifts Standing
Bridge Up/Knee Extension
3 Step Crunches
Pelvic Tilt Isometric
Spine Dumbell
Side ups (R)
Side ups (L)
Reverse leg lift knee flexion
Table Top Pelvic Rotations
Single leg step ups with dumbbell w/ thigh raise

Multi Jump Series

Series A:
Ankle pogo
Rocker jumps
Tuck jumps
Straddle jumps
Split jumps
Donkey jumps
Ski jumps
Single leg jumps (R)
Single leg jumps (L)
Series B:
Low forward (R)
Low forward (L)
Low backward (R)
Low backward (L)
Low sideways (R)
Low sideways (L)
Power skip (height)
Power skip (distance)
Series C:
Standing long jump
Standing triple jump
Double leg jumps
Single leg jumps (Rx3)
Single leg jumps (Lx3)
Hurdle hops over 5 hurdles
Series D:
Alternate leg bounds
straight leg bounds
Single leg bounds
Hurdle hops over 10 hurdles
Speed bounds
Run, run bounds

Breathing Stretch Routine

Relax 1 neck to nose
Spinal roll back - Partner
Spinal roll up - Partner
Seated arm pulls - Partner
Quadriceps series (Str, XRL, XLR)-Partner
Quadriceps lift - Partner

Cooldown Series

Series A:
Jog 4x100 (no shoes)
Back eagle x 15
Leg swings (R-L) x 15
Series B:
Walk 400 (no shoes)
Front eagle x 15
Leg swings (F-B) x 15
Series C:
100 meter technique build ups x 4
Side to side hange - lanes x 2
Standing quad stretch x 4 each leg
Series D:
Walk 400 (no shoes)
Hip rises x 20 each leg
Series E:
5xAlternate leg hurdle walkovers
Leg swings (F-B) x 15
Leg swings (R-L) x 15

LSU COMPETITION WARM UP LSU

TRACK AND FIELD

1. Mobility Jog Routine
2. Static Stretch Routine
3. 1x50m bu → 30m Lunge Snoop → Stock/Calf → 30m Sprint Drill - A
1x60m bu → 30m Side Shuffle → Standing Straddle → 30m Sprint Drill - B
1x50m bu → 30m Side Bound → Lateral Squat Adductor → Dynamic Flex - A x 10
1x60m bu → 30m Swedish Hops → Lateral Squat Extension → Dynamic Flex B & C x 10

4. SPRINTERS

A) 2 x Hurdle Mobility
B) 3 x 3h Hurdle Hops OR 4 x SLJ OR 4 x BLF
C) Spikes → 2 x resistance OR 3 x 30m mixed OR 2 x towing
If race is a final AND your first race
g1 - 60m @ 85-90%
g2 - 150m @ 85-90%
D) Relax and stay loose until called (Approx. 5-10 minutes)

4. HURDLERS

A) 2 x Hurdle Mobility
B) 2 x 3h Hurdle Hops OR 4 x SLJ OR 4 x BLF
C) Spikes → 2 x 30 mixed OR 1 x towing
D) 1 x 1h → 1 x 2h → 1 x 3h reduced after h1 by 1 foot
If race is a final AND your first race
g1 - 2 X 3h
g2 - 1 x 3h
E) Relax and stay loose until called (Approx. 5-10 minutes)

Begin Immediately after race is completed - Takes Approximately 10 minutes

Drink fluid → g1- Jog 400m OR 3 minutes → Breathing Stretch Routine
Drink fluid → g2- Jog 800m OR 5 minutes → Breathing Stretch Routine

COMPETITION MENU

Mobility Jog	Static Stretches	Sprint Drills	Dynamic Flexibility	Hurdle Mobility (3h)	Weights
-Ankle Flicks -Backward Run -Ann Circles -Canoe (r) -Canoe (l) -Skip Lunges -Side Shuffle (r) -Side Shuffle (l)	-Back Series -Seated Straddle -Spinal Roll -Seated Butterfly -Seated Hurdle-Cradle -Pretzel -Heel Sit →raise-hips -Oblique Stretch	Series A -Butt Kicks -High Knees -A Skips Series B -B Skips -Fast Leg (alt.) -Straight Leg Bounds	Series A -Heel Rotation -Trunk Rotation -Lead Leg Pickup -Trail Leg Pickup -Front Eagle -Back Eagle Series B -Inverted Scissors -Inverted Bicycle -Inverted Cow Over -Roller Hurdle Series C -Hurdle Seat Exchange -Leg Swings (r-r) -Leg Swings (r-l) -Trail Windmill (r-r)	-Alt. Leg Walkover -Rt. Lead Walkover -Lt. Lead Walkover -Lat.Alt. Leg Skip - Straight -Leg -Lat.Alt. Leg Skip - Flaxed Leg	Substitute for Wts. -6 x BLF w/ 2 hops -6 x SLJ -6 x STJ -3 X 5 hurdle hops-Static -2 x 5 hurdle hops-Dynamic

ENERGY SYSTEM TRAINING BREAKDOWN FOR WOMEN SPRINT HURDLES						
Terminology	Length of Run	Component	Energy System	% of Predicted Performance	Rest Interval Between Reps/Sets	Daily Volume Ranges 100mH
ABSOLUTE SPEED	20-80m	Speed (s) Anaerobic power	Anaerobic Alactic	90-95% 95 - 100%	3-5 / 6-8 min 3-5 / 6-8 min	300-800m 300-500m
SPEED ENDURANCE	50-80m	Alactic Short Speed End. (ASSE)	Anaerobic Alactic	90 - 95% 95 - 100%	1-2 / 5-7 min 2-3 / 7-10 min	300-800m 300-800m
SPEED ENDURANCE	80m	Glycolytic Short Speed End. (GSSE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	1 / 3 min 1 / 4 min	300-800m 300-800m
SPEED ENDURANCE	0-150m	Speed Endurance (SE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	5 - 6 min 6 - 10 min	300-900m 300-600m
SPECIAL ENDURANCE I	150-300m	Long Speed Endurance (LSE)	Anaerobic Glycolyte	90 - 95% 95 - 100%	10 - 12 min 12 - 15 min	600-900m 300-900m
SPECIAL ENDURANCE II	300-600m	Lactic Tolerance (LAT)	Lactic Acid Tolerance	90 - 95% 95 - 100%	15 - 20 min Full	300-600m 300-600m
INTENSIVE TEMPO	100-600m	Anaerobic Capacity (ANC)	Mixed: Aerobic Anaerobic	80 - 89%	30s - 5 / 3-10 min	800-1800m
EXTENSIVE TEMPO	200-800m 100-200m	Aerobic Capacity (AC)	Aerobic Aerobic	40 - 79% 60 - 79%	45 - 2 min 30s / 2-3 min	1400-2500m 1400-1800m
CONTINUOUS TEMPO	1600-6400m	Aerobic (AC)	Aerobic	40 - 60%	Heart Rate 130-150	1600-3200m

MICROCYCLE PLANNER						
PERIOD: Preparation		PHASE: General		MESOCYCLE: 2		WEEK #6
EVENT: Sprints/Hurdles				MICROCYCLE: 2		October 11-17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up: E Acceleration: -6 x 30m Multi Jump: Bx20 meters Cx2 Weights: Day 1 Shot Throws: Ax4 Cooldown: E	Warm Up: C w/ BSR General Strength: RI=20" on / 20" off -1xD -1xE Body Build: Day 1 30 reps/40 seconds Extensive Tempo: g1- 6x30" w/jog 1' 6x40" w/jog 1' Cooldown: B	Warm Up: D Weights: Day 2 Circuit: (4 sets) -Hurdle Mobility -Lunge -Bound -Sprint drill -Abdominals -Medicine Ball -Remedials Cooldown: D	Warm Up: B w/ BSR Body Build: Day 2 30 reps/40 seconds Stadiums: RI=2:00 -2 triple -2 single -2 double -2 bleacher Cooldown: A	AM Workout g2 -30' easy Warm Up: D Jump Run: B Drills x 4 g1- 100" Cooldown: Walk w/ BSR	Warm Up: A g2 -40' easy Intensive Tempo: RI=2:00 Hills -g1x6 Weights: Day 3 Cooldown: E	AM Workout g2 -40' easy Rest

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.06									
Name: Lolo Jones					Please round DOWN to the nearest 5 pound increments on all repetitions.				
Body Weight: 140					It is essential all weight training be done EXACTLY as prescribed!				
Power Clean 1-rep max: 200					Consult your coach before you deviate away from this WORKOUT!				
Bench Press 1-rep max: 155					Communicate if you have difficulty in achieving the repetitions.				
Squat Projected 1-rep max: 320					We are quickly moving into our MAXIMUM STRENGTH lifting phase!				
Day 1			Day 2			Day 3			
Snatch	4x5 @	63	Hang Snatch	3x5 @	63	Hang Clean	3x6 @	110	
Rep Jerk (1-7)	3x7 @	63	Power Clean	3x5 @	120	Seated Military Pre	3x10 @	70	
Power Clean	3x7 @	130	S.Leg Squat (each)	3x8 @	72	Lunge Jump	3x12 @	20	
Bench	3x10 @	85	Bent Leg Deadlift	3x7 @	99	Alternating Lat Pull	3x12 @	50	
Squats -Deep	3x6 @	160	Walking Lunge	3x12 @	40	St.Leg Deadlift	3x6 @	92	

MICROCYCLE PLANNER						
PERIOD: Competition		PHASE: Preparation		MESOCYCLE: 1		WEEK #19
EVENT: Sprints/Hurdles				MICROCYCLE: 3		January 10-16
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm Up: E Acceleration: (30m) 1 set -3 x stick drill -4 x blocks (3h) Speed Endurance: RI=1:10 g1 300 hardway (6x50) Multi Jump: Cx2 Weights: Day 1 Shot Throws: Cx3 Cooldown: E	Warm Up: B-BSR Body Build: Day 1 Special Endurance I: RI=Full g1h,g1-2x90 W @ 10.7 Cooldown: B	Warm Up: D Hurdle Mobility: A&Bx1 Abdominals: Odd # A&Bx50 Medicine Ball: A,B&Cx15 Remedials: Ax10 Weights: Day 2 Cooldown: D	Warm Up: B-BSR Body Build: Day 2 Contrast Training: 2 x 30m accelerator 2 x 30m blocks (3h) 1 x 40m blocks (4h) Speed Development: RI=5:00 Sprinters 1 x In & Outs g1-2 x 15m peak RI=5:00 Hurdles (W @ 30"/M @ 39") 1 x 5h Special Endurance: RI=Full g1, g1h- 2 x 90 W @ 10.5 M @ 9.5 Cooldown: D	Warm Up: Mobility Jog Routine Hurdle Mobility: -5x10h alt. leg w/o's Competition #1-3 Acceleration: g1, g1h-2x30 blocks Cooldown: Competition	Purple Tiger Invite 8:00 am Warm Up: Hurdle Mobility: -5x10h alt. leg w/o's -Competition #1-3	Rest and Treatment

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.19									
Name: Lolo Jones					Please round DOWN to the nearest 5 pound increments on all repetitions.				
Body Weight: 140					It is essential all weight training be done EXACTLY as prescribed!				
Power Clean 1-rep max: 200					Consult your coach before you deviate away from this WORKOUT!				
Bench Press 1-rep max: 155					Communicate if you have difficulty in achieving the repetitions.				
Squat Projected 1-rep max: 320					Push yourself and move bar with EXPLOSION! Recruit more muscle fibers!!				
Day 1			Day 2			Day 3 (Competition)			
Power Clean	1x5 @	140	Hang Clean	3x4 @	140	Rep Jerk (1-8)	3x8 @	70	
	4x5 @	160		2x3 @	160				
Snatch	3x6 @	109	Clean & Jerks (1-4)	3x4 @	84	Hang Clean	3x8 @	100	
Squat Deep Jump	3x6 @	80	S.Leg Squat (each) (w/box)	3x8 @	112	Power Clean	1x5 @	120	
							1x3 @	140	
Bench	1x8 @	109	Clean Shrug	3x4 @	150		1x3 @	150	
	1x6 @	116					2x2 @	160	
	1X4 @	124				Speed Squat	3x6 @	112	
							OR		
Squats 1/4	1x6 @	245	Speed Squat	3x8 @	140	BLF w/2 hops	6		
						SLJ	6		
Step Up	3x8 @	70	Hurdle Hops (dynamic)	3x5		STJ	6		
						Hurdle Hops (static)	3x5		
						Hurdle Hops (dynamic)	2x5		

MICROCYCLE PLANNER						
PERIOD: Competition II		PHASE: Main		MESOCYCLE: 3		WEEK #37
EVENT: Sprints/Hurdles				MICROCYCLE: 2		May 16-22
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest & Treatment	Warm Up: B & BSR <u>Hurdle Mobility:</u> -5x10h all leg walkover -2x5h lateral skips Straight & Bent <u>Weights:</u> Day 1 <u>Shot Throws:</u> Cx3	Warm Up: Competition # 1-3 <u>Acceleration:</u> 2 x 30m blocks (3h) 2 x 40m blocks (4h) <u>Speed Development:</u> <u>RI=5:00 Sprinters</u> 1 x In & Outs g1-2 x 20m peak <u>Speed Endurance:</u> <u>RI=5:00 Hurdlers</u> g1h-2 x 8h (5 step->3step) g2h-2 x 3h 1 x 8h 1 x 5h <u>Cooldown:</u> A	Warm Up: E (Hurdles with pause) <u>Body Build</u> <u>Medicine Ball:</u> A,B&Cx10 <u>Remedials:</u> A&Bx10 <u>General Strength:</u> D&E <u>High Knee:</u> g1-2x100 <u>Continuous Tempo:</u> g2-20' easy <u>Cool Down:</u> A	Warm Up: E (Hurdles with pause) <u>Weights:</u> Day 2 <u>Shot Throws:</u> Cx3 <u>Continuous Tempo:</u> g2-10' easy <u>Cool Down:</u> BSR Leg swings -Front to back x 10 -Lateral x 10 <u>Continuous Tempo:</u> g2-20' easy <u>Cool Down:</u> A	Warm Up: Competition # 1-3 <u>Acceleration:</u> (30m) -3 x blocks (Ht-3h) <u>Speed Endurance:</u> <u>RI=12:00-15:00</u> g1h- 1x120 W @ 14 1x90 W @ 10.5 <u>Weights:</u> g1 only Deep squats with pause -3x10 <u>Cooldown:</u> A	Rest & Treatment

LSU WEIGHT TRAINING - SPRINTS/HURDLES Week.37									
Name: Lolo Jones					Please round DOWN to the nearest 5 pound increments on all repetitions.				
Body Weight: 140					It is essential all weight training be done EXACTLY as prescribed!				
Power Clean 1-rep max: 200					Consult your coach before you deviate away from this WORKOUT!				
Bench Press 1-rep max: 155					Communicate if you have difficulty in achieving the repetitions.				
Squat Projected 1-rep max: 320					Push yourself and move bar with EXPLOSION! Recruit more muscle fibers!!!				
Day 1			Day 2			Day 3			
Power Clean	5x8@	100	Snatch	3x5 @	78	Hang Clean	2x6 @	140	
Speed Squats 1/2	5x5 @	112	Clean Shrug	2x5 @	130		1x6@	150	
After each set do->	3xHH	Static		1x5 @	140	Cleans & Jerk (1-3)	2x3 @	98	
				1x5 @	150	(1-2)	2x2 @	105	
Squat Deep	3x6@	112		1x5 @	160	(1-2)	1x2 @	112	
Standing Good Mornings			Bench	2x5 @	124	Lunge Jumps	3x20 @	20	
Bent->	2x6			1x5 @	132				
Straight->	2x6		St/Bt.Leg Deadlift	4x5 @	70	Military Press	3x8 @	45	
						Standing Good Mornings			
			Squats 1/4	3x5 @	192	Bent->	2x8		
			After each set do->	3xHH	Dynamic	Straight->	2x8		



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2012 Indoor Track & Field Schedule

January 14	College Invitational	Huntington, AL
January 21	LSU vs. Texas A&M Dual	College Station, TX
January 27-28	Arkansas Invitational	Fayetteville, AR
February 3-4	New Orleans College Invitational	New York, NY
February 10-11	Texas Invitational	Fayetteville, AR
February 17	LSU Twilight	Baton Rouge, LA
February 24-26	SEC Indoor Championships	Lexington, KY
March 2	LSU Invitational	Baton Rouge, LA
March 3	NCAA Qualifier	Ann Arbor, MI
March 9-10	NCAA Indoor Championships	Orlando, FL

2012 Outdoor Track & Field Schedule

March 17	Louisiana Classics	Lafayette, LA
March 23-24	LSU Relays	Baton Rouge, LA
March 28-31	Texas Relays	Austin, TX
April 7	LSU Invitational	Baton Rouge, LA
April 13-14	San Angel Classic	Tampa, FL
April 21	LSU Alumni Meet	Baton Rouge, LA
April 26-28	Bevo Relays	New Orleans, LA
April 26-28	Penn Relays	Philadelphia, PA
May 10-13	SEC Outdoor Championships	Baton Rouge, LA
May 24-26	NCAA Outdoor Championships - East Region	Yuba, CA
June 4-9	NCAA Outdoor Championships	New Orleans, LA
June 15-17	USA Junior Championships	Huntington, IN
June 22-July 1	Olympic Trials	Hayward, CA
July 10-15	IAAF World Junior Championships	Barcelona, SPAIN
August 3-12	Olympic Games	London, ENGLAND

Technical Factors

⬆ Factors affecting the 100 Hurdles

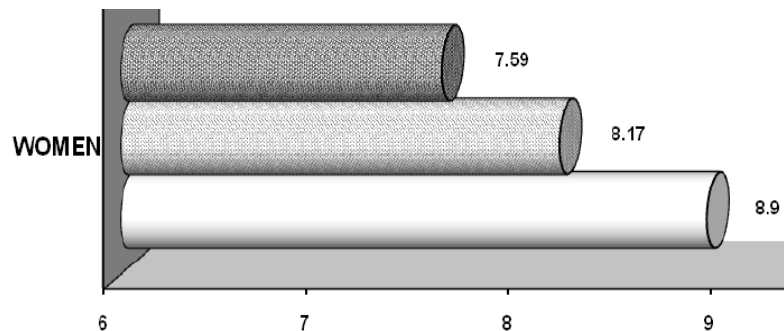


HURDLE RACE REFERENCE CHART – 100 HURDLES

▪ Number of strides to hurdle # 1	8
▪ Number of hurdle clearance strides	10
▪ Number of strides between hurdles	27
▪ Number of strides from last hurdle to finish	6
▪ TOTAL NUMBER OF STRIDES	51

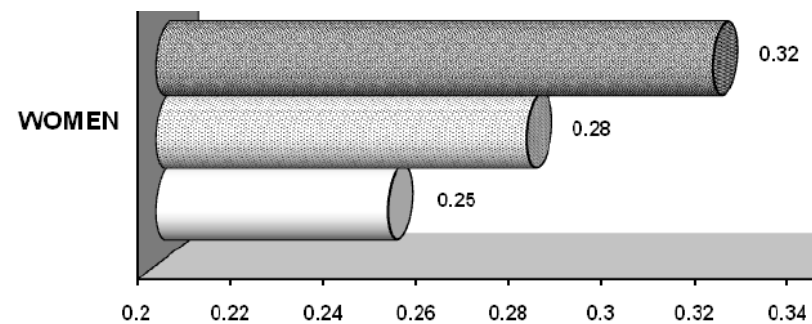
Horizontal Velocity

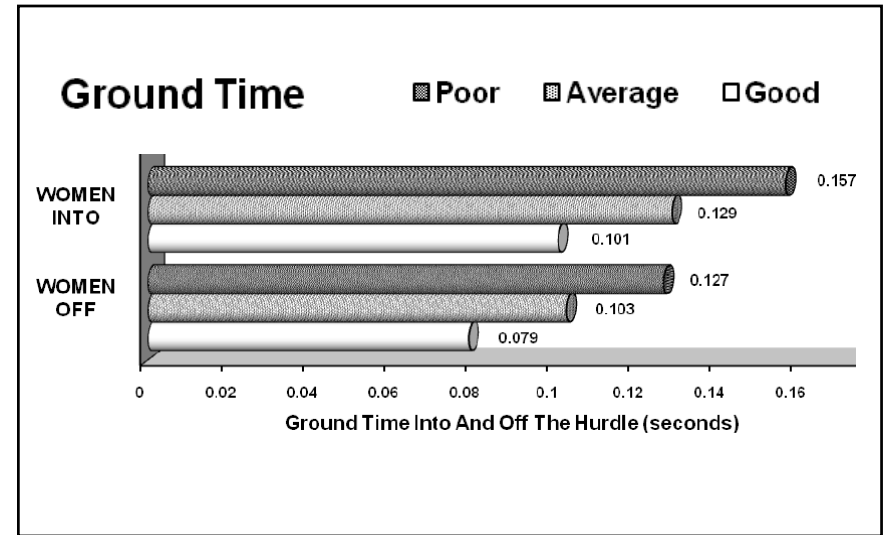
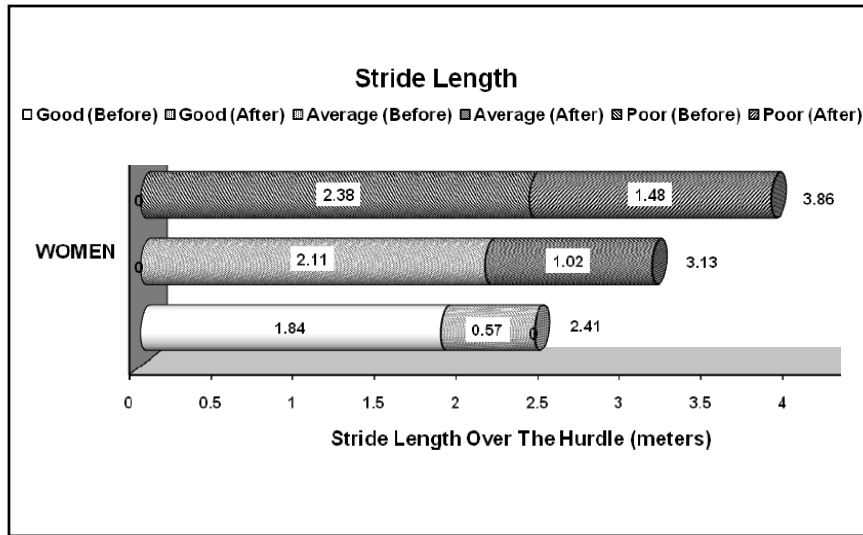
■ Poor ■ Average □ Good



Air Time

■ Poor ■ Average □ Good



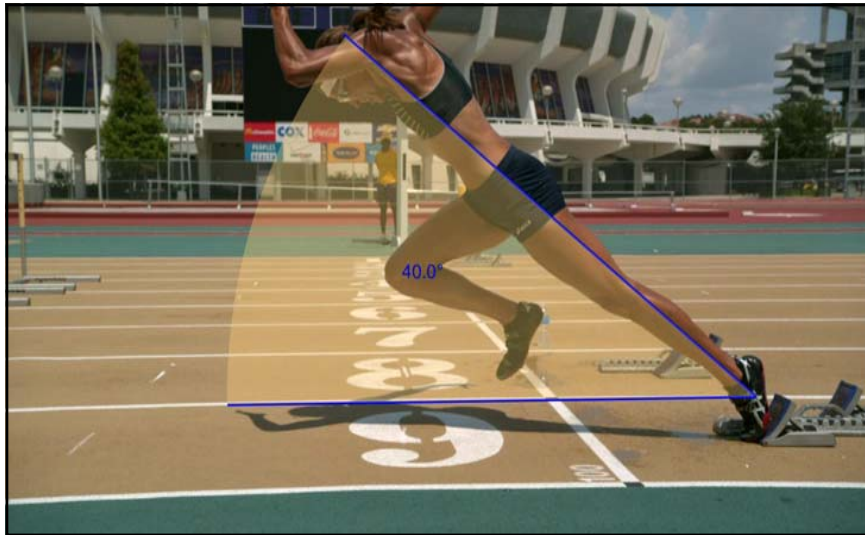


Technical Factors

- ◆ Factors affecting the 100 Hurdles
 - Start
 - Acceleration to Hurdle 1
 - Take off phase
 - Flight phase
 - Landing phase
 - Inter hurdle run
 - Run to finish







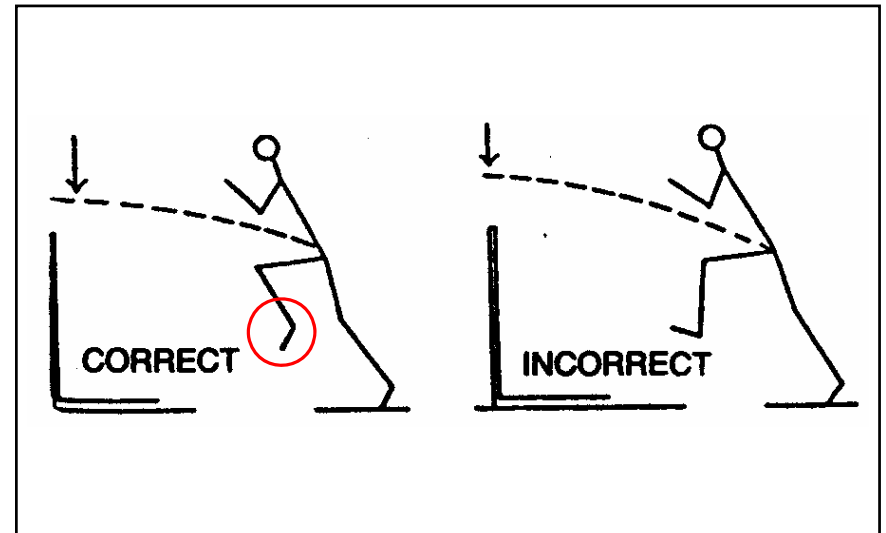
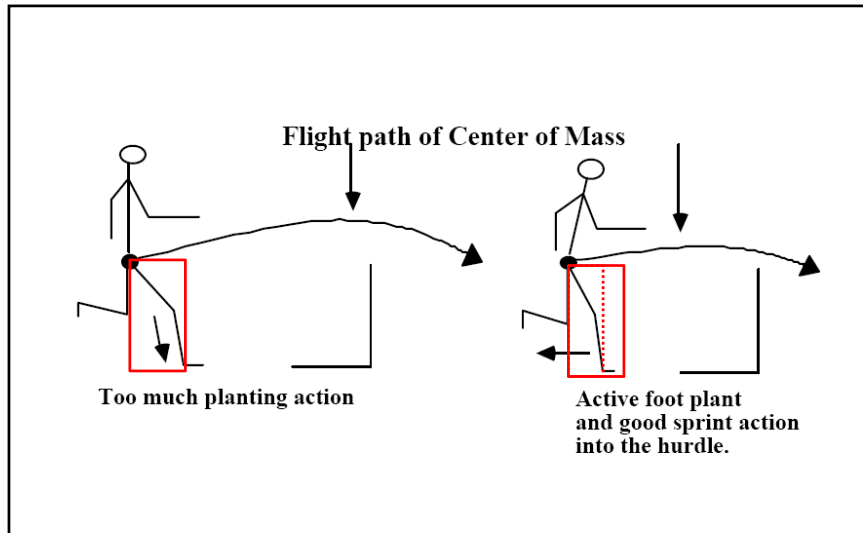
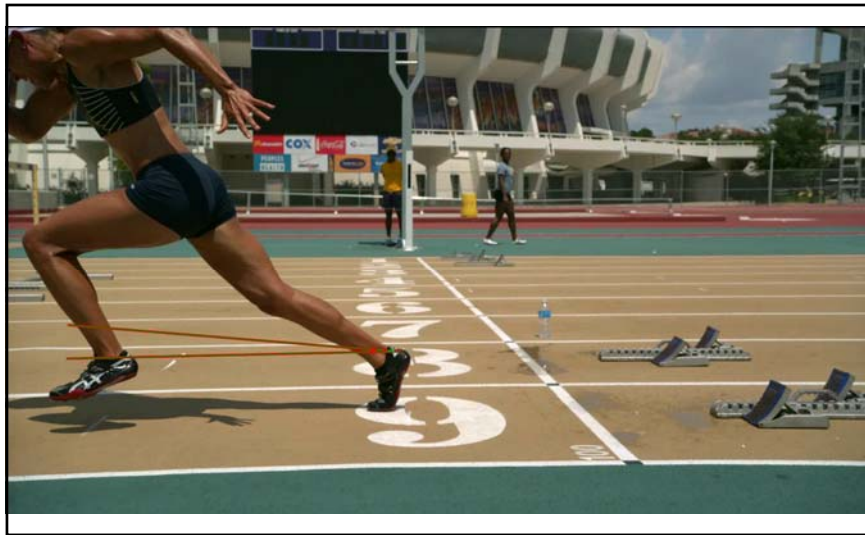
AVERAGE STRIDE PATTERN START LINE TO HURDLE #1

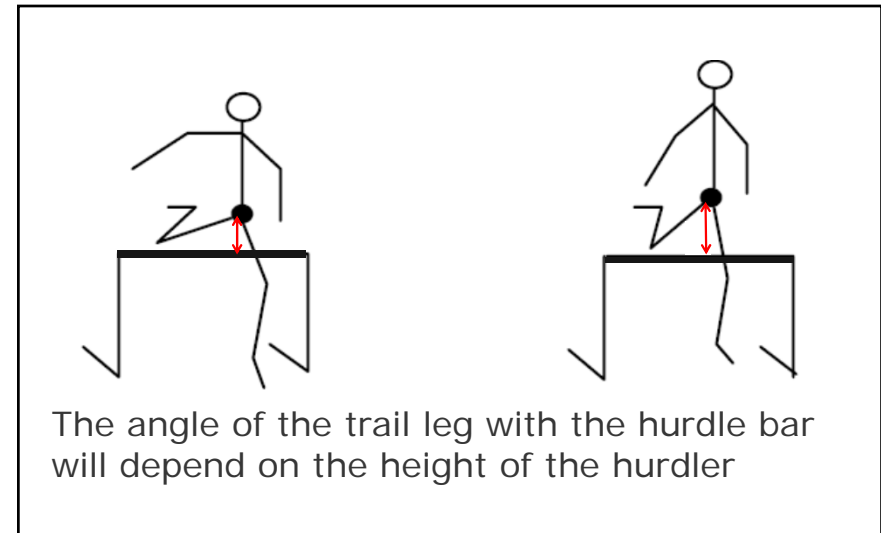
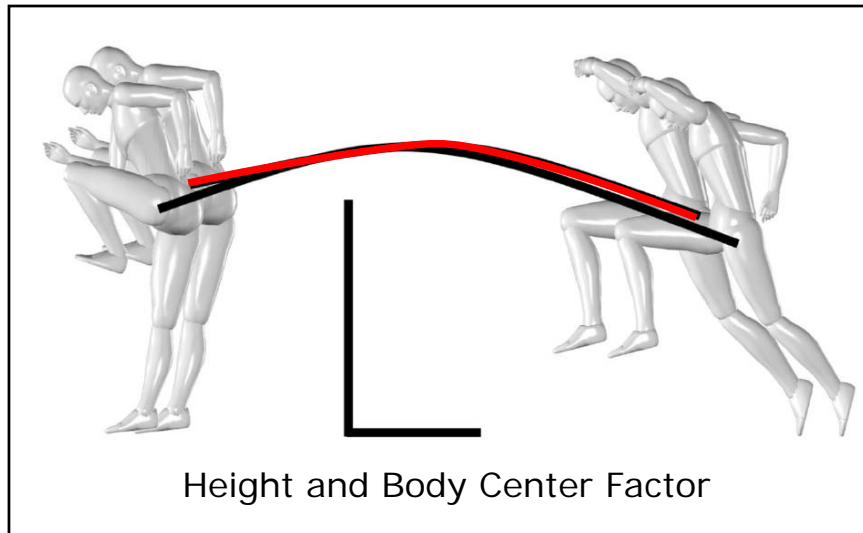
- Stride pattern to hurdle #1: (8 stride pattern is recommended)
- Measurement begins from the starting line in meters for the *average* pattern.
- Trail leg (power) should be in the front block setting.

100 Meter Hurdles

Start Line | .60 | 1.65 | 2.95 | 4.40 | 5.95 | 7.60 | 9.35 | 11.05 | **T.O.** | **h1**





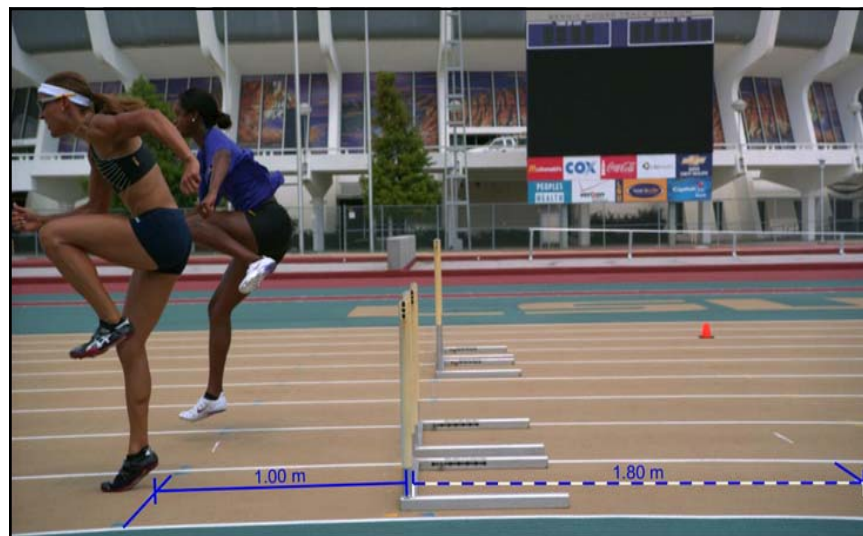


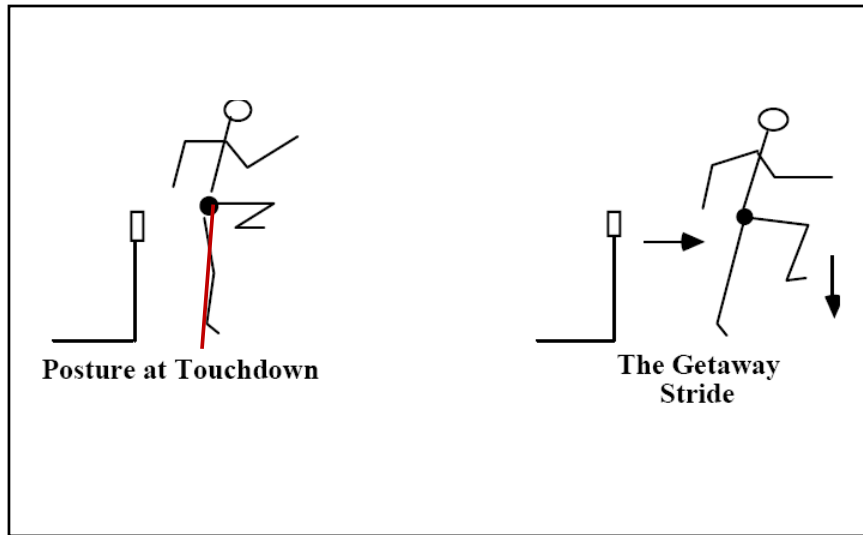
	Leaving hurdle	1 st stride	2 nd stride	3 rd stride	Distance to hurdle
Early race 100h	95cm	150cm	205cm	195cm	205cm
Later race 100h	105cm	150cm	200cm	190cm	205cm





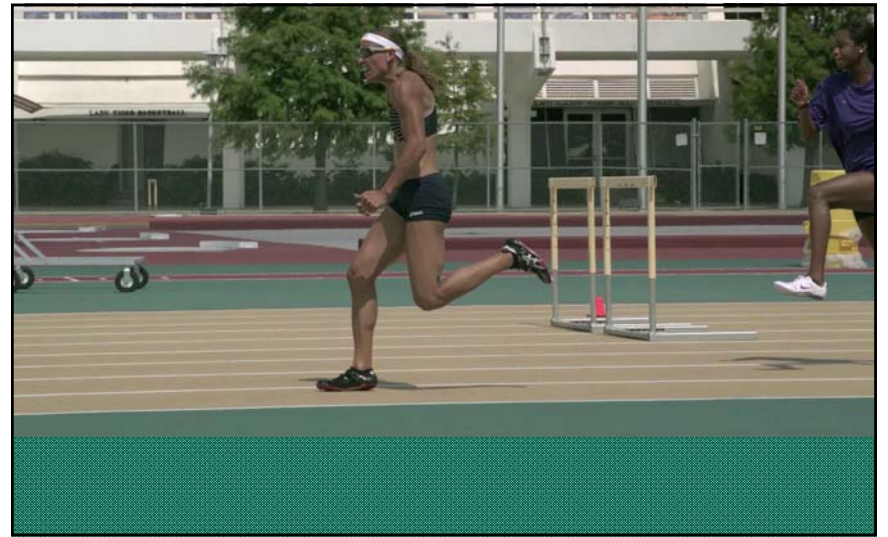
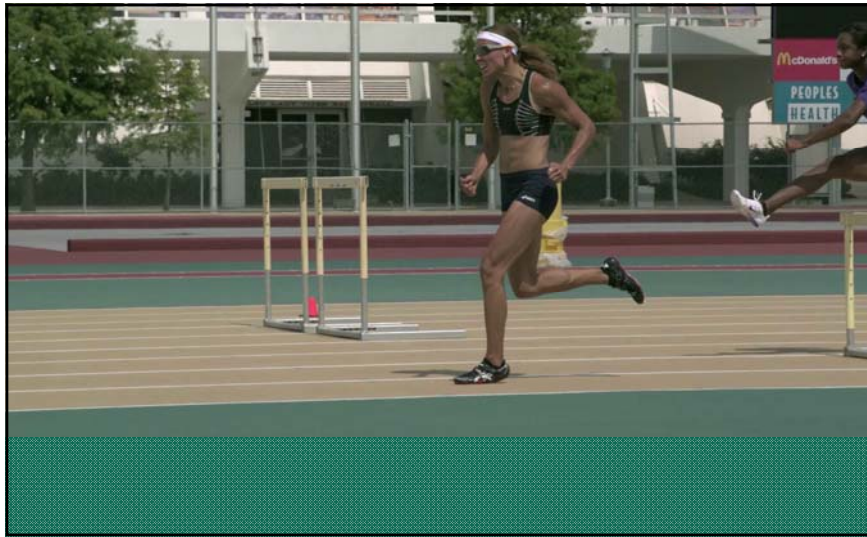
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	1H1	1H2	1H3	1H4	1H5	1H6	1H7	1H8	1H9	1H10
12.30	2.45	3.45	4.41	5.36	6.30	7.26	8.24	9.24	10.24	11.25
		1.00	0.96	0.95	0.94	0.96	0.98	1.00	1.00	1.01
12.36	2.46	3.47	4.43	5.39	6.33	7.30	8.28	9.29	10.29	11.31
		1.01	0.96	0.95	0.94	0.96	0.98	1.01	1.01	1.02
12.42	2.47	3.48	4.45	5.41	6.36	7.33	8.32	9.33	10.34	11.36
		1.01	0.97	0.96	0.95	0.97	0.99	1.01	1.01	1.02
12.49	2.49	3.50	4.48	5.44	6.39	7.37	8.36	9.38	10.39	11.42
		1.02	0.97	0.96	0.95	0.97	0.99	1.02	1.02	1.03
12.55	2.50	3.52	4.50	5.47	6.43	7.41	8.41	9.43	10.45	11.48
		1.02	0.98	0.97	0.96	0.98	1.00	1.02	1.02	1.03
12.61	2.51	3.54	4.52	5.50	6.46	7.44	8.45	9.47	10.50	11.53
		1.03	0.98	0.97	0.96	0.98	1.00	1.03	1.03	1.04
12.67	2.52	3.55	4.54	5.52	6.49	7.48	8.49	9.52	10.55	11.59
		1.03	0.99	0.98	0.97	0.99	1.01	1.03	1.03	1.04
12.74	2.54	3.57	4.57	5.55	6.52	7.52	8.53	9.57	10.60	11.65
		1.04	0.99	0.98	0.97	0.99	1.01	1.04	1.04	1.05
12.80	2.55	3.59	4.59	5.58	6.56	7.56	8.58	9.62	10.66	11.71
		1.04	1.00	0.99	0.98	1.00	1.02	1.04	1.04	1.05
12.86	2.56	3.61	4.61	5.61	6.59	7.59	8.62	9.66	10.71	11.77
		1.05	1.00	0.99	0.98	1.00	1.02	1.05	1.05	1.06



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