Training 300m Hurdlers

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Goals, Plans, and Action

EMPOWER and MOTIVATE your 300m hurdler.
Coach’s Goals and Plans

- What are your goals this season?
- How are you going to get there?
- How are you going to engage hurdlers?
Athlete’s Goals and Plans

- What are your athletes’ goals this season?
- How are they going to get there?
- How will you help them get there?
On Your Marks!
Get Set!
Go!
300m Training Basics

- Speed & Endurance
- Strength
- Mental Toughness
- Hurdle Technique
Speed and Endurance

Goal: Improve ground race

Plan & Action:

- Run 200m and 400m sprints
- Hill workouts
- Remove hurdles during training
- Count steps
Speed Drills

- 100m acceleration x6
- 200m acceleration x6
- Hill Workouts- uphill acceleration, walk down
- Starts-Drive powerfully from blocks (steps1-3)
  - Sprint position transition (steps 4-6)
Endurance Drills

- 200m x 12 @ 70+% 
- 350m, 300m, 250m, 200m @ 90-95% 
- 400m x 4 @ 90-95% 

Hurdles optional- 4 hurdles max
Goal: Developing Explosiveness

Plan & Action:

- Lift Weights
  - Multi-joint lifts: squats & deadlifts
  - Hang cleans & power cleans
  - Other lifts: upper body, core, TRX
Goal: Power Development

Plan & Action:
- Strong Coordinated Movement
  - Plyometrics: ladders, boxes, steps, jumps
BALANCED TRAINING

Hard Run Day = Light Lift
Light Run Day = Heavy Lift
Mental Toughness

Goal: Be a focused competitor

Plan & Action:
- Practice the race in sections
- Teach self talk
- Teach self awareness & correction
- Always Remain Positive!
Goal: Success in 300m hurdles as a multi-event athlete

Plan & Actions:

● Strategic Training Plans: basics + ?
● Learn/Teach timing of meet events
● Track layout
“What doesn’t kill you makes you Stronger!”

~Kelly Clarkson
Hurdle Approach

Goal: Create smooth hurdle approach

Plan & Action:
- Tape hurdle approach steps
- Accelerate before hurdle
- Equilateral triangle hurdling
- Chase drill between two athletes
Hurdle Technique

Goal: Hurdle as part of your sprint

Plan & Action:

● Lower height 3-6” to eliminate fear of sprint
● Repeatedly practice sprint through 1 hurdle
● Focused hurdle work
● Crowd hurdles
Hurdle Technique: Warm Ups

- Stationary on side of hurdle: lead and trail
- Stationary over center of hurdle: lead in front, snap trail through
- Side Steps: lead and trail leg
- Centered walk overs
- Over unders
Hurdle Technique Drills

- **Hurdle Ladder:** hurdles set by 100m marks, do 1 hurdle… 1&2…1,2,&3 then all 3…1&2…1.

- **High Knee Drive:** 5 hurdles, 1 ft apart hurdler jogs through lead… down… step… hurdle… repeat
Do not get through drills fast, get through the hurdle Fast!

~Coach Skretta
300m Hurdler Training

Identify Goals

Develop Individual Plans

Get better EVERY day

Questions?