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100m Hurdle Workouts & Drills - ITCCCA

100m Hurdle Workouts & Drills Doug Plunkett, Asst Track & Field Coach Downers Grove South High School dplunkett@csd99org Background: • 20 years coaching experience • USATF Level I, II & III schools • USOC Emerging Elite coaching school Key Resources that I use a lot (books & videos):

100m Hurdle Workouts Drills Itccca Illinois Track

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100m Hurdle Workouts Drills Itccca *FREE* 100m hurdle workouts drills itccca Angled Hurdle Trail Leg Drill Lower one side of the hurdle Face the direction that the hurdle elevates to Place the lead leg on the support bar and place the knee and ankle (instep) of the trail leg on

Theory and Training for the 400m Hurdles - ITCCCA

Theory and Training for the 400m Hurdles Scott C Roberts Women's Sprints/Hurdles/Jumps Coach University of Alabama Necessary Attributes • Strength of an 800m runner • Hurdling ability of the sprint hurdler Transitions -Hurdle 6-8 (generally speaking, is where the change downs occur)

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At the gun the athlete will drive the front foot on the front block extending at the hip, knee, and eventually the ankle (triple extension) Relatively equal horizontal and vertical force will be in use to project the body at a 45-degree angle

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