



Hurdling Basics 400H

Presented by Brett Shields

Brett's Background

- 5x PA HS State Champion
- PA High School Hall of Fame
- HS Indoor National Runner-Up
- University of Pittsburgh
 - All Big East/IC4A
 - - NCAA National Qualifier
- US National Qualifier
- Olympic Festival Team (East)
- 20+ Years Coaching T & F
- FLHS Hurdle State Championships - 9
- FLHS LJ/TJ State Championships – 2
- FLHS State Runner-Ups/Medalists
- The First Academy HS
- Lake Nona HS
- Co-Founder Future Stars A.C.
- Co-Founder NOVA A.C.

Topics

- What Makes a Good 400 Hurdler?
- Speed or Endurance
- Alternate or Same Leg
- Understanding Pace
- Race Strategy/Pattern
- Basic Drills
- Q&A

What Makes A Good Hurdler?

- Heart, Heart and more Heart!
 - 400 hurdlers have to be ready and willing to jump into the deep end of hurt
- Endurance
- Speed
- Hurdling Ability
- Size (Short or Tall) – Does it matter?

Speed or Endurance

- 400m in 48 seconds
 - Gets out fast
 - Good hurdler technique
 - Solid through 300
- 800m in 1:55
 - Moderate starter
 - Average hurdler
 - Kicking at 300

Alternate vs Same Leg

- Alternating Legs
 - Whatever happens happens
 - 14-16 strides per hurdle
 - Never on the wrong leg
 - More steps taken
- Same Leg
 - Fights to maintain same leg
 - 13-15 strides per hurdle
 - Consistent races
 - Fewer steps taken

Understanding Pace

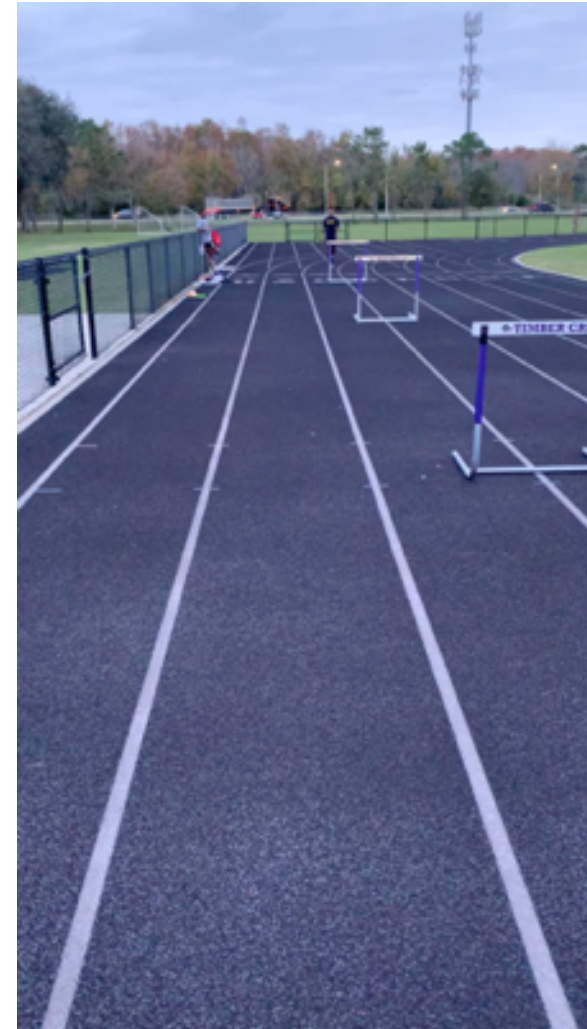
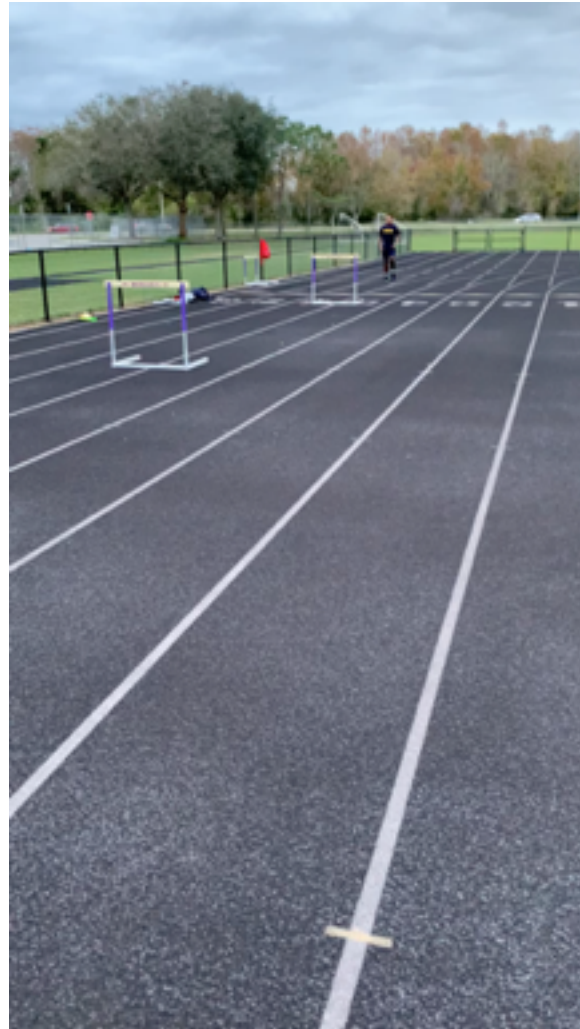
- Speed endurance (250 – 350) and over-distance (500 – 600) are key in training for overall fitness to compete in 400 hurdles
- Work on consistent timing in training
 - To run 52/60
 - Repeat 200's at 25/29
 - Repeat 300's at 38/44

Race Strategy/Pattern

- Does it really matter?
- Getting out fast (1 – 4)
 - How far to take it
- Mid-race (5-7)
 - What to do
- Finish (8-10)
 - Push to home
 - Maintain stride pattern to the finish
- Race Model

Basic Drills

- 4 Step should be incorporated to work the alternate leg



Q & A