

TRAINING THE DUAL HURDLER



CASHTON TRACK AND FIELD

BACKGROUND INFO

The 2016 season will be Coach Mosley's 16th season as head track and field coach at Cashton High School. Experience prior to Cashton was at Longfellow Middle and Central High in La Crosse (23 total years at the end of the 2016 season).

Cashton is located about 30 minutes east of La Crosse.

The Cashton girls have won the last seven Scenic Bluffs championships and six of the last seven regional titles.

Hurdles have been a strength in the Cashton program for many years. Since 2005, at least one boy or girl has qualified to the WIAA State Meet in either hurdle event.

BACKGROUND INFO

Cody Dahl won two state championships in the 300 meter intermediate hurdles (2010 and 2011) and one in the 110 meter high hurdles (2010).

Dave Figi from [Wisconsin Track Online](#) did a preseason feature on our team last spring and focused on our hurdle success.



2011 WIAA state finals

BACKGROUND INFO

Coaching Staff at Cashton

- 3 former Cashton Track and Field athletes
- 1 former Scenic Bluffs athlete
- 1 long-time assistant coach

Our hurdle coach is Blake Hundt. He was part of four Scenic Bluffs championship teams (2002-2005) and started coaching with us right after graduation. Coach Hundt competed in sprint relays and the hurdles (mainly 300s).



BACKGROUND INFO

Coach Hundt's experience as a hurdler has affected his coaching.

- had two different coaches (two years each)
 - lack of consistency
 - different philosophies
 - different levels of effort
- more skilled at the 300 hurdles
 - aggressiveness
 - time to correct errors
- also ran the two sprint relays
 - strongest lead-off man
 - wanted to do it- goals



BACKGROUND INFO

Coach Hundt's experience as a hurdler has affected his coaching. (continued)

- My attention had to be elsewhere due to the makeup of our staff.
 - first assistant coach was fine on his own/asked for help when needed
 - second assistant coach did not do enough prep work/always said he was fine
- Attention shifted when Coach Hundt came on board
 - young coach/would need help at the start
 - did not want to have a situation like his last two years
- Our working relationship is tremendous
 - Coach Mosley plans all of the workouts, analyzes video, decides who competes where, and gives form input
 - Coach Hundt focuses on form development, drill work, and meet day preparation

WHAT TO LOOK FOR IN A HURDLER

- Number 1 thing is speed.
 - A fast runner has the potential to be a fast hurdler.
- Height is not a requirement, but it helps.
 - Dayton vs Cody
 - Alyssa vs Ari
 - Jamie vs Marisa
- Work ethic is key.
 - You can put in a lot of effort and get faster at hurdles than in the open 100.



WHAT TO LOOK FOR IN A HURDLER

- Need to have a short memory is good.
 - A lot of things can go wrong in the hurdles.
- Usually your best athletes are strong candidates, but that is not always true.
- Speed-Endurance combination for the hurdles.
- Someone that is a little crazy.
- Have kids try it (quad).



START THEM YOUNG

We have kids try the hurdles in middle school.

We have a summer school class where kids as young as third grade are going over some type of hurdle.



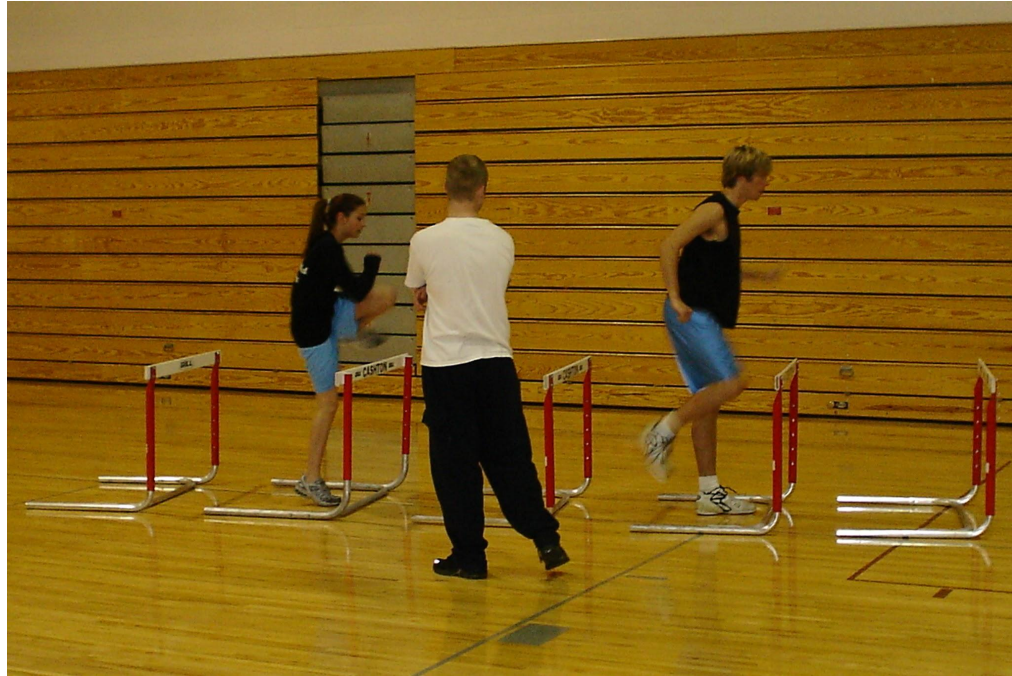
DRILL WORK

Our hurdlers do drills nearly every day in practice (rare exceptions).

- Emphasis is on repetition
- Some work is done before block work and some after we start getting in the blocks
- We ask the kids to do these drills slow
 - do not rush through them
 - concentrate on coaching points
 - going slow now allows for better focus when it is time to go fast
 - easier to make adjustments within the drills

DRILL WORK

Jog until last 2 or 3 steps and then get aggressive over the hurdle with an aggressive lead leg touchdown and jog to the next



DRILL WORK

These drills help with hip flexibility and strength. They also teach a hurdler what they should be doing when they are going full speed or doing half speed form over hurdles. There are lots of other drills out there, but these work the best for us, because they teach the athletes what they should be trying to do and what we are looking to fix.

Lead: Looking for a watch arm that is coming up in front of your face with the wrist not crossing midline. Other arm is getting cocked and ready to come forward in a running motion. Lead leg should lead with the knee.

Trail: Should be in position like the lead already went over. So lead leg in front of the hurdle with watch arm in position. Trail slides up hurdle with the knee coming up and through coming forward to continue sprinting. Trail arm should move forward aggressively to help get the trail leg through, the whole arm should come forward not just bending at the elbow.

DRILL WORK

Over the middle: This is putting both drills together. Same cues as the other two drills except the major thing to look for is keeping your lead straight and not cheating to either side to get it over. Jumping up to get your lead over is encouraged, helps teach exploding the lead over and leading with the knee.

Wall drills: Lead leg drill focuses on leading with the knee and attacking the hurdler. Can walk into the hurdle to start and eventually jog into it. Trail drill is the same as our normal drill except with the help of holding on a wall and focusing on bringing the trail knee up and snapping the trail down.

DRILL WORK

Half hurdles: This is much like our normal half speed/5 step form over the hurdles except we're only doing lead or only doing trail. It takes half of the form out of the equation so the hurdler can focus on the part going over the hurdle. Mostly have used this for people with lazy trail legs.

Wild arms: With a lot of these drills if the person has wild arms, have them hold a sweatshirt so their arms can only move so much. Will also have them do this during half speed/5-step hurdles.

DRILL WORK- VIDEO

DRILL WORK- VIDEO

DRILL WORK- VIDEO

DRILL WORK- VIDEO

GET BETTER WITH COMPETITION

- We have been fortunate to have more than one good hurdler at a time on the girls side.
 - Practice against the best each day
 - Know of at least one strong competitor at meets
- Schedule meets against bigger schools if possible.
 - Get the chance to compete against some top competition
 - It is not always about your place or winning a race- it is about getting faster
- Example: Danielle Arentz



GET BETTER WITH COMPETITION



PRACTICE CHALLENGES

Dynamic warm-up/Announcements

Sprint workout

Drills

Relay handoffs and/or field event work

Blocks

Relay handoffs and/or field event work

Form

Get over hurdles



PRACTICE CHALLENGES



MEET DAY CHALLENGES

Team warm-up

Field Event check-in/get steps

Relay handoffs

Hurdle Drills

Block work

Get over hurdles

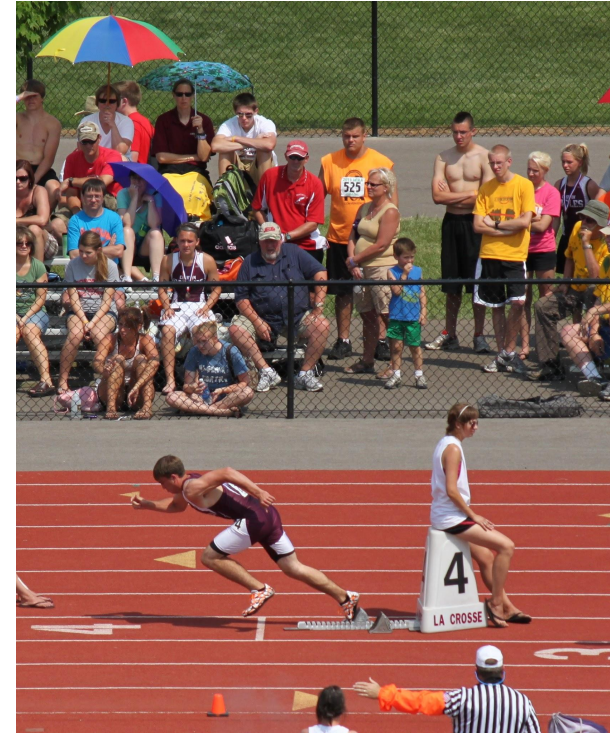


THE START- 100/110 HURDLES

- A good block start sets you up for the rest of the race.
 - Most hurdlers take nine steps to the first hurdle.
 - Goal is to get there in eight steps.
- Be the first to the first hurdle.
 - Put pressure on everyone else.
 - You should have enough speed to carry you through the rest of the race.
- Use foam or collapsible hurdles to just focus on being fast.
- Move hurdles closer than normal or take hurdles out to build confidence.

THE START- 300 HURDLES

- The start is key. Know your hurdler's limitations.
 - Get to the first hurdle first.
 - Put pressure on the rest of the field.
 - Attempt to not have to work from behind.
- Sets up approach for the first hurdle.
 - Do not stutter.
 - Build for the rest of the race.



3 STEP VS 4 STEP- 100/110 HURDLES

Not everyone will be able to 3-step, but that is the goal.

- To be a top hurdler at state, you need to be able to 3-step at least a few hurdles.
- If you 4-step, you are giving up too much between the hurdles.
- Some kids might overstride to 3-step; will slow them down.
- If you 4-step, you have to be fast between the hurdles. (Annie Dahl)



3 STEP VS 4 STEP- 100/110 HURDLES



3 STEP VS 4 STEP- 100/110 HURDLES

Not everyone will be able to 3-step, but that is the goal.

- Use foam hurdles
- Move hurdles closer (3-6 steps)
- Run against another hurdler or have a sprinter run alongside in practice



ABILITY TO USE EACH LEG

- We put a heavy emphasis on being able to use either leg as the lead leg.
 - If you can use both in the 100/110, you can avoid a 5-step hurdle if you are not able to complete a 3-step.
 - In the 300 hurdles, you do not have to count steps.
 - just get your steps on
 - take whatever leg is there if needed



ABILITY TO USE EACH LEG

- If a hurdler is equal with each leg, try to get them to be left-leg dominant in the 100/110 hurdles.
 - Being able to use your left in the 300 hurdles will help on the corners.
- If you have a hurdler with college potential, they are ahead of the game in being able to use either leg.
- Can practice this in the 300s by placing hurdles at random locations.



GETTING OVER THE HURDLE

Strong lead leg

- As discussed, being able to use either leg is important.
- Get the lead leg down in a position that will clear the trail leg and put the runner in to keep running.



Well-positioned trail leg

- The trail leg cannot drag through or below the hurdle.
- Get the trail through and down quickly to return to running.

GETTING OVER THE HURDLE

Arms need to be in good position.

- Check your watch during lead leg.
- Do not swim.
- Do not allow arms to fly.

Slight lean while going over the hurdle.

- After the trail leg has left the track. Want to avoid hitting the hurdle with the trail leg.



GETTING OVER THE HURDLE

- Keep the hips as square as possible.
 - Arm position will help with this.
 - Avoid going over the hurdle sideways.
- Focus ahead to the next hurdle.
 - Understand where you are after the previous hurdle.
 - Was your lead leg short?
 - Did you hit the hurdle with your trail?
 - Are you slowing down?



USE OF VISUALIZATION

We do visualization in practice four or five times over the season.

- The kids work through their events and see the event unfolding in a perfect state.
- They see how it should be done and find where their deficiencies are and what they need to work on.
- The athletes are encouraged to use visualization techniques at home and at the meet sites prior to competition.
- They also learn to mentally move from one event to the next.

WORKOUTS

We work our hurdlers out with our sprinters due to the size of our team.

Many of our hurdlers have other event areas to work on as well (relays, field), so doing a running workout later in practice is not always available.

Once we get to having a lot of outdoor meets on Tuesdays, we have a study hall at the beginning of practice on Wednesday and then go to speciality areas.

Our hurdlers do their drill and form work right away and then do relay and field work ahead of the running workout we might have.

WORKOUTS

150 meter repeats

- build-up
- all-out

200 meter repeats

- build-up
- at a pace time

200 meter repeats with hurdles

- put in the last 3 hurdles with them all the way down



WORKOUTS

Ladders up to 400

300 repeats at pace

Possible 400 repeats (did some of this with Cody Dahl)

Short sprints for working on explosion/burst

- Example 3x20/2x30/2x40/2x30/2x40/2x50/1x60/2x30 for girls (add 1 at each 30 and 40) finish workout with 2-3 150 meter buildups



OVERCOMING DISAPPOINTMENT

Cody Dahl



OVERCOMING DISAPPOINTMENT

Jamie Schmitz



ATHLETE INTERVIEWS- Emily Schaldach

- Tell myself to relax, be strong, arms, don't stutter, trail
 - In 300s, relax, breathe, arms, trail through, don't stride but give a little pacing, accelerator in practice on the corner, finish strong, don't be lazy
- Attack it, stay low
- I know I slow down, so I try to think "Go faster" after each hurdle
- I tell myself how I'm going to run the race in my head, so.. come out of the blocks strong, get my steps on, go over low, get my trail through, keep my hips square, attack the next hurdle, speed up a little after the second hurdle, get steps on for the next hurdle, after the fourth hurdle..sprint. It's all mental. If you think you will stutter, you will. If you think you won't finish first, you won't. Just don't get stressed out because it won't help you finish in the 300s.

ATHLETE INTERVIEWS- Jamie Schmitz

thoughts in blocks for 100s

In a short race, like the 100s, a good start is key. Of course a lot can happen between the start and finish line, but without a fast, clean start, winning a race is extremely difficult.

- first hurdle- what are your goals

Being first to the first hurdle is always a solid way to start a race. My goal is to be first to the first hurdle.

-between the hurdles in 100s (adjustments/speed)

Between the hurdles it is important to stay fast. As a three stepper, I find myself striding because I just try to get in my 3 steps. I have learned that if I focus on my speed, my three steps will be on.

ATHLETE INTERVIEWS

- mental prep for running the 300s
- The 300s have a lot to do with mental preparation. The race is physically exhausting for me so if I allow myself to focus mentally and block out the physical strain, I might be looking at a good race ahead of me.
- handling the last two hurdles in the 300s
- The last two hurdles in the 300s is all about focus and determination. Telling yourself to really implement all of the form you have engrained in your head to finish.
- last hurdle to finish in the 100s
- SPRINT! Put your head down and finish the race. After the last hurdle the race is not over.
- **Multiple Events:** Competing in multiple events is a great perk of a small program. Each event has its own technicalities. I think the key to being a successful multi-event athlete is realizing what those are and keep them separate when switching from event to event. Some events do have similarities so it is helpful to have some skills carry over between multiple events. When competing in multiple events you must be able to mentally block out what happened in your other events, good or bad, and focus on the task at hand

ATHLETE INTERVIEWS- Marisa

Schaldach

- Thoughts in the blocks for 100s: “First one to the first hurdle.” Focus on staying low over the hurdle and keeping form. Get your steps on right away and go for a PR every time
- Thoughts in the blocks for the 300s: Get out fast. Not too fast, but make sure you hit that first hurdle 1st or second and then settle in. Run my race, don’t worry about the runners beside me. Don’t stutter, don’t stutter, don’t stutter.
- 1st hurdle in the 100s: I always felt like my worst form on the first hurdle, so I really tried to focus on the second hurdle even though my first one was almost always botched. I was always so focused on being quick that I would lose my form for that first hurdle, but I would always get to that hurdle first or second.
- Thoughts on 1st hurdle in the 300s: Woohoo only seven more to go was always my initial thought. Then I would focus all of my energy on hitting a good split time, I would start to mentally prepare for the last three hurdles because that is where I would need the positive thoughts the most. After I finished any hurdle I would always be looking for the next hurdle so that I can start getting my steps on and start judging my speed and form for when I go over the hurdle.

ATHLETE INTERVIEWS

- Running the curve: Use the curve to your advantage. It is your time to mentally prepare for the finish. The end of the 300 race is almost all mental strength. The curve is where I judged my split and determined if I was slacking the first half, or if I am running what I want to be at. On the curve I try to hug that inner line and focus my mind on getting to the finish.
- Thoughts on the last 2 hurdles of the 300s: Don't stutter because at this point my legs have become jello and any stutter will set me behind two more seconds and it physically hurts to stutter. You feel like your body is shutting down but you need that voice in your head shouting run faster the finish is right there and you can fall apart when you're done. I always question why I do the 300s during the last two hurdles but I remind myself that I won't die and to suck it up because it's almost over. Attack each hurdle, don't hesitate. Keep the arms tight, by the end of the race you will want to lose your form and have your arms flying all over the place, but keep them close to your body to stay faster
- Last hurdle 100s; RUN. SPRINT. GO FASTER. Finish fast, lean, quick feet. There is still enough time after the last hurdle to take the lead if you push yourself harder.

ATHLETE INTERVIEWS- Alyssa Arentz

My thoughts while in the blocks before the 100's: I reminded myself of what I struggled with and what I was going to do in order to prevent it from happening. For example, I took too long of strides and often ran out of space to get my lead leg up before the first hurdle. In order to prevent that from happening I needed to keep short quick strides.

My first hurdle of the race depended on my confidence and my block start. At this point in my career my form has almost become muscle memory and exploding from my blocks and keeping my head down until the first hurdle was my focus.

ATHLETE INTERVIEWS

The time between consecutive hurdles, I was still focusing on what I struggled with (the too long of strides). I told myself over and over again short quick strides.

For the last hurdle of the race, you are tired and need to focus on good form and sprinting “through” the hurdle and past the finish line.

My opinion on being a dual athlete: Take a few minutes between each event to reflect and change your attitude accordingly. Each event has the opportunity to produce a new outcome, so you must come into each event with a clear mind. It doesn't matter if you just false started, or scratched your event. Take your time, deal with it, and then forget about it. You can never undo what just occurred, but if you dwell on it, you bring that poor attitude to the next event.

ATHLETE INTERVIEWS- Annie Dahl

- thoughts in blocks for 100/300: I would really get into the zone and focus on my breathing while listening to the starter. I didn't worry about who was around me or any other noise other than the starters voice and my own breathing. When It came to getting into the blocks I had my same routine, no matter the race. This kept me calm and zoned in. I reminded myself "head down, big arms, explosive steps". I wanted to be the first one to the hurdle.
- first hurdle in each race: When it came to coming out of the blocks I really wanted to be explosive. I focused on really throwing my first arm up so that my first knee would come up high and step out far. Getting to the first hurdle first was key. The first hurdle set me up for the rest of my race. I would remind myself to stay low (don't jump) and glide. I wanted to be smooth.

ATHLETE INTERVIEWS

- between the hurdles in 100s (adjustments/speed): The race goes so quick. I was a 4 stepper in HS which had its pro's and con's. It helped me tremendously with the 300s and then the 400s in college because I was comfortable with both legs going over the hurdle and my form for both legs were good. Because I was taking 4 steps, I was constantly saying "Quick, Quick, Quick, Quick". My steps needed to be short and quick to get me to the next hurdle in adequate space and time. My eyes were always looking onto the next hurdle. My looking ahead I was able to make any space adjustment needed while running.

ATHLETE INTERVIEWS

- set up for 300s: This race was built for those with strong endurance and who were strong minded. To prep before the race we would do quite a few run throughs with hurdles on the infield or side to get our minds and bodies ready. By spacing the hurdles randomly, we forced ourselves to have to make adjustments to the hurdle distance so that if our speed/steps were off we were able to make that correct change in steps before we were having to go over the hurdle. The more practice with different spaced hurdles, the better we became at judging our approach to the hurdle. I really focused on knowing what split I had to be at when I was half way through. This helped my mind stay sane in the race.

ATHLETE INTERVIEWS

- running the curve in the 300s: The curve in the 300s to me had no difference then the straight away. I tried to have my left leg (inside leg) be the lead leg so that I would come down next to the inside of the lane but if it wasn't, I didn't stress. As long as I did not hurdle, I was in good shape. Always focusing on the next hurdle made things easier in this race. You had something to run for and to get to. To me it helped push my speed. I wanted to accelerate coming off the hurdle and I wanted to accelerate going into the hurdle. So thinking of that really didn't leave much time in between the hurdles to slow down.

ATHLETE INTERVIEWS

- last hurdle to finish in the 100s: “Don’t trip, Annie.” At the last hurdle all I didn’t want to do is trip. Being a 4 stepper I felt that my speed was being held back. I was able to come off the last hurdle and really sprint through the finish line. There were times when that is where I was finally able to pass girls. The 100m hurdle race is so fast (compared to a 400m) that I truly just ran the race as my body went and tried to go and do the best I could. At the state finals my senior year, I leaned so hard into the finish line, that I fell over and somersaulted after crossing and the girl next to me tripped over me (resulting in a broken wrist), but I beat her. So don’t forget to lean with your chest!

ATHLETE INTERVIEWS

- last two hurdles in the 300s/400s: Like I said earlier, this race is for those built with strong endurance and who were strong minded. The last two hurdles tested your mind extremely. I have always been a good finisher. I was not going to just stop in a race. Once coming off the curve, I really focused on coming up onto my toes and pushing into the last stretch (that went for all my races). If I had girls in front of me, it pushed me to catch them. The race was almost over. The last two hurdles weren't the worse part of the race, it was the pain that came after you finished running. So I would tell myself "On your toes, drive your knees, pump your arms". There were times I didn't feel like I was moving, but I knew that I had to keep pushing.

ATHLETE INTERVIEWS- Cody Dahl

- Thoughts in the blocks for the 110/300s: Be relaxed, don't worry about the other runners around me, focus on the starter, be quick out of the blocks, be the first to the first hurdle, and just run my race.
- First Hurdle in each Race: Being first to the first hurdle in the 110s/300s is very important to me because now I'm in the lead and everyone else is playing catch up. For me to be able to be the first to the hurdle I need to be quick and explosive out of the blocks and get over the first hurdle without a stutter step.
- Between the hurdles in the 110s: I always focused on being quick between the hurdles to make up for my not so great from. By doing this I had to three step between the hurdles with my left leg always being my lead leg because it was the smoothest for me.

ATHLETE INTERVIEWS

- Set up for 300s: When I was first started running the 300s I always worried about passing myself better so I could finish the race stronger. But as I was doing it more it became more of be the first out of the blocks and be first to the first hurdle. With this the race turned more into a coming out fast and dig deep at the end to be able to finish strong. That's where the weight room and running 400s, 800s, and the occasional mile came into play because endurance was key to be successful in the 300s.
- Running the curve in the 300s: For me the curve never affected me because it was key to have your left leg lead and well that was the leg I preferred and was the most comfortable with being my lead leg so I made sure that it was going over every hurdle.

ATHLETE INTERVIEWS

- Last two hurdles in the 300s: Those two hurdles were always my worst nightmare because they always looked so much taller than they were. But that's where running the 400s and 800s paid off. Having the endurance to make it over them with good form and not hitting a hurdle was key especially on the second to last one because you would have to recover from that and still try to make it over the last hurdle.

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ATHLETE INTERVIEWS

- The last hurdle to finish the 110s: Was so important to me because in a close race I knew if I could clear the last hurdle with not hitting it or stuttering that my quickness at the end could be the difference in allowing me to win.
- Handling injury and then qualifying to state: When I broke my arm my sophomore year that crushed me because I set one goal for myself and that was to make it to state. So after that happened I lost hope because all of the conditioning I had went to waste and I would have to start over. But then when people kept saying well you got next year. But I didn't want to wait till next year. So it just fueled me because I knew the season wasn't over and that I still would have a little time to train and get back into shape. So for the next few weeks before regionals I knew I had to push myself as hard as I could to still have a shot at making it.

ATHLETE INTERVIEWS

- Pressure of defending your state titles: When we started track practice my senior year I had people ask me about the pressure and if they thought it was going to affect me but I really didn't think it would bother me. Until we had an indoor meet and in the finals of the 55m dash I took second and then I heard a bunch of people say "hey you took down the state champ". After that I put more pressure on myself than I should have because I felt that I let teammates and coaches down because I went from being a state champ in the 110s to getting second in a race that I should have won. But as the year went on I just found ways to deal with it better and take deep breaths before every race from there on out.

ATHLETE INTERVIEWS

- Adjustments senior year following 110 finals: After my 110m hurdles race my senior year I was mad, upset, and furious. Just because I couldn't repeat again instead I took third. I was beating myself up most of the day. But then I had someone tell me that I ran the best 110m race of my career. So thinking about that for a little while it was true I didn't have any mistakes during it and it was my best time of the year. So I used my frustration on my next race in the 300s. I told myself I was going to use that frustration to run a 300m race like I had never ran before sprint the whole thing as fast as I could and leave nothing left for it being my last high school meet ever.

ATHLETE INTERVIEWS

- Trying to balance multiple events at once: It has its ups and downs. At practice it was always hard because I would always want to just practice hurdles and work on form drills so I could continue getting better especially my senior year having a target on my back. But it was important for me to still practice long jump because I need to get better at it to help our team place at meets throughout the year. During meets through the season I didn't find multiple events to affect me too much. Usually this was because I would go get one jump in at long jump run either the 100m or 110m hurdles than go back and finish long jump and it usually helped me because I would get more warmed up which always seem to help me get my best jumps of the year in.