

ELITE HURDLE SUMMIT
400 Meter Hurdles
DECEMBER 2007



SAN DIEGO STATE UNIVERSITY
SHEFFIELD ELITE TC
Head Coach
Rahn Sheffield

Key Elements to Being a 400 Meter Hurdler

- ✦ Believe in yourself
- ✦ Commitment to Excellence
- ✦ Mental Toughness
- ✦ High Pain Tolerance
- ✦ Devise a plan
- ✦ Execute that plan
- ✦ Have a back-up plan
- ✦ Build a team behind the team
- ✦ Believe in your coach

CHANGE YOUR WORK ETHICS OR CHANGE YOUR GOALS



What Makes a good 400 Meter Hurdler?

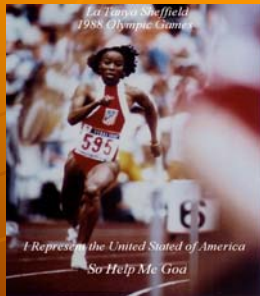
- ✦ Endurance
- ✦ Strength
- ✦ Power
- ✦ Speed
- ✦ Technique
- ✦ Tactical Intelligence



I Represent the United States of America, So Help Me God.

ENDURANCE

- ✦ Both Aerobic And Muscular
- ✦ Speed Endurance
 - Anaerobic
- ✦ GENERAL TRAINING
 - Fitness Circuits
 - Pool Workouts
 - Weight Circuits
 - Road Runs
 - Sand Walk



Somewhere Between Insane and Sane, We Find Reason

Fitness Circuit

Overall Body Conditioning

- ✦ Push-ups
- ✦ Crunches
- ✦ Heel Raisers
- ✦ Split Jumps
- ✦ 3 Point Leg Raisers
- ✦ Jumping Jacks



I Know Of No One Who Ever Drowned In Sweat

Pool Workouts

Overall Conditioning

- ◆ High Knee
- ◆ Active Downs
- ◆ Single Leg Hops
- ◆ Double Leg Hops
- ◆ Alternate leg hops
- ◆ Running In Place
- ◆ High Marching
- ◆ Flutter Kicks
- ◆ Bicycling



STRENGTH

- ◆ General Weight Training
- ◆ Specific Weight Training
- ◆ Lower Body Fitness Circuits
- ◆ Hill Circuits
- ◆ Stair Circuit
- ◆ Hip Flexor Circuits
- ◆ Core Circuits



Fitness Circuit Lower Body

- ◆ Lunges
- ◆ Positive Force LT
- ◆ Positive Force RT
- ◆ Frog Hops
- ◆ Heel Toe Walks
- ◆ Split Jumps
- ◆ Vertical Jumps
- ◆ Straight Leg Striders



I Bet You Never Thought You'll See Me

Power

Applying Vertical Force

- ◆ Hurdle Hops
- ◆ Bounding
- ◆ Box Jumps
- ◆ Bleacher Circuit
- ◆ Power Conversion



Miesha M. Kirby & Chad Dawers

Everyone's a Champ, Until the Pain sets In

SPEED DEVELOPMENT

- ◆ Short Hills
- ◆ Stick Drills
- ◆ Jump Rope
- ◆ Sled Drag
- ◆ Slope & Cope
- ◆ Contrast Training
 - Resistance
 - Assistance
 - Real Time



Everyone's a Champ,
Until The Pain Sets In

Sometimes It's Not always the Person who Won, Sometimes It's The One Who Didn't Quit

TECHNIQUE

- Body Position
- At Touchdown into Hurdle
- Touchdown &
- Takeoff
 - Off of Hurdle



Nicole Ireland
NCAA's 2003 4th Place

SHEFFIELD ELITE T.C.

TACTICAL INTELLIGENCE

- ✦ Lane Position
- ✦ Energy Distribution
- ✦ Race Pattern
- ✦ Strong Will



SHEFFIELD ELITE T.C.

Sheffield Elite Track Club 400 Meter Hurdles

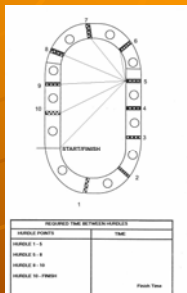
Can't come home
Don't leave home



SHEFFIELD ELITE MODEL BUILDING

FOCUS POINT

- ✦ Hurdle 1 – 5
- ✦ Hurdle 5 – 8
- ✦ Hurdle 8 – 10
- ✦ Hurdle 10 - Finish



SHEFFIELD ELITE T.C.
ESTIMATED MODEL POTENTIAL



- ✦ HURDLE 1 - 5
23.0 (1987)
- ✦ HURDLE 5 - 8
14.0 (1985)
- ✦ HURDLE 8 - 10
10.2 (1993)
- ✦ HUR. 10 – FINISH
06.6 (1993)

POTENTIAL TIME = 53.8
PERSONAL BEST 54.64

HIGH STRESS WORKOUTS

- ✦ 1 X 600
- ✦ 1 X 500
- ✦ 1 X 400
- ✦ 1 X 300
- ✦ 1 X 200

Last 200 of each run over hurdles
Walk half dist. recovery


- ✦ 3 X 600
- Last 200 over hurdles
- First 400 meters, pace
- Walk 400 meter recovery

HIGH STRESS WORKOUTS


- ✦ 1 X 500
- 300 Meter Recovery
- ✦ 3 X 300
- 1 Min. Recovery
- ✦ 3 X 300
- 3 Min. Recovery

- ✦ 2 X 500
- 300 Meter Recovery
- ✦ 3 X 200
- 1 Min. Recovery
- ✦ 1 X 400
- 400 Meter Recovery
- ✦ 3 X 200
- 3 Min. Recovery

THE PRICE YOU PAY TO BE A
CHAMPION
IS EVERYTHING YOU HAVE



AT THE END OF THE DAY
ASK YOURSELF ONE
QUESTION



HOW DO YOU WANT TO BE
REMEMBERED?

