

**USATF National Podium
Education Project
December 10, 2008**

**Steeplechase
Training Techniques©**

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- Introduction/Personal Background
- Recruitment
 - Training
 - Phase 1 – Foundation
 - Active Isolated Flexibility
 - Strength Training
 - Phase 2 – Specificity
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 - Plyometrics
 - Phase 3 – Adaptations
 - Water jump technique drill
 - Lead leg & trail leg resistance
 - Water jump landing lower leg drill
 - Races & Execution
 - Strategy
 - Timing
 - Q&A

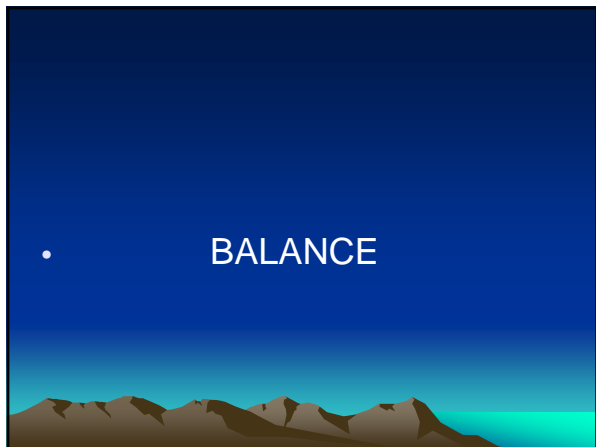
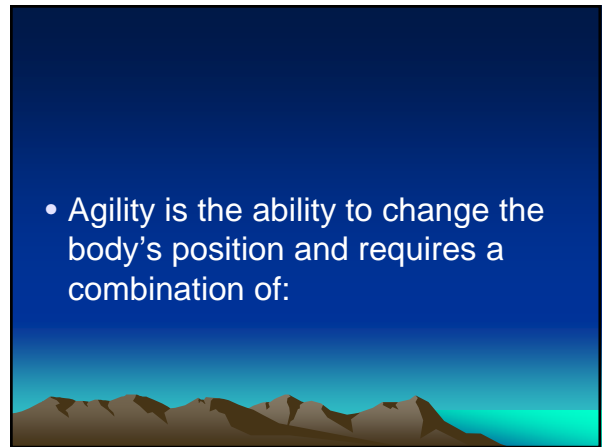


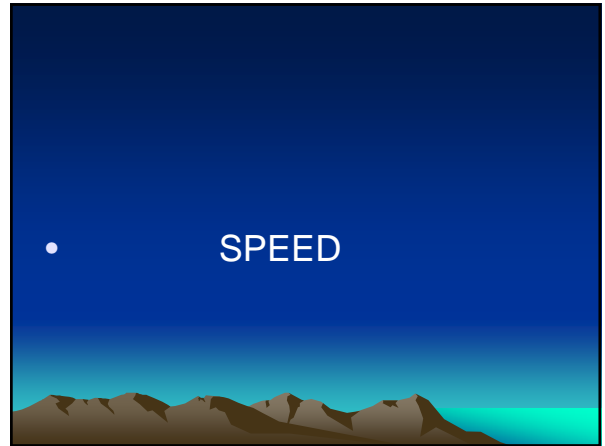
- NCAA CHAMPION 1989
- 8:16.92 4TH PLACE 1992 OLY TRIALS



ANTHONY FAMIGLETTI

- **FAM**





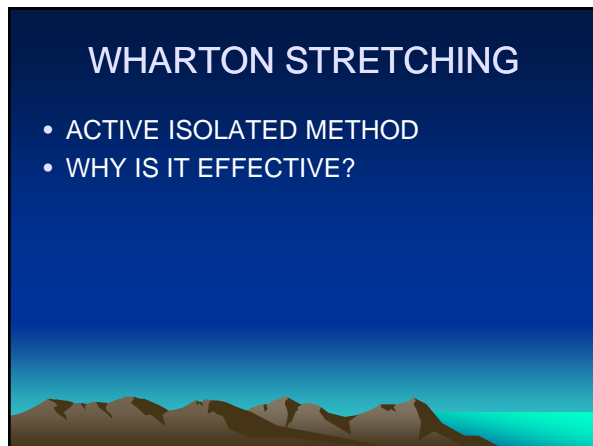
PHASE 1

- FOUNDATION
(FLEXIBILTY & STRENGTH)



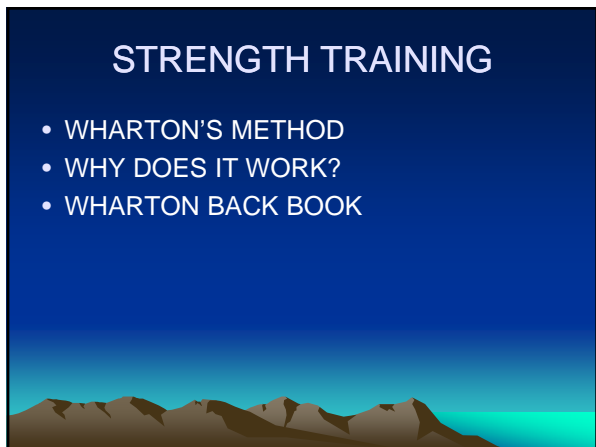
WHARTON STRETCHING

- ACTIVE ISOLATED METHOD
- WHY IS IT EFFECTIVE?



STRENGTH TRAINING

- WHARTON'S METHOD
- WHY DOES IT WORK?
- WHARTON BACK BOOK



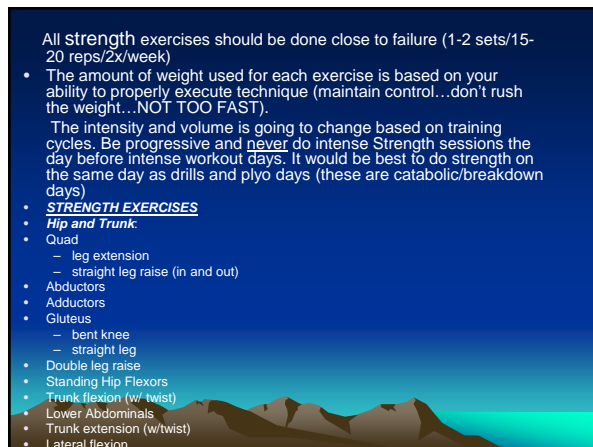
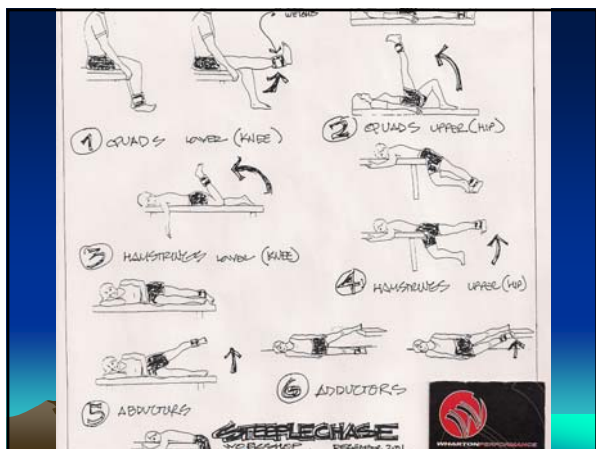
All strength exercises should be done close to failure (1-2 sets/15-20 reps/2x/week)

- The amount of weight used for each exercise is based on your ability to properly execute technique (maintain control...don't rush the weight...NOT TOO FAST).

The intensity and volume is going to change based on training cycles. Be progressive and never do intense Strength sessions the day before intense workout days. It would be best to do strength on the same day as drills and plyo days (these are catabolic/breakdown days)

STRENGTH EXERCISES

- Hip and Trunk:
- Quad
 - leg extension
 - straight leg raise (in and out)
- Abductors
- Adductors
- Gluteus
 - bent knee
 - straight leg
- Double leg raise
- Standing Hip Flexors
- Trunk flexion (w/ twist)
- Lower Abdominals
- Trunk extension (w/twist)
- Lateral flexion

PHASE 2

- SPECIFICITY/STEEPLE DRILLS



Steeple Drills

- START AFTER 8 WEEKS OF PHASE 1
- Steeple drills should be 2/WEEK. They can be after a workout.
- All drills should be done on a soft surface. (Track/grass)

• **Drills**

- Walkovers: Walk over 4 hurdles set at 28" or lower. If athletes have less than a 28" inseam a lower hurdle should be used. * 6sets (Don't bend laterally at the trunk; keep hips and shoulders square to the front).
- Standing lead leg drill (lead with the knee, extend up to hip height) *20 reps each leg
- Standing trail leg drill (bring leg through at hip height) *20 reps each leg

• **Plyometrics**

- Double leg (lateral hop & linear hop) *20 reps
- Single leg (lateral hop & linear hop) *20 reps
- Quad box (double leg & single leg) *20 reps
- 12" Maximum height hurdle hops (forward & lateral) *16 reps each
- Rat-in-a-cage *4 reps
- Finish with 5 minutes easy running over low hurdles.

Developed by Tommy Nohilly
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PHASE 3 ADAPTATIONS
START AFTER 4 WEEKS OF PHASE 2

WATER JUMP TECHNIQUE
WATER JUMP BIOMECHANICS
SAND PIT WATER JUMP DRILL

LEAD LEG/TRAIL LEG RESISTANCE

WATER JUMP LOWER LEG STRENGTHENING DRILL

WATER JUMP BIOMECHANICS

SAND PIT WATER JUMP DRILL

@ 12'. DRAW A LINE IN THE SAND

- LANDING IN THE SAND DECREASES IMPACT ON LOWER LEG
- 7 QUALITY REPS

LEAD LEG/TRAIL LEG RESISTANCE DRILL

- CAN BE DONE WITH RESISTANCE BANDS OR WITH A RESISTANCE PULLEY
- 28 REPS EACH LEG

LOWER LEG STRENGTH DRILL

- 20 REPS ON LANDING LEG
- ADD REPS AS YOU PROGRESS

RACE SCHEDULE/STRAGEDY

- 2 STEEPLE RACES TO REALLY RACE STEEPLE
- ALWAYS BE READY TO MIX IT UP IN THE PACK. IT'S EASY TO GET COMFORTABLE AT THE FRONT.
- CAN'T LEAD THE BIG ONES

CLOSING COMMETS

- SHOULD START PHASE 2 BY FEBRURARY.
- DURING THE PEAK PHASE OF YOUR RUNNING AND RACING SCHEDULE YOU CAN CUT BACK PHASE 2 & 3 TO 1/WEEK
- REMEMBER WHEN ATHLETE INCREASES HIS/HER AGILITY THEM BECOME A BETTER STEEPLER

Q&A

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