



## Competition: April - July

- Hurdling 4 days per week
- Open up with a low 57 – high 56
- 400, 300, and 200 meter break downs
- 6 x 200m in sets of 2
- 3 x 6 hurdles (29 – 31 secs)
- 2 x 7 hurdles & 1 x 300M

## The Early Years SWOT

- |   |   |
|---|---|
| <p><b>Strengths</b></p> <ul style="list-style-type: none"> <li>■ 2 years at University of Houston and dropped from 60 seconds to 56.7</li> <li>■ 52 second 400M speed</li> <li>■ 37.2 second 300M speed</li> <li>■ 13.46 second 100M hurdler wind aided</li> <li>■ Attacked the hurdles well</li> <li>■ Ran off the hurdles well</li> <li>■ 16 stride pattern</li> <li>■ Patient &amp; in control</li> <li>■ Competitive</li> </ul> | <p><b>Opportunities</b></p> <ul style="list-style-type: none"> <li>■ Working full time               <ul style="list-style-type: none"> <li>■ Up at 5:30 am</li> <li>■ Training at 5:30 pm</li> </ul> </li> <li>■ Coaching</li> <li>■ 400M speed</li> <li>■ 300M speed (endurance) repeatability</li> <li>■ Hurdled speed</li> <li>■ Season ended after the trials</li> </ul> |
| <p><b>Weakness</b></p> <ul style="list-style-type: none"> <li>■ Coaching experience</li> <li>■ Race management</li> <li>■ Poor trail leg</li> <li>■ 16 stride pattern to 5 hurdles, 17 home</li> <li>■ Unstructured weight program</li> </ul>   | <p><b>Threats</b></p> <ul style="list-style-type: none"> <li>■ 2- 3 of the best hurdler in world are always from the US</li> <li>■ Bobby Kersey</li> <li>■ NCAA's (race sharp)</li> <li>■ No where to train</li> <li>■ 5 to 6 races before the trials</li> </ul>  |

## Some good things had to happened

- In second place thru 10 hurdles at the trials at University of Tennessee
- Making the 1998 Goodwill Team
- Training at Rice University
- Support / assessment from the Rice University Coaching Staff
  - Victor Lopez
  - Wang Yang
- Support form other US 400 meter hurdles coaches

## The Change

## My Thoughts

- We could run 54 seconds and finish third in the US
- We don't know how to train to be world class
- I don't know what I'm doing
- We need more races
- We need to win more races
- We need a race plan
- We need a change of environment
- Hurdles 1 - 5 have no impact on the final result
- We are good in the curve

## Time Off

- August or September but it's really set by how are competition running or how easy it will be to make the team
- Never longer than 4 weeks
- Start active rest after 2 weeks
  - Another sport
  - Ride bike
  - Swimming
- Watch your weight
- Rehab during that period
- Drink water

## Base Prep

Develop an aerobic base

- 5 day training period
- Jogging 20 min, 30 min and 40 min
- Strides 10 x 100, 2 x 10 x 100, and 3 x 10 x 100
- Treat what hurts
- Get massages 2 to 3 times per week

## September

- Circuit Training (military style)
- 1000 or 800 break downs with 5 min rest
- Easy days are 8 to 10 x 200M with 2 min rest
- Jog are 3 x 12 min with exercises in between sets

## October - November

Strength

(Hard, medium, hard, medium, hard, and hard)

- 2 x 600 breaks
- 8 – 12 x 200m w/ 90 sec rest
- 6 x 500, 8 x 400, 3 x 3 x 300 or 20 x 150
- 1 hour circuit training
- Plyometrics 2 times per week
- Short speed development 1 time per week
- Test ( mile time trial)
- Weights 6 days per week
  - General body conditioning

## December

- Stay focus
- Make it a recovery period
- Train some where else (change of surrounding)
- Start hurdle drills (non hurdling)
  - Hip flexor drills
  - Wall
- Short Strength workouts
  - 3 x 500, 2 x 600,
  - Continuous relays
- More short sprinting
  - Down and Up hill
- Weight – continuous circuits

## January - March

- Focus
  - Continued strength
  - Speed Endurance
  - Power
  - Hurdle Endurance
  - Maintaining Aerobic capacity
- 500 / 250
- 400 break downs or 3 x 300m (75 to 85 %)
- Speed plyometric day
- Power plyometric day
- Lots of 1 and 4 stepping
  - Straights and curves
  - Fatigued and non fatigued
- Bad days 8 x 200m 60 to 90 sec rest
- Weights – focus on power & max strength

## April

Specific Preparation

- Strength focus on the last 5 hurdles
  - 300, 250, 200 and last 5 hurdles
  - Finish work with 500m
- 1 x 8h, 1 x 7h, (38, 32, sec target pace) finish out 300m, then 2 x 300m
- 10 x 10H 2 min rest
- Plyometrics
- 6 x 200m 90 sec rest
- 20 min jogs mornings
- 2 Races: 55 sec target
- Weights – focus speed & power

## May

- Race early to get to: 54 sec target
  - Should be done at a low key meet
- Speed endurance focus on the last 5 hurdles
  - 150 and last 5 hurdles
  - Finish work with 300m
- 1 x 5h (24, sec target pace) finish out 300m, then 2 x 200m
- 10 x 10H 2 min rest
- Plyometrics
- 6 x 200m 90 sec rest
- 20 min jogs mornings
- Weights – Maintenance

## June

- Get sharp:
- 2 to 3 high caliper competitions
  - 10 x 100m hurdles
  - 7 x 100m jog back
    - Throw in last 3 hurdles
  - 350 / 250 / 150 good quality (85 %)
  - At least one 500m (85 %)
  - 2 x 300m (92 %)
  - Light trials week ( 1 x 300m, 6 x 100m strides w/ 1 min rest, one race assimilation)
  - Weights – light

## What's the difference?

- Shorter and defined rest period
- Base is longer with 2 to 3 times the volume
- 3 time as much plyometrics
- Weights more for the event and through out the season
- Never resting between sets more than 5 minutes before February
- Alternate trainings sites during difficult focusing time periods (Thanksgiving & Christmas)
- Move from 6 to 10 races before the trials
- Morning jogs during the competition phase

## The Results

YEAR	TIME RANK	53 SEC RACES	54 SEC RACES	55 SEC RACES
2007	17		3	12
2006	9		6	8
2005	3	5	15	3
2004	7	5	10	4
2003	3	6	15	3
2002	4		6	8
2001	9		1	12
2000	2	3	9	8
1999	7	7	6	6
1998	17			3

## World Championship Preparation 31 days out

Day	Week 1	Week 2	Week 3	Week 4	Week 5
1	Aerobic	Short Speed	Race	OFF	Speed Hurdling
2	Strength	Hurdle Endurance	Aerobic	Speed Endurance	Warm up Race Prep
3	Race Prep	Recovery Workout	Hurdle Endurance	Speed Hurdling	Warm up
4	Aerobic	Speed	OFF	Hurdle Endurance	Round 1
5	Strength	Hurdle Endurance	Aerobic	OFF	Round 2
6	OFF	Recovery Workout	Hurdle Endurance	OFF	Warm up Race Prep
7	OFF	OFF	Speed	Aerobic	Round 3

## The results were as follow:

YEAR	IAAF WORLD RANKIN	T&F NEWS WORLD RANKIN	T&F NEWS US RANKIN
2007	10		3
2006	6	10	2
2005	2	3	2
2004	2	1	1
2003	1	2	1
2002	2	3	1
2001	7	8	2
2000		6	1
1999		5	1
1998			3

### What Makes A Hurdler World Class?

- Under 55, 54, or 53 seconds?
- Top ten in the US or world list?
- Having less than 2.5 seconds clearance time over 10 hurdles
- Having an pre established pattern – 17,16, 15, combination of 15 & 17, or 16 & 17
- Under 51 or 50 second quarter miler

### What Makes A Hurdler World Class?

- Some one who can go 55, 54, or 53 seconds when they want?
- Hurdle 400MH PR is less than 2.5 seconds plus 400M PR
- Has race command. Can go with a pre established pattern – 17,16, 15, combination of 15 & 17, or 16 & 17
- Top ten in the world

## Great Careers

Last approximately 10 years  
Or  
2 Olympics