

CRITICAL ZONES OF 110 HURDLES

Brooks Johnson

1. Strategic Force Application
 - A. Foot Ankle Joint
 - B. Hip Flexor/Extensors
2. Hurdling Technique
 - A. Sprint mechanics interruptions
 - B. Southside Mechanics
 - C. Exhalation
3. Hurdlers' Boredom
 - A. Segment race
 - B. Critical Sgements
4. Absolute Speed Development
 - A. Flying 30s
5. Speed Endurance
 - A. 300/300/3000100
 - B. 150/250
6. Strength Endurance
 - A. "Going the rounds", negative splitting
7. Hurdle Endurance
 - A. 15-15 Hurdles - one step (7 feet between hurdles) drill
 - B. 45 inches flights
8. Hurdle Speedwork
 - A. Women spacing/women height
 - B. Race modle
9. World Record Segments
 - A. Start to touchdown over #1
 - B. Touchdown after #10 to finish
10. Compression of Time