

CRITICAL FACTORS IN PERFORMANCE – From Ralph Mann

- ANTHROPOMETRIC POTENTIAL – Inherited Body Build
- STRENGTH POTENTIAL – Static, Elastic, and Dynamic
- ENDURANCE POTENTIAL – Strength & Cardio-Pulmonary
- **MENTAL POTENTIAL – *Difficult to Measure***
- MECHANICS POTENTIAL – Ability to put body into positions
- **CONDITIONING POTENTIAL – *Ability to tolerate Work***
- LEVEL OF PHYSICAL DEVELOPMENT

TECHNICAL CONSIDERATIONS

- The Start through the Second Hurdle
 - Some trial and error work to establish pattern
 - Maintain Velocity through & Off the Hurdle
 - Do Start Training with FULL RECOVERY
- 400H and 100H Technical Differences
 - Ability to Apply Force @ Takeoff
 - Traversing the Hurdle
 - Tolerating Force in Landing
 - Begin to Running to next Hurdle

400 HURDLES TECHNIQUE

- **Tips on Body Positions**
 - Center of Mass In Front of Drive Leg @ Take Off
 - Hips 'Square' ... Don't allow to 'open' during hurdle clearance
 - Arms Used For Balance & **Reflect** Technical Issues
 - Shoulder, Elbow, Arm lead action over hurdle
 - Don't Force Arm/Elbow too close to torso
- **Unhurried** Hurdle Clearance
- Strive For **Good Balance** at Touchdown
- Develop Slightly Higher Trailing Knee Position to Set Up Longer First Stride coming off the Hurdle. Different from 100H technique! *Don't reach!*
- Stress Stride Length in First 3 Strides Off the Hurdle to set up rhythmic run to next hurdle rather than! stretching late
- Technique Changes in Fatigue State!

RUNNING THE 400 HURDLES

- 300H more of a sprint/hurdle race
- Key to 400H is being able to run the last 100m!
- Conditioning for 'Flat Races' **not the same** as conditioning for the 400H race.
- Therefore you must do 'conditioning' work over hurdles in addition to 'flat training'
- Train to run the **3rd 100!**

HURDLE TECHNIQUE

- Head Slightly Forward
- Aggressive Arm, Elbow, Shoulder lean
- Slightly Bent lead leg
- Note left arm away from hip
- Relaxed Posture
- Run Through Hurdle



400 HURDLES WORKOUTS

- Batten's Drill @ Race Pace
- 300-200 over hurdles w/200jog recovery...1 – 2 sets. 20-30min recovery
- Repeat 150's on front and backstretches for speed and stride pattern. Walk back
- 2-4-3-1 + 200
- Full Recovery Start through 2-3 IH
- Do Hurdle Training in Fatigue State!