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

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

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**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

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

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

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 X 400
- 3 X 200
  400 Meter Recovery
  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?
SE General Training Video
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SE CONDITIONING 2006.MSWM