400m Hurdles With Kim Batten
Terry N. Long

General Concepts about 400 Hurdlers
- Tend to be very versatile athletes
- Many come from multi-event backgrounds
  - Kim started as a Sprinter/Triple Jumper
  - Evolved into 100H & 400H
- Due to this versatility, they may not have a lot of time for specific hurdle training

WEIGHT ROOM PROGRAM
- General Strength Training
  - Stress Total Body Development
    - Squats, Cleans, Lunges
    - Teach Relationship Between Strength & Hurdling
  - Emphasize Core Strength With Ab work
- Be Patient with Young Athletes
- Develop into More Specific Training for older athletes
- Try to Teach Good Nutritional Concepts

GENERAL CONDITIONING
- High School = Multi Sport Athlete
- Collegiate/Elite = Fall Program for Base
  - Work to Develop Endurance Base i.e. 800m
  - Short Trail Running in Fall
  - Circuit Training on Grass Infield
    - Diagonals with exercises at each corner of field
    - Figure 8’s on grass for ‘Interval Training’
    - Hill Training + Stadium Steps
    - Plyometrics & Medicine Ball Work

HURDLE DRILLS
- Teach Static Drills First
  - Demonstrate Technique Desired
    - Sprint Drills for Overall Running Technique
    - Hurdle Walkovers, Can-Cans, Trail Leg, Lead Leg
    - Step Over, Step Back over 30-33” Hurdles
  - Progress to Moving Hurdles Drills – 30” – 36”
    - Trail Leg Only, Lead Leg Only, Down the Center
    - One Step, Three Step, Five Step Stride Pattern Drills
- Incorporate Hurdle Drills into Daily Warm Up
- Daily Warm Up also becomes Meet Warm Up

The Event
- Hurdle Heights
  - Men=36” Women=30”
- Race Distance
  - 300m(8h) 400m(10h)
- Start to 1st Hurdle
  - M & W = 45m
- Distance Between Hurdles
  - M & W = 35m
- Last Hurdle to Finish
  - M & W 300H = 10m 400H = 40m
- Stride Pattern
  - Men - Start to 1st Hurdle = 21-22, Between Hurdles = 13-15
  - Women - Start to 1st Hurdle = 23-25, Between Hurdles = 15-19

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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
- MECHANIC 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 & Hips ‘Square’ … Don’t allow to ‘open’ during hurdle clearance
  - 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/200 jog 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!