

100m hurdle workouts drills itccca

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Hurdle Training: A Comprehensive Guide**

Setting Up Hurdles for the 100m

- Place the first hurdle 13.72 m from the starting line.
- Subsequent hurdles should be spaced 9.14 m apart.
- Ensure the hurdles are perpendicular to the track and securely anchored.

Hurdle Drills

- **Over-the-Hurdle Drill:** Run and step over a hurdle without jumping.
- **Approach Drill:** Practice running the approach steps to the first hurdle.
- **Trail Leg Drill:** Hold a hurdle and jump over it, focusing on trailing the leg behind.
- **3-Hurdle Drill:** Set up three hurdles and practice running over them in three steps.

Exercises for Hurdle Training

- **Plyometric Exercises:** Jump squats, box jumps, leaps
- **Strength Exercises:** Squats, lunges, calf raises
- **Agility Drills:** Ladder drills, cone drills, hurdle hops
- **Cardio:** Running, swimming, cycling

Training for Hurdles at Home Without Equipment

- **Agility Training:** Use chairs or cones as obstacles to jump over.

- **Strength Exercises:** Perform bodyweight exercises such as push-ups, squats, and lunges.
- **Plyometric Exercises:** Jump rope, jump star jacks

Improving Hurdle Technique

- **Approach:** Run tall with a long stride.
- **Lead Leg:** Swing the leading leg over the hurdle, bending the knee.
- **Trail Leg:** Kick the trail leg up and over the hurdle.
- **Body Position:** Keep the torso upright and lean slightly forward.

Getting Faster in 100m Hurdles

- **Increase Running Speed:** Practice sprints and improve overall running technique.
- **Focus on Hurdle Technique:** Drill the proper form for each hurdle.
- **Build Leg Strength:** Strengthen the legs through exercises like squats and lunges.
- **Practice 3-Stepping:** Master the technique of taking three steps between hurdles.

Three-Stepping 100m Hurdles

- Run 8 steps to the first hurdle.
- Take three steps over the first hurdle.
- Repeat for the remaining hurdles.

Six Battle Drills

- **Jump, Cross, Switch:** Jump over a hurdle, cross your legs, and jump over another hurdle.
- **Double-Leg Drill:** Jump over two hurdles with both feet together.
- **High-Knee Drill:** Run over a hurdle with high knees.
- **Lateral Drill:** Jump side-to-side over hurdles.

- **Stutter Drill:** Run over a hurdle and quickly step back over it.
- **Pace Drill:** Run over hurdles at a specific pace.

Coaching a Beginner Hurdler

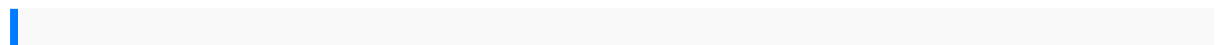
- **Introduce the Basics:** Explain the proper technique and setup.
- **Start with Low Hurdles:** Gradually increase the height of the hurdles as the athlete progresses.
- **Use Drills and Exercises:** Incorporate drills and exercises to build technique and strength.
- **Provide Feedback and Encouragement:** Observe the athlete's technique and offer constructive feedback.

Agility Hurdle Exercises

- **Run and Jump:** Run through a set of agility hurdles, jumping over each one.
- **Side-to-Side Hops:** Hop through agility hurdles placed side-by-side.
- **Backwards Hops:** Hop over agility hurdles while facing backwards.

Winning 100m Race Easily

- **Train Consistently:** Dedicate time to regular training and practice.
- **Focus on Technique:** Master proper running and hurdle form.
- **Build Fitness:** Improve cardiovascular fitness and leg strength.
- **Stay Motivated:** Set realistic goals and track your progress.



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