

110 meter High Hurdles

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I. Introduction

II. Pre-Season

A. Running

Long Runs
125 m– 175m Pull outs

B. Weight Lifting

Stress core muscles
Power Cleans
Squats
Abdominals
Hip-Flexers

C. Plyometrics

Quick High Knees
Quick Butt Kicks
Lunges
Explosive vertical jumps
Explosive horizontal jumps
Toe Touches
Box Jumps for quickness
Running Box Jumps

D. Hurdles

Endurance Hurdles (weather permitting)

III. High Hurdle Workouts

A. Quickness

Objective: Increase speed over the hurdle

6 – 8 hurdles < 5m apart. Spikes allowable.

(Increase horizontal speed based on time of season and desired result)

B. Speed

Objective: Increase speed through the hurdle and encourage an athletic toe plant

5 – 10 hurdles, based on time of season, set 10 m apart. Spikes allowable.

Sample Workout: Standing start at 110 HH start line,
hurdle hurdles 1, 2, 3, and 4,
skip 5,
hurdle 6 and 7,
skip 8,

hurdle 9 and 10.

C. Endurance

Objective: increase hurdle efficiency, provide a hurdle “base”, and restrict taper.

12 hurdles in opposing directions set 5 m apart. No spikes

Example Workout:

5 reps of 2 laps with 3 minutes in between each rep.

2 – 2 – 2 – 2 – 2 = 120 hurdles.

D. Starts

Objective: increase start proficiency and become familiar with the start

1 - 4 hurdles set at race distance. Spikes required.

Example Workout:

2 reps over 2

5 reps over 3

IV. Training

A. Common Mistakes and Corrections

“Jumping to high”

Twisting over the hurdle

5 steps between hurdles

B. Daily Hurdle Warm-up and Hurdle Drills

Stretching with the hurdle

Basic lead leg drills

Basic trail leg drills

Keep in mind that resting is sometimes as important as the workouts

C. Early Season (January – Early March)

Monday – Endurance Hurdles, lower body weight lifting.

Tuesday – Long Run, Plyometric circuit, upper body weight lifting.

Wednesday - Endurance Hurdles, lower body weight lifting.

Thursday – Pull outs, Plyometric circuit, upper body weight lifting.

Friday - Endurance Hurdles, lower body weight lifting.

**** Goals: increase anaerobic endurance and hurdle 100 hurdles at one time. ****

D. Middle of Season (March – Late April or Early May)

Monday – High Hurdle Technique Day: Quickness, Speed, Start or Endurance hurdle workouts.

Tuesday – Sprint workout

Wednesday – I.M. Technique Day.

Thursday – Sprint Workout.

Friday – Pre – Meet (High Hurdle Starts)

**** Goal: maintain hurdle endurance, increase hurdle quickness and speed, and continue to work on hurdle starts. ****

E. End of Season (2 – 2.5 weeks from the State Meet)

Monday – High Hurdle Technique Day: Quickness, Speed, or Start workouts.

Tuesday – Sprint workout

Wednesday – I.M. Technique Day.

Thursday – High Hurdle Technique Day.

Friday – Pre – Meet (High Hurdle Starts)

**** Goal: Finalize hurdle starts, race confident, race calm, and dream BIG. ****