

300 Intermediate Hurdles  
Dennis Walker  
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- I. 300 IH event requires a combination of skills and attributes
  - A. Speed, endurance, hurdling skill, and awareness of stride pattern
  - B. Mental toughness, competitiveness, ability to focus and adjust as race progresses
  - C. Sprinters who want to run the 400 meters
- II. The Start
  - A. “Attack the Start”
  - B. Steps to Hurdle 1
  - C. Accelerate into Hurdle
  - D. Lead with the Knee
  - E. “Stay Tall”
- III. Stride Pattern
  - A. Influenced by wind, curve, fatigue
  - B. 15 to 17 strides
  - C. Left lead leg
- IV. Practice
  - A. High volume – low intensity to Low volume – high intensity
  - B. Conditioning and endurance

## V. Drills

A. Accelerate thru the Zone

B. 200 Hs

C. 3 on a curve

D. Starts

E. Starts over H1 – H3 ( ladder)

F. Finish

G. Trouble Areas ( start, curve, finish)

### Touch-down times for 300 Intermediate Hurdles (Boys' & Girls')

Target Time	H1	H2	H3	H4	H5	200m Split	H6	H7	H8	Finish Time
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4	36.6
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8	38.0
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	38.0	39.4
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3	40.8
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7	42.2
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1	43.7
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5	45.2
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9	46.6
48.8	8.0	13.2	18.4	23.6	29.0	31.4	34.6	40.4	46.3	48.8