MENS 110 METER HURDLES

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Now that we have explored various specifications with the Women’s 100 Meter Hurdles there are some specifications that we need to take into consideration.

1. Distance from the line to the 1st hurdle is 13.7 meters or 15 yards
2. Distance between the hurdles is 9.14 meters or 10 yards
3. Height of the hurdle is 39” and 42” or 3’3” or 3’6”
4. Many of the same observations apply in the 110H as the 100H. The height of the hurdle is different therefore requiring a greater forward lean or compaction and a long flight time.
5. The distance at Take-Off (T.O.) is farther at T.O. as well as landing on the back side, but the same rules apply. Touch down is approximately half the distance from the hurdle from T.O. and 1.15-1.30 from landing on the backside of the hurdle.

With some of the modules already addressed in the presentation yesterday. Let’s look at some faults that occur with the 110H and how we can correct them.

**APPROACH: Fault**

Too close to the hurdle

- 8 stride approach, too slow & over striding
- Flat foot running mechanics
- Take off foot flat

**CORRECTION:**

- Improve running mechanics
- Build ankle & calf strength
- Move first hurdle closer to the start line
TAKE OFF: FAULT
Flat foot take off
Too high on take-off
Lead leg locked to early
Poor forward lean

Lead foot goes to side of hurdle:
   **Reason:** Over-striding to the hurdle
   Knee not attacking
   Foot opens to entry

CORRECTION
Build strength in calf & ankle
Make sure knee is tucked high and tall “tight Z”.
Lead hands must not cross mid-line of the body
Must cut/shorten last stride

CLEARANCE:
Most problems in hurdle clearance occur during take-off.

1. Balance rotation in flight
2. Arm action non-productive
3. Hitting hurdles
4. Poor forward lean or compaction

REASON:

1. Take off was poorly executed
2. Arm did not lead the attack
3. Too close at take-off
4. Forward lead at the take-off flat

CORRECTION:

1. Improve take-off position
2. Ensure hand attack at take-off
3. Hit correct take-off position as consistently as possible
4. Lower height of hurdles
5. Move hurdles close to athlete (refer back to module in 100m Hurdle Development).
LANDING:

1. Balance/rotation upon landing
2. Flat landing
3. Arms behind the body
4. Not running off hurdle

REASON:

1. Arms must lead hurdle action
2. Hips collapsing on take-off
3. Arms blocking or stopping on hurdle
4. Not actively pulling trail leg from hurdle
5. Stay tall on landing

CORRECTION:

1. Make sure arms lead take-off and landing
2. Make sure take-off is well executed (tall hips), arms attack
3. Keep arms active during clearance and landing
4. Pull trail leg through

Over the years I have had lots of people pour into my life as a collegiate coach. I have studied many of the greatest coaches and learned quite a bit from them.

Brent McFarlane: Canada

Michael Holloway: University of Florida

Lance Harter: University of Arkansas

Lawrence “Boogie” Johnson: Clemson University

And many more.

You have to keep on studying and reading to keep up with the new trends of the sport.

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1. 4-6 hurdles placed at 8.5 to 8.8 repeat at 36” or 39” with 13.73 meters. Run into the 1st hurdle
   a. 3 point start
   b. 8 strides to 1st hurdle
   c. With 3 strides between
   Once mastered increase the distance to 8.8 to 9.0 meter apart

2. Same drill as noted in specification (1)
   a. with distance to the 1st hurdle at 21 meters for a 12 step approach
   b. 5 minute recovery 3-5 reps

3. 5-10 hurdles at 8.5 to 8.7 meters apart with a height of 36”-39” with
   a. A 12 meter run to the 1st hurdle
   b. 3 strides in between
   c. Using lead and trail leg only to execute the drill itself
   d. 5 minute recovery 3-5 reps

4. 4 to 12 hurdles placed at 12.5 to 13.75 meters apart
   a. With 13.75 to 1st hurdle or 18-21 meter or 10 step approach
   b. Then run 5 strides in between segments with the last 2 segments at (12.5-13.0) 8.7-9.0 meters for a 3 step rhythm.
   c. 5 minute recovery 3-5 reps

5. 13.75 meters to 1st hurdle for 8 step
   a. Then 12.0 for a 5 step
   b. Then 9.0 meters for 3 step
   c. 12.0 meter (5)
   d. 9.0 for (3) at 39” high
   e. For 5-12 hurdles with full recovery 5-7 reps

**NOTE:** Please refer back to Women’s Module; same applies for men, but distance varies due to height of hurdle.

Race modules are something you want to start as early as possible so that the modules are learned and developed.
110 METER HURDLES

→ 13.72 meters to 1st hurdle
→ 9.14 meters between
→ 14.02 from last hurdle to finish

MENS TOUCH-DOWN TIMES

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