I Basic Training Elements of the Hurdle event

a. Hip flexors and extensor strength
b. Jump training for acceleration and top end speed
c. Dynamic strength and power levels
d. Know what you want to teach/coach each day, week, month
e. Know what is compatible in your training

II Important components to consider in hurdle training

a. Rhythm for the hurdler is the primary concern for the coach
   - short rhythm work
   - rhythm endurance work
b. Specific strength in areas that relate to the hurdle action
   - elastic strength
   - hurdle coordination
   - explosive power
   - core strength and development
   - starting strength
c. Use general hurdle models and allow your hurdler to
   Develop their own qualities
d. Have a major and minor theme for each day or week of
   Work.
   - use the easy days for technical development
   - sprint hurdle days followed by tempo endurance
     and some lactate tolerance days
e. Decide if hurdler is a short (100/110 MH)) or long (300 MH)
   - speed development for the short or long hurdles
     requires different training parameters
   - spend time in the time frame you want your athlete
     to be successful in
   - can they alternate?
   - Do not mix hurdle rhythms
   - Teach a 4-step rhythm to develop the long hurdle rhythm
   - DO NOT use the 4-step rhythm as a learning tool for the short hurdles
f. Teach the differences of the long/short hurdles
   - Start
   - Hurdle preparation
   - Take-off
   - Hurdle clearance
   - Hurdle touchdown
   - Hurdle getaway
   - Hurdle shuffle

g. Basic training components
   - Hip flexion and extension
   - Thigh abduction and adduction
   - Dynamic strength training component for young Male and Female athletes

h. Activation potential of the musculature
   - squats/lunges/step ups
   - calf raises (seated and standing)
   - Olympic lifts (everyone can do variations)
   - leg curls, single isolations (up two/down one)
   - abdominal and back exercises

Dynamic strength development
   - Hopping (in sand, on grass, over hurdles, uphill, Medicine ball work

III. Event Modeling
   a. Hurdle starts from regular, reduced and Extended distances
   b. Hurdle acceleration (hurdles 1-5)
   c. Top end hurdling (hurdles 6-9)
   d. Speed development
   e. Hurdle rhythm endurance (hurdles 1-10)

IV. Hurdle Training Components
   A. General classifications
      1. speed
      2. strength
      3. power
      4. coaching cues
   
   B. Specific Classifications
      1. acceleration
      2. absolute speed
      3. speed endurance
      4. rhythm/rhythm endurance