

# How to run the sprint hurdles

## E-Learning Course

**Target Audience:** Coaches and Young Athletes

### Objectives:

At the end of this course, the learner will be able to:

- Identify the major differences between the men and women Sprint-hurdles
- Identify the major differences between the intermediate and professional hurdle levels.
- Identify multiple hurdle techniques to apply to each hurdle discipline.
- Create a reference point for teaching young hurdlers how to approach.



Course Name: How to run sprint-hurdles		Module Name: Introduction	
Page No.: 1.1	Page Title: Cover	Section/Lesson No.: 1	Section/Lesson Name: Overview

<p>On-Screen Visuals/Text:</p> <ol style="list-style-type: none"> <li>1. Title reading “How to run the hurdles: A fundamental course for running the Sprint hurdles”.</li> <li>2. Instructor: 2x Olympian Selim Nurudeen</li> <li>3. Image of hurdle race</li> </ol>	<p>Script:</p> <p>The sprint hurdles are perhaps the most feared and misunderstood event in track in field. Mainly because people connect “barriers” with “falling down”. Fortunately, with knowledge, we can dispel that fear.</p> <p>“Welcome to the How to run the hurdles course: A fundamental curriculum to running the sprint hurdles.”</p>
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<p>Links:</p> <p>Begin course button</p>	<p>Audio:</p> <p>Starting Command then starter pistol followed by hurdle sound effects.</p>	<p>Screen Description</p>
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Course Name: How to run sprint-hurdles		Module Name: Introduction	
Page No.: 1.2	Page Title: Overview	Section/Lesson No.: 1	Section/Lesson Name: Overview

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• The runner takes 7-8 steps to the first hurdle and 3 steps between each hurdle.</li> <li>• For the outdoor races, there are both 10 hurdles at 110 meters for men and 100 meters for women.</li> <li>• For the indoor races, there are both 5 hurdles at 60 meters for both men and women.</li> <li>• (Image of 110m race (Men) and 60m race women)</li> </ul>	<p>Script:</p> <p>The sprint hurdles is an event in track and field where the athlete runs and jumps over barriers at high speed. The runner takes 7-8 steps to the first hurdle and 3 steps between each hurdle. The event is run as an outdoor event at 110 meters for men, and 100 meters for women. Both races consists of 10 hurdles. During the earlier indoor season, the event is shortened to 60 meters (5 hurdles) for both men and women.</p>
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<p>Links:</p> <p>Next Button</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Key points and Image of 110m race men and 60m race women</p>
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Course Name: How to run sprint-hurdles	Module Name: Introduction
Page No.: 1.3	Page Title: Men/Women Races

On-Screen Visuals/Text:		Script:
 Men's Hurdles	 Women's Hurdles	<p>There are major differences between the men and women hurdle races. Click here to learn how the races differ in terms of race distance, hurdle height and more!</p>

Links:	Audio:	Screen Description:
Clickable silhouette image for men and women's slide	Narration from script	Two silhouettes

Course Name: How to run sprint-hurdles		Module Name: Introduction	
Page No.: 1.4	Page Title: The Men's Race	Section/Lesson No.: 1	Section/Lesson Name: Overview

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>Image of change in hurdle heights from intermediate to collegiate to professional.</li> <li>Hurdle specs like height of hurdles, distance in between hurdles and distance to start and finish.</li> </ul> <table> <tr> <td>60m &amp; 110m Hurdles</td><td>Specs:</td></tr> <tr> <td>Hurdle Heights:</td><td>Distance to first Hurdle: 13.72m</td></tr> <tr> <td>Intermediate 39"</td><td>Distance between hurdles: 9.14m</td></tr> <tr> <td>Collegiate/Professional 42"</td><td>Distance from last hurdle to finish line: 14.02m</td></tr> </table>		60m & 110m Hurdles	Specs:	Hurdle Heights:	Distance to first Hurdle: 13.72m	Intermediate 39"	Distance between hurdles: 9.14m	Collegiate/Professional 42"	Distance from last hurdle to finish line: 14.02m	<p>Script:</p> <p>In the men's hurdle race, the hurdle height changes from 39" for intermediate/highschool athletes to 42" for collegiate and professional athletes.</p> <p>The Distance to the first hurdle from the blocks is 13.72m. The Distance between hurdles is 9.1m and the distance from the last hurdle to the finish line is 14.02m.</p>
60m & 110m Hurdles	Specs:									
Hurdle Heights:	Distance to first Hurdle: 13.72m									
Intermediate 39"	Distance between hurdles: 9.14m									
Collegiate/Professional 42"	Distance from last hurdle to finish line: 14.02m									

Links:	Audio:	Screen Description:
Next Button	Narration from script	Image changing from collegiate to professional hurdle height. Image of hurdle distance specs.

Course Name: How to run sprint-hurdles		Module Name: Introduction	
Page No.: 1.5	Page Title: The Women's Race	Section/Lesson No.: 1	Section/Lesson Name: Overview

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>Image of hurdle height from intermediate to collegiate to professional (Same for women).</li> <li>Hurdle specs like height of hurdles, distance in between hurdles and distance to start and finish.</li> </ul> <p>60m &amp; 110m Hurdles      Specs:</p> <p>Hurdle Heights:      Distance to first Hurdle: 13m</p> <p>Intermediate/High School: 33"      Distance between hurdles: 8.5m</p> <p>Collegiate/Professional: 33"      Distance from last hurdle to finish line: 10.5m</p>		<p>Script:</p> <p>Unlike the men's race, the women's hurdle height does not change from intermediate/highschool to college/professional height of 33".</p> <p>The Distance to the first hurdle from the blocks is 13m. The Distance between hurdles is 8.5m and the distance from the last hurdle to the finish line is 10.5m.</p>
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Links:	Audio:	Screen Description:
Next Button	Narration from script	Image changing from collegiate to professional hurdle height. Image of hurdle distance specs.

Course Name: How to run sprint-hurdles		Module Name: Introduction	
Page No.: 1.6	Page Title: Quiz	Section/Lesson No.: 1	Section/Lesson Name: Overview

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Matching Quiz</li> <li>• Instructions: Match the information to the proper category.</li> <li>• You will get a ding for the right answer and a buzzer for the wrong one.</li> </ul>	<p>Script:</p> <p>It is time to take a quiz! Match each of the proper criteria to the men or women's race based on the information you learned in the previous slides.</p>								
<table> <thead> <tr> <th>Men answers</th> <th>Women answers</th> </tr> </thead> <tbody> <tr> <td>Hurdle Height 39-42"</td> <td>Hurdle Height 33"</td> </tr> <tr> <td>Distance between hurdles: 9.14m</td> <td>Distance between hurdles: 8.5m</td> </tr> <tr> <td>Distance to first Hurdle: 13.72m</td> <td>Distance to first Hurdle: 13m</td> </tr> </tbody> </table>	Men answers	Women answers	Hurdle Height 39-42"	Hurdle Height 33"	Distance between hurdles: 9.14m	Distance between hurdles: 8.5m	Distance to first Hurdle: 13.72m	Distance to first Hurdle: 13m	
Men answers	Women answers								
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<p>Links:</p> <p>Submit Quiz Button</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Drag and drop answer in the proper column</p>
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Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.1	Page Title: Hurdle Training	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Figure jumping over the hurdle</li> <li>• Figure running between hurdles</li> <li>• Figure in starting blocks</li> <li>• Hotspots will allow learner to select specific points, which will lead to the specific slide with corresponding information.</li> </ul>	<p>Script:</p> <p>Now we will learn about the technique for running the sprint hurdles. Please choose which aspect of the race you would like to learn about. (An example, clicking on the lead arm will teach you about lead arm techniques on that page)</p>
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<p>Links:</p> <p>Lead arm, Trail arm, Lead Leg, Trail leg, Running between hurdles and Running to the first hurdle</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Diagram of hurdler with clickable limbs and hurdler at the start of race and running between hurdles.</p>
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Course Name: How to run sprint-hurdles	Module Name: Training		
Page No.: 2.2	Page Title: The Lead Arm	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Individual running with good lead arm and caption</li> <li>• The Lead arm: <ul style="list-style-type: none"> <li>◦ Sets the height of your jump over the hurdle</li> <li>◦ The lead arm should drive upward with force going into the hurdle and with equal force coming off the hurdle</li> <li>◦ The lead arm has a direct effect on how the lead leg will move</li> </ul> </li> <li>• Short Video on Lead Arm movement (Allen Johnson)</li> </ul>	<p>Script:</p> <p>The lead arm sets the height of your jump over the hurdle. An arm too high will set you too high over the hurdle while an arm too low will cause you to be too low over the hurdle and hit it. It is also important that the lead arm attacks forward into the hurdle and then snaps backwards with equal force to allow the runner to accelerate as they come off the hurdle. The speed of the lead arm is essential because it has a direct effect on what the legs do. A lazy and slow lead arm will cause a lazy and slow lead leg.</p>
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<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from Script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>
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Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.3	Page Title: The Trail Arm	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>Individual running with an active trail arm and one with an inactive trail arm</li> <li>The Trail arm: <ul style="list-style-type: none"> <li>Balances the hurdler as they clear the hurdle</li> <li>The trail arm elbow should drive back and then forward as the hurdle comes off the hurdler</li> <li>The lead arm has a direct effect on how the lead leg will move</li> </ul> </li> <li>Short Video on active trail arm (Sally Person)</li> </ul>	<p>Script:</p> <p>The purpose of the trail arm is to balance the hurdler as they go over the hurdle. It also helps sustain the running motion. We will refer to the trail arm not as bad or good, but as active and inactive. Many athletes simply leave the arm out to the side, which causes a pause in motion. This is an inactive trail arm. It is important that as the hurdler drives into the hurdle, the trail arm elbow drives back and then forward as they come off the hurdle. This is an active trail arm.</p>	
<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>

Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.4	Page Title: The Lead Leg	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Individual running an active lead leg.</li> <li>• The Lead Leg: <ul style="list-style-type: none"> <li>◦ Lead with the knee</li> <li>◦ Never lock the lead leg</li> <li>◦ Snap the lead leg down to the track as soon as the foot clears the hurdle</li> <li>◦ Never pause when the hurdle reaches its peak</li> </ul> </li> <li>• Short Video on active lead leg (David Oliver)</li> </ul>	<p>Script:</p> <p>The lead leg can separate great hurdlers from the good hurdlers. As the athlete approaches the hurdle, it is important that they lead into the hurdle with the KNEE and not the foot. This mimics the motion of running and allows quicker hurdle clearance for the leg. It is also important to ensure the lead leg never locks into full extension. There should be a slight bend at the knee. The moment the lead leg gets to max hurdle height, it should immediately snap down forcefully, mimicking the motion of the lead arm. Good hurdlers tend to “float” and let gravity bring the lead leg to the ground. Great hurdlers snap the lead leg back down to the track before gravity has the chance. This ensures that there is never a pause in the motion over the hurdle. This action also allows the hurdler more space between the hurdles to sprint.</p>
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<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>
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Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.5	Page Title: The Trail Leg	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Individual running an active lead leg.</li> <li>• The Trail Leg: <ul style="list-style-type: none"> <li>◦ Stays tight to the body going into the hurdle</li> <li>◦ Explodes to the ground when coming off the hurdle</li> <li>◦ The quick-release technique allows the hurdler to spend as little time going over the hurdle as possible</li> <li>◦ A quick trail leg ensures a better transition into the run coming off the hurdle</li> </ul> </li> <li>• Short Video on active trail leg (Liu Xiang)</li> </ul>	<p>Script:</p> <p>The Trail leg is arguably the most important aspect of clearing the hurdle. The goal of the trail leg is to keep its rotation tight and close to the body while going over the hurdle. Once it has rotated to the front, the hurdler forces it to the ground. The ankle is kept flexed the entire time, allowing better transition to sprinting between each hurdle.</p> <p>The “quick-release” concept for the trail leg is the action of starting its motion the moment it leaves the ground to hurdle. In a way, the trail leg attempts beat the lead leg back to the ground. While this is physically impossible, attempting this feat will ensure that the lead leg will not have to wait for the trail leg to land and there will be no delay in setting up the run between hurdles.</p>	
<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>

Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.6	Page Title: Approach to first hurdle	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Individual coming out of the blocks</li> <li>• The block hurdle start: <ul style="list-style-type: none"> <li>◦ Hurdler drive phase is only 3 steps</li> <li>◦ Start can be 7 or 8 steps depending on hurdler type</li> <li>◦ Even after the 3-step drive phase, Hurdlers must maintain a slight forward lean going into the first hurdle.</li> </ul> </li> <li>• Hurdler with 7 or 8 step start  (Video of Grant Halloway approaching first hurdle)</li> </ul>	<p>Script:</p> <p>Starting from the blocks in a hurdle race differs from a typical sprint race. The hurdler must maintain a shorter “drive phase” or acceleration phase. While the drive phase for a 100m race is around 16 steps, it is only 3 steps for a hurdle race. The reason behind this is to prepare for the first hurdle. Typically, shorter to mid height hurdlers take 8 steps to the first hurdle, while taller or more explosive hurdlers can take 7.</p> <p>Although there are benefits to both, the 7-step method will require the hurdler to switch their block pedal position to ensure they go over the hurdle with the proper lead leg. Regardless of the number of steps, it is important that the hurdler maintain a slight forward lean coming out of the blocks and into the first hurdle. This positioning helps maintain forward momentum through the race.</p>	
<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>

Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.7	Page Title: Running Between Hurdles	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Hurdlers must learn to “shuffle” between the hurdles to maintain rhythm and speed</li> <li>• Shuffling is like sprinting but the angles are lower</li> <li>• Shuffling benefits taller hurdles who may have issues with “crowding” or getting to close to the hurdle especially at the end of the race.</li> <li>• Shuffling benefits male hurdlers more as they have comparably less space between the hurdles than females</li> <li>• Hurdlers shuffling (Dayron Robles) compared to Woman running between hurdles (Kendra Harrison))</li> </ul>	<p>Script:</p> <p>The run between the hurdles is the determining factor in the results of the race. A hurdler with moderate hurdle technique can still be competitive as long as they possess highly efficient running between barriers. Unfortunately, this does not work the other way around. The limited space between the hurdles disallows the runner to open up to their full stride. This means that hurdlers must learn to “shuffle” in between. Shuffling keeps the same angles as sprinting, only lower. Arm swing, knee and ankle lift; all are lowered to accommodate for the shortened space. Proper shuffling permits the hurdler to maintain rhythm and speed as they maneuver between the hurdles.</p> <p>It is not essential for women to shuffle between hurdles because their race has lower hurdles and more room between barriers as compared to the men’s race.</p>	
<p>Links:</p> <p>Link back to page 2.1 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for video</p>

Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.8	Page Title: Drills	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>On-Screen Visuals/Text:</p> <ul style="list-style-type: none"> <li>• Drills:</li> <li>• Trail Leg Drills <ul style="list-style-type: none"> <li>◦ Fence Drills, Side Drills (w/ video)</li> </ul> </li> <li>• Lead Leg Drills <ul style="list-style-type: none"> <li>◦ Wall Drills, Side Drills (w/ video)</li> </ul> </li> <li>• Hurdle Drills <ul style="list-style-type: none"> <li>◦ Back and Forths, Middle Drills (w/ video)</li> </ul> </li> <li>• Shuffling <ul style="list-style-type: none"> <li>◦ Laid Down Hurdles , Hurdles moved inwards (w/ video)</li> </ul> </li> </ul>	<p>Script:</p> <p>There are many drills available to teach proper hurdle movement. These drills can focus on specific motions, which will help weed out bad habits and promote muscle memory. It is important that the athlete and coach focus on drill mastery earlier in the season and taper off as competition becomes the focus.</p> <p>Here are some examples of different drills to promote effective sprint-hurdling.</p>
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<p>Links:</p> <p>Link back to page 7 (Training)</p>	<p>Audio:</p> <p>Narration from script</p>	<p>Screen Description:</p> <p>Text with clickable link for short videos of training drills</p>
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Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.9	Page Title: Quiz	Section/Lesson No.: 2	Section/Lesson Name: Training

<p>1. The _____ sets the height over the hurdle.</p> <p>A. Lead Leg <b>B. Lead Arm</b> C. Trail Leg D. Trail Arm</p> <p>2. The Trail Leg “Quick Release” allows:</p> <p>A. The lead leg to come down come down quicker B. The hurdler to attack the hurdle faster</p> <p><b>C. The hurdler to spend less time going over the hurdle</b> D. All the above</p> <p>3. Shuffling benefits...</p> <p>A. Taller male hurdlers B. Shorter, faster, female hurdlers C. Faster Hurdlers that tend to crowd the hurdles <b>D. A and C</b></p> <p>4. Training drills should only be used at the beginning of the season.</p> <p>A. True (Competition training is all that is required during the season)</p> <p><b>B. False (Drills should be done year round but less during the competitive part of the season)</b></p>		
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Links:	Audio:	Screen Description:
Video focusing on Lead arm Link back to page 7 (Training)	Narration from script	Multiple-choice quiz

Course Name: How to run sprint-hurdles		Module Name: Training	
Page No.: 2.10	Page Title: Thank you	Section/Lesson No.: 2	Section/Lesson Name: Training

On-Screen Visuals/Text:  Thank you for taking this course!	Script:  Thank you for taking the time to learn about the sprint hurdles. We hope that this course will help coaches and athletes gain a better understanding of the 110 and 100 meter sprint hurdle events.
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Links:  Button to end course or return to beginning	Audio:  Narration from script	Screen Description:  Thank you text with hurdler image in background
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