Complete Track & Field
Hurdle Schedule
July 18-19, 2015

Day 1:
7:30 - Staff Meeting

8:00-9:15am - Registration

9:15-9:30am - Introduction of Lead Event Instructors (entire camp)

9:30am - Travel to track & Introduce support staff in the hurdles group (just hurdles group)

9:45am - Warm Up (split group in half) – 30 to 35 minutes maximum time limit
   Boys with Mat L for Holy Cross Warm Up (see warm HC warm up page)
      Assisted by Erin, Brett, Tony V
   Girls with Tramaine S for NEU Warm Up - (see Northeastern Warm Up page)
      Assisted by Howard, Katie, and Marc

10:15am - Rotation Stations (15 minute per station)
   A. Hurdle Drills (Erin & Tramaine) – grass near HJ area
      a. Lead Leg Drill
      b. Trail Leg Drill
      c. Over the Top (1 step)
   B. Block Set Up (Katie & Brett) – front block @ 45 degrees - one side of HJ area
   C. Cuban Drill Series (MAT L) – Starting line of 400m on the turn
   D. Tony Veney Drill Series – straight away near finish line (Tony)
      a. Hurdle Walk Overs (stacked hurdles)
      b. Hurdle Run Overs (closely stacked hurdles)
      c. Hurdle Walk Over (hurdles spread out more)
      d. Hurdle Run Overs (hurdles spread out)
   E. Hurdle Drills - Trail leg series (Howard) – fence near parking lot
      a. Trail leg circle
      b. Trail leg slide w/ 3 step
      c. Trail leg slide w/ hold from partner
      d. Hurdle Walk Through’s (see Mang for explanation)
      e. Running Man 3 w/ 2 hurdles (see Mang for explanation)
   F. Cut Step Progression (Marc) – against moving container
11:45m - 5 Step Drill Progression (2 x each lane) Give feedback!!
Hurdles are at normal spacing...just going slower with flats on so 5 steps.
May want to add chalk for take off line before each hurdle.
Girl's - lane 1 (24”)
  Lane 2 (28”)
  Lane 3 (30”)
  Lane 4 (33”)
Boy's - Lane 5 (30”)
  Lane 6 (33”)
  Lane 7 (36”)
  Lane 8 (39”)
Ask them to focus on new things each time through the hurdles:
1st set of hurdles: focus on cut step
2nd set of hurdles: focus on cut step and leading with the knee
3rd set of hurdles: focus on arm position
4th time over the hurdles: focus on trail leg around and down
5th do all of this then run off the hurdle (get back to running)

***We will start with this in the afternoon if we don’t do it in the morning session.

12:00pm – Cool Down Stations if needed – 2 groups (Brett with men & Katie with women)
Please include bare foot walks on grass plus any mobility movements you typically
Use with your athletes.

12:30pm - Lunch

1:00pm - Guest Speakers
   A) Brent Williams from NCSA - Get Recruited

1:30pm Short Warm up (30 minute maximum) Split Group in half again
   Boys with Howard P. for the Stony Brook 30m Warm Up (see 30m Warm Up)
   Assisted by Tramaine, Katie, and Marc
   Girls with Brett for the -------- Warm Up (see ------- Warm Up)
   Assisted by Mat & Erin

2:00pm - Review 5 Step Progression as an extension of the warm up
   ***We will start with this if we didn’t do it in the morning session.
2:30pm - Long and Short Hurdles Break into event groups
   Short Hurdlers - Boys on one end with girls on the other end of the straightaway
   Boys – Mat, Brett
   Girls – Tramaine, Katie
SH - Discount Hurdling followed by starts to H1 (Cheat the hurdles 0,1,2,3,etc)
   Girls (lanes 1-4) – Tramaine, Katie, Erin
      Lane 1 - 6.5m spacing (constant feedback from coaches)
      Lane 2 - 6.75m spacing (constant feedback from coaches)
      Lane 3 - 7.00m spacing (constant feedback from coaches)
      Lane 4 - 6.5m spacing (set up in opposite direction)
   Boys (Lanes 5-8) Mat, Colin, Matt H
      Lane 5 - 7.5m spacing (constant feedback from coaches)
      Lane 6 - 7.75m spacing (constant feedback from coaches)
      Lane 7 - 8.00m spacing (constant feedback from coaches)
      Lane 8 - 7.5m spacing (set up in opposite direction)
*Another opportunity to do 5 step over-speed hurdling

LH - Back to Hurdling (Cheat Hurdles)
   1)  Block Starts (constant feedback from coaches)
   2)  Block Starts to H1 (constant feedback from coaches)
   3)  Block Starts to H2 (constant feedback from coaches)
   4)  Block Starts to H3 (constant feedback from coaches)
      a.  Time the airtime over H1 while the athlete does all three hurdles. Smallest airtime is our winner.
   5)  Block Starts to H4 (extra discounted & constant feedback)
   6)  Block Starts to H5 (extra discounted & constant feedback)
   7)  Explosive med ball throws (add a hurdle if time permits)

3:00-3:45pm – Quick review of block starts into starts to H1,2,3

3:45pm - Circuit Rotations (10 minutes each)
   A)  Teach Core Circuit 1 - Mat L (see below for exercises)
   B)  Teach Body Weight Circuit 1 - Howard (GS 1 – see below)
   C)  Teach Balance and Mobility Circuit & Reaction Drills for Starts- Marc

4:15-4:30pm - Barefoot Cool Down and Static Stretch - (2 groups) Katie & Tramaine (on grass) *Assisted by everyone

4:35pm - Conclusion of Day 1

5:00pm - Dinner will be available in the track office suite for those of you who are staying overnight.
6:30pm - Coach’s Clinic at the Courtyard by Marriott (Coach’s staying in hotel should plan to be there to support speakers and answer questions that any of the paid coaches who are attending may have).

6:30pm – Tony Veney
7:30pm – Kebba Tolbert & Ron Grigg
8:30pm – Latif Thomas & Dave Cusano
9:30pm – Coach’s Social with libations, food, & conversation!!!
Day 2:

**Arrival Time: TBD**

9:00am - Warm Up (split group in half) – 30 to 35 minutes maximum time limit
   - Girls with Mat L for Holy Cross Warm Up (see warm HC warm up page)
     Assisted by Erin, Brett, Tony
   - Boys with Tramaine S for NEU Warm Up – (see Northeastern Warm Up page)
     Assisted by Howard, Marc, Katie

9:35am - Rotation Stations (15 minutes each)
   A) Hurdle Mobility - Katie (static and dynamic) – 6 hurdles
   B) Bullet Belt Hurdle Drills - Mat L & Brett - 15m
   C) Block Prerequisites – Howard (2 of each alternating feet)
     a. Crouch start (1 push)
     b. Bow-touch-go (2 pushes)
     c. 3pt start (3 pushes)
     d. push up start (4 pushes)
     e. 4 pt start (5 pushes)
   D) Banana Hurdle & low hurdle Shuffle Drills – Tramaine & Marc (5 wickets each lane)
     a. Lane with 3 of your feet spacing
     b. Lane with 4 of your feet spacing
     c. Lane with 5 of your feet spacing
       i. Focus point 1 – stay on ball of foot
       ii. Focus point 2 – stay tall, no broken hurlers
       iii. Focus point 3 – get off wicket (bounce off)
       iv. Focus point 3 – Go as fast as possible without compromising technique
   E) Simple to Advanced Hops - Erin (pogo feel) – 10 of each
     a. In Place Ankle pops (double leg and alternating)
     b. Line Hops (front to back & side to side)
     c. Straddle Hops (side & front)
     d. Diagonal Hops
     e. Bunny Hops
     f. Diagonal Bunny Hops
     g. Speedskaters
     h. Slalom Hops
     i. Tuck jumps
     j. Star Jumps
     k. Triple Doubles (3 SLJ in a row)
     l. STJ
   F) Box Hurdle Drill by Tony Veney (need plyo boxes from inside)
     a. Hurdle Run Off (over hurdle only)
     b. Hurdle Run Off (off of box only)
     c. Hurdle Run Off (off of box over hurdle)
11:15am - Break into Long and Short Hurdle Groups

SH – Discount Hurdling with blocks & spikes (0,1,2,3, etc)  
(Mat, Tramaine, Katie, Tony, Brett) 
1) Block Starts 
2) Block Starts to H1 
3) Block Starts to H2 (discounted) 
4) **May need more here** – depends on time

LH - Hurdling followed by mock hurdle workouts (Marc, Howard, Erin) 

**Cheat the hurdles for this section! (0,3,6,9)** 
1) Block Starts (**constant feedback from coaches**) 
2) Block Starts to H1 (**constant feedback from coaches**) 
3) Block Starts to H2 (**constant feedback from coaches**) 
4) Block Starts to H3 (**constant feedback from coaches**) 
5) Teach 400H Workouts 
   a. 100/110H Workout for 400 hurdlers 
   b. 500H Workout 
   c. Walk Backs

12:00pm maybe go a little later (12:15pm) – LUNCH or if time permits another cool down (Brett & Katie)

1:00pm - Short Warm up (30 minute maximum) Split Group in half again 
Girls with Howard P. for the Stony Brook 30m Warm Up (see 30m Warm Up) 
   Assisted by Tramaine, Katie, and Marc 
Boys with Brett ------ Warm Up (see ------ Warm Up) 
   Assisted by Mat & Erin

1:30pm - Break into Long and Short Hurdle Groups

SH - Discount Hurdling followed by starts to H1 (Cheat the hurdles 0,1,2,3,etc) 
Girls (lanes 1-4) – Tramaine, Katie, Erin 
   Lane 1 - 6.5m spacing (**constant feedback from coaches**) 
   Lane 2 - 6.75m spacing (**constant feedback from coaches**) 
   Lane 3 - 7.00m spacing (**constant feedback from coaches**) 
   Lane 4 - 6.5m spacing (**set up in opposite direction**) 
Boys (Lanes 5-8) Mat, Colin, Matt H 
   Lane 5 - 7.5m spacing (**constant feedback from coaches**) 
   Lane 6 - 7.75m spacing (**constant feedback from coaches**) 
   Lane 7 - 8.00m spacing (**constant feedback from coaches**) 
   Lane 8 - 7.5m spacing (**set up in opposite direction**)
Long Hurdlers - Marc, Howard, Erin

*Cheat the hurdles for this section! (0,3,6,9)*

- a. Block Starts
- b. Block Starts to H1
- c. Block Starts to H2 (discounted)
- d. 4 Step Drill (alternating lead legs) - 10m
- e. Steering Workout

2:00pm - Still in Groups:

SH- 5 steps hurdling at full speed (spacing = B:12.5m; G:11m)

LH – Exercises/Drills for Long Hurdlers (when finished with hurdle starts)

- a) Barrel roll
- b) Barrel roll with med ball
- c) Hurdler Stretch w/ lean back into hurdle position
- d) Hurdler Stretch w/ med ball (lean back throw into hurdle position)
- e) Rocking Forced Trail Leg (pull trail leg in)
- f) Seated Trail Leg (pose, hold, relax)
- g) Seated Trail Leg w/ pull through
- h) Forced Lead Leg (linear swing w/ front side hold)
- i) Forced Trail Leg (Linear swing w/ back side hold)
- j) Med Ball Step Thru over a hurdle
- k) Running Man 3 w/ 2 hurdles

2:45pm - Circuit Rotations (10 minutes each)

A) ½ starts (Howard & Brett) - need blocks
B) med ball routine (Erin)
C) In & Outs (Mat L)
D) One step hurdling – begin low and cheated & move toward higher and farther apart (Katie & Tramaine)
E) Shuffle Cut step drill (spacing = B: 4.26m; G: 4.0m +
   Bounce off of bench -feel of running off the hurdle– (Marc)

3:35pm Do anything that was not covered on Day one or the filler rotation below.

3:55pm Barefoot Cool Down (on grass)

*May need to modify a little if we bring the entire camp back together at the end.*
***Filler rotation to use in case we run out of stuff to do (Harvard Stadium or track):

A) Core Circuit 2 - Mat L (see below for exercises) – 10 reps
B) Mobility Exercises (Mike Boyle type stuff) - Brett (pick some cool ones & send a
   list of the exercises) – 10 reps
C) Spinal Floss Exercises (Howard) - 5 reps
D) Bullet Belt Series (Erin)

**Contingency Plan in case of inclement weather:**
Dillion Field House or Murr Longe for a video session

   **Mat L** will take you through the video session

G.S. Circuit # 1

**General Circuit**
Push Ups
Prisoners Squats
V-sits
Back Hypers
Push Up/claps
Rocket Jumps
Crunches
Dips
L-overs
Burpees
MAXIMUM VELOCITY WARM UP

**JOINT MOBILITY (5 in each direction)**
4 way neck stretch, hip circle, trunk circle, ankle and wrist circle

**MOVEMENT EXERCISES (30m)**
fwd skip with arm circles, backward skip w/arms, side slide & switch, karioka & switch, karioka step over & switch, alt low skip and scoop, groucho walks, backward run

**DYNAMIC MOBILITY**
supine SL raises, piriformis catapult, iron cross, scorpions, inverted splits and scissors, rockers into hurdle seat stretch, hurdle seat change, lateral & linear leg swings

**SPECIFIC STRENGTH & MOBILITY (30m of drill with 30m build up)**
Ankle pops into technical buildup
straight leg shuffle into a straight leg bound into a technical buildup
double alternate fast leg into technical buildup
Marching Run into technical buildup

**WARMUP JUMP & TECHNICAL BUILD UP**
(50m - increase intensity of run with each repetition, slow walk back)
10 prisoner squats
10 jumping Jacks
10 pogos
5 star jumps
3 tuck jumps
3 rockets
HOLY CROSS SPRINTS/HURLDES/JUMPS WARM UP COMPONENTS (Mat LeMaire)

MOBILITY JOG CIRCUIT #1
- Weave 50m
- Backwards Weave 50m
- Side Shuffle Rt. 50m
- Side Shuffle Lt. 50m
- Arm Circles F/B 50m
- Arms Across 50m
- Backwards Jog 50m
- Jog 50m

Barefoot Preparation

Tip toes
- Tip toes backwards
- Tip toes in
- Tip toes out
- Arches
- Sides
- Heel walk

Joint Mobility
- Ankle Circles
- Knee Circles
- Hip circles
- Trunk Rotations
- 4 Way Neck Stretch
- Elbow Circles
- Wrist Circles

Hard Z’s 20m-40m Skips
- Arm Circles
- Big Hug
- Punches
- Windmills
- Side slide
- Kariocca

DYNAMIC FLEXIBILITY #1 x10ea.
- Quad Rocking
- Straight Leg Extension
- Donkey Kicks
- Bent Knee Twist
- Bridges
- Straight Leg Raise
- Calf Rocking
- Spiderman’s
Lateral Lunge
Windmills

**FENCE DRILLS #1 x 10ea.**
Trail Legs
Side to Side Leg Swings
Front to Back Leg Swings

**SPEED DEVELOPMENT #2**
Ankling 10 ea. Side
Butt Kicks 10 into 15m Build Up
High Knees with knees up
Toy Soldiers
Skipping A
Skipping B

Backward Run
Fast Leg Right and Left
Alternate Fast Leg 10m accel
Straight Leg Shuffle 10m into
Power Skip 15m
40m Build Up
50m Build Up

**Holy Cross Sprints/Hurdles/Jumps Training Components**

**CORE CIRCUIT #2**
(30 sec on- 10 sec off)
V-Sits
Back Hypers (keep feet on the floor)
Crunches
Sky Divers (both feet and shoulders come off the ground)
Side Crunches (right side)
Side Crunches (left side)
L-Overs
Back Hyper w/ a twist

**CORE CIRCUIT #1**
Prone Elbow Stand Leg Lifts (L-R)
Supine Elbow Stand Leg Lifts (L-R)
Prone Hand Stand Leg Lifts (L-R)
Supine Hand Stand Leg Lifts (L-R)
Side Elbow Stand Top Leg Lifts (L-R)
Side Hand Stand Top Leg Lifts (L-R)
Side Elbow Stand Bottom Leg Lifts (L-R)
Side Hand Stand Bottom Leg Lifts (L-R)
Northeastern Warm UP (Tramaine Shaw)

1 lap jog  
50m backwards jog, 50m build up  
50m side slide, 50m build up  
50m skip and scoop, 50m build up  
50m skip w/ arm swings & circles, 50m build up

Dynamic Stretching (30m)  
Front Knee Holds  
Rear Ankle Holds  
Figure Fours  
Toe Touches Fwd/Bkwd  
Side Lunges  
Fwd/Bkwd Leg Swings  
Worlds Greatest w/Bear Crawl

Sprint Drills (30m w/10m push out)  
A Walks  
A Skips  
B Skips  
Carioca  
Straight Leg Bounds  
Fast Leg

Hip Mobility x 10  
Leg Raises  
Hip Raises  
Single Leg Hip Raises  
Fire Hydrants  
Fwd/Bkwd Rotations  
Iron Crosses/Scorpions  
Hurdle Seat Exchange  
Hip Circles

Wall Drills  
Leg Swings Fwd/Bkwd/Side to Side x 10  
Calf and Quad Stretch 30s each
Stony Brook - 30 METER WARM UP (Howard Powell)

1. Jog 30 m
2. Walking Russian Twist Lunge 30 m
3. Skip with Arm swings 30 m
4. Fence Trail leg circles x 10 each leg
5. Fwd Skip with bkwd arm circles 30 m
6. Ankle pops 30 m
7. A skip 30 m
8. Groucho walks (15/15) 30 m
9. Lateral squat walks
10. Iron Cross Series x 10
11. Dbl. Alternate Fast Leg 30 m
12. Seasaw (15m fwd/15m bwd) 30 m
13. Leg Swings Lateral & Linear x 10 each
14. Side Slide 30 m
15. Backward Run 30 m
16. Accelerate 60% 30 m
17. Accelerate 70% 30 m
18. Accelerate 80% 30 m
19. Accelerate 90% 30 m

   Backward Jog 30 m
   Jog 30 m
   Backward skip w/ Arm Swings 30 m
   Jog 30 m
   Backward skip w/ Arm Swings 30 m
   A skip 30 m
   Backward build up 30 m
   Forward build up 30 m
   Backward build up 30 m
   Dbl. Alternate Fast Leg 30 m
   Forward build up 30 m
   Side slide 30 m
   Jog 30 m
   Walk back
   Walk back
   Walk back
Brett Willmott – Base WU

I. Low skip series 6 x 50 turnarounds -changing arm action each 50,

Teach: feet/knees together, natural rotation of hips, attain shoulder girdle release, coordinate lower body with upper body mechanics

II. Lateral series: side shuffles, back run, Seagrave carioca

Teach: multi-directional development/ coordination

III. Sprint preparation (front side/ back side emphasis)

Teach: Front side & back side activation, thigh leveling, and dorsi- flexion, build up as rehearsal/repetition.

a. A/B march + build up 40-50m,
b. Stiff Shuffle + build up,
c. A skip + build up,
d. Bum kick + build up,
e. Alternating Fast leg + build up.

IV. Dynamic flexibility and stabilization

Teach: lower body stabilization (no fence), core, general hip mobility...toe up!

f. Leg swings forward and cross 1x5 ea.

Hurdle drills...