

100m Hurdle Workouts & Drills

Doug Plunkett, Asst. Track & Field Coach
Downers Grove South High School
dplunkett@csd99.org

Background:

- 28 years coaching experience
- USATF Level I, II & III schools
- USOC Emerging Elite coaching school

Key Resources that I use a lot (books & videos):

- The Science of Hurdling and Speed 4th Ed. by Brent McFarlane
- USA Track & Field Coaching Manual
- Strength Training for Track & Field by John Cissik
- Come to Hurdle Practice with Wayne Clark (video)
- Drills for Teaching the Hurdles with Mike Pochlein (video)

At DGS:

- Hurdlers train with sprinters.
- All sprinters (including hurdlers) train for the 400m.
- Most of our hurdlers also compete in several field events.
- Mon-Wed-Sat: workout days.
- Tue-Thu-Fri: technique days.
- Hurdles are ALWAYS set lower and closer than regulation.

Early Season (Jan-March):

- General strength and conditioning.
- Acceleration & speed development.
- Hurdle drills! (all 55-100m hurdle work)!

Mid Season (March-April):

- Repetition and Speed Endurance workouts
- 100m/300m hurdle event specific drills!

Late Season (May):

- Technical problem solving
- Speed!

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BM King



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