



Hurdle Competition Warm-Up

Warm up for first event 45 minutes – 1 hour prior to event. See trainer prior to warm-up.

1. 2 lap jog
2. Leg swings / scissors
3. Iron cross / scorpion
4. 3 60m strides at 60%
5. 60m of:
 - a. High knee line runs (toes pointing in, out, crossover)
 - b. Carioke
 - c. Backward run
 - d. Fast leg
 - e. Straight leg bound
6. Drills 20m of:
 - a. Ankling
 - b. Butt kicks
 - c. A skip
 - d. A-C skip
 - e. B skip
7. Hurdle Walkovers/ Mobility
 - a. Step over
 - b. Backward step over
 - c. Under
 - d. *if unable to do mobility do 20 meters of lunge walk
8. Hurdle Drills X2 (nice and easy in flats)
 - a. Lead leg
 - b. Trail leg
 - c. Over the middle
9. Put on spikes
10. 2 60m accelerations
11. Starts: at least 2 over 2 hurdles
12. Easy stretch
13. Mental preparation
14. Competition

Warm-up Between Events

Should start 30-35 minutes before next event

1. 2 lap jog
 2. Leg swings / scissors
 3. Iron cross / scorpion
- If Hurdle Race:
1. Hurdle Drills (lead, trail, over the middle)
 2. Accelerations in spikes
 3. Starts over 2 hurdles
 4. Easy stretching
 5. Mental preparation

If Sprint Race:

1. Sprint Drills: Ankling, Butt kicks, A skip, A-C skip, Fast leg, Straight leg bound
2. Easy stretching
3. Accelerations in spikes
4. Mental preparation