



Hurdle Drills to Improve your Hurdle Form and Technique

These drills are easy to add to your warm-up or even after your workout to reinforce good habits. The more you practice, the quicker it will translate to your races.

Overall Pointers:

- **Lead Leg:** Foot flexed. Lead with the knee not the foot. Leg does not straighten on top of the hurdle (like a dancer's leap) it only extends to return to running.
- **Trail Leg:** Foot is flexed and rotated with pinky toe to the sky. Heel is tight to bottom. Trail leg knee does not come up and under, rather it is rotated out (like a dog on fire hydrant) and pulls through to the front at 90 degrees with foot still flexed.
- **Arms:**
 - Lead arm extends forward, hand at shoulder height like you are looking at your watch. Once hurdle is cleared, sweep hand down from shoulder to hip.
 - Trail arm should be tight like a regular running stride. Once hurdle is cleared punch it forward.



Form Drills:

- **Wall Lead Leg:** (first photo above). Take an aggressive step into hurdle. Foot should be on the wall just above the hurdle, leg should be bent. Body in a straight angle with hips feeling pressed into hurdle.
- **Wall Trail Leg:** (second and third photo above). Keep hips up and under (squeeze bottom). Keep trail leg tight, pull over hurdle through to the front at 90 degrees, actively pull leg back underneath.
- **Angled hurdle drill:** Angle the top of the hurdle, with one side one notch higher than they other. Place trail knee on the edge of the higher part. Bring trail leg through to the front at 90 degrees. Snap down and accelerate 2-3 steps.
- **Active step over:** Lower the hurdle and stand behind the hurdle with lead leg dangling over the hurdle top. Jump to clear hurdle by snapping lead leg down and bringing trail leg over the hurdle to stand with both legs in front of the hurdle.
- **Sitting Trail Leg:** Sit in hurdle position with shoulders facing forward and arms stretched out forward. Pull trail leg through to the front to end sitting with both legs stretched in front of you.