

# Hurdle Training Components

## General Classifications

1. *Speed*
2. *Strength*
3. *Power*
4. *Coaching Cues*

## Specific Classifications

1. *Acceleration*
2. *Absolute Speed*
3. *Speed Endurance*
4. *Rhythm/Rhythm Endurance*

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*1. Rhythm Endurance: Speed Endurance Work over hurdles. For Example 3 x 10 hurdles set at reduced spacing with 5-6 minutes recovery. Use in early to mid season competition phase.*

*2. Intensive Tempo: 80-90% intensity work with recoveries from 90 seconds to 3 minutes. Use 4-6 reps when done in more than one set.*

*3. Extensive Tempo: 70-80% intensity work with short to 90 second recoveries. Use 6-12 reps when done in sets.*

*4. Short Jumps: To improve the ability to accelerate. Consists of five or fewer jumps with the emphasis on the maximum distance on each jump.*

*5. Long and/or multi jumps: Repetitive jumps emphasizing speed of movement. For example, 5x double leg jumps over hurdles. Use in early competition phase. The jump training can have an especially positive impact on the younger athlete who lacks the skill, coordination, or access to free/stationary weights (great gains can be made)*

