



AAi coach

INTERACTIVE COACHING



E-coaching Manual

Hurdles





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Foreword

AAi Coach is an interactive e-coaching manual and is aimed at developing coaching resources across a range of event groups. This manual is focused on hurdles and examines the various elements involved in the event. It will assist club and school coaches to prepare teams to perform in competitive environments. Paul Byrne and Lilly-Ann O'Hara have been instrumental in producing this AAi Coach manual and feature throughout this document and the attached videos to demonstrate the various aspects of the event. Both Paul and Lilly-Ann have been National Senior champions in their respective events (400m hurdles and 100m hurdles) in recent years and continue to compete at a high level. This combined with their work as Athletics Ireland regional development officers led them to develop this document to help aid coaches, athletes and schools across the country to develop and try the hurdles events.

The purpose of the e-coaching manuals is to provide support to coaches. This is achieved by providing easy access to quality coaching material. The event rules and guidelines are outlined with video links providing footage of training tips, drills and coaching points. This particular manual includes links to twenty four videos which complement the images and text. The interactive nature of the material is aimed at ensuring greater learning.

The team has worked hard to provide a suitable tool for coaches. I hope you find this to be useful and benefit from its application.

Pat Ryan

Director of Coaching & Development



Introduction

Welcome to AAi Coach, Athletics Ireland's Interactive Coaching resource. AAi Coach e-coaching manuals provide event specific information, coaching theory together with practical coaching videos.



While complementing Athletics Ireland's coach education pathway, AAi Coach offers new and existing coaches throughout Ireland the opportunity to upskill and learn about specific event areas in the comfort of their homes and clubs.

AAi Coach e-coaching manuals are easy to navigate and accessible through PC, laptop and hand held devices.



AAi Coach Hurdles

This AAi Coach E-Coaching manual will focus on hurdles, predominately the Sprint Hurdles (60mH, 100mH, 110mH) and Long Hurdles (250mH, 300mH and 400mH) events. Many of these drills and skills can also be applied to the coaching of the steeplechase events



The hurdles are one of the most widespread events to be coached across the country. It can be an extremely fun event to run for athletes of all ages and adds an interesting/challenging technical element to otherwise flat running events.



Hurdles are part of the programme for kids as young as nine years old and are held at national level from the U13 age group in the short hurdle events and U15 in the longer hurdle events. Historically Ireland has had a strong past in the hurdle events at European Championships, World Championships and Olympic Games with athletes like Derval O'Rourke, Susan Smith, Thomas Barr, Bob Tisdall, Peter Coughlan, TJ Kearns and Ben Reynolds to mention but a few.



Competing in hurdles events creates a healthy competitive spirit and opens the door to success for athletes of all levels. While running hurdles is fun, there are specific skills involved that require coaching.

We at Athletics Ireland envisage clubs and schools throughout Ireland will find AAi Coach hurdles beneficial and that coaches will actively promote the skills and drills outlined and demonstrated.





Hurdling – Technical Requirements

- Athletes utilise a specific technique to successfully and safely clear the hurdles. This is done by establishing a lead and trail leg. For efficient movement and hurdle clearance, an athlete must distinguish between their lead and trail leg.
- For the 60m, 100m, 110m hurdle races athletes implement the three-stride pattern between the hurdle to ensure optimal speed and efficiency is maintained. The three-stride pattern allows the athlete to clear the hurdle with the same leg at every hurdle.
- 400m hurdlers frequently alternate their lead and trail legs for effective clearance. The senior 400m hurdlers implement various stride patterns - men 13-15 strides and women 15-17 strides between the hurdles.

The Lead Leg

- The lead leg is the first leg to clear the hurdle.
- The Lead Leg action is initiated by a strong knee drive until the knee just exceeds the height of the hurdle.
- At this point the lower leg extends directly in front of the athlete to clear the hurdle.
- The lead leg remains straight out in front of the athlete at all times and lands again straight in line with the athlete.



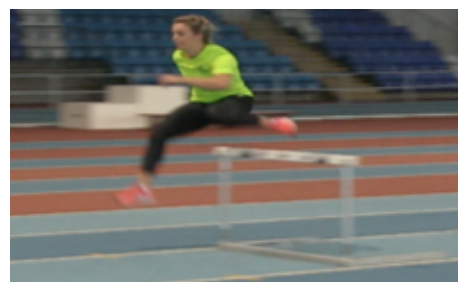
Key Points

- The lead leg motion starts with a strong drive with the lead knee. The lower leg remains folded until the knee is higher than the hurdle at which time the lower leg extends.
- The lower leg extends and lead foot is pushed down to meet the track. The lead leg does not necessarily need to be straight. A 'stepping over' action rather than a 'kicking' action is required. The key is to get the lead foot back on the ground as quickly as possible so as to recommence running. The athlete should actively push the foot back to earth rather than simply allow gravity to take it there.
- At all times the lead leg remains straight out in front of the athlete. Any sideways movement of the landing of the lead foot will cause the athlete to unnecessarily twist and potentially lose balance and hence speed.



The Trail Leg

- The trail leg is the second leg to clear the hurdle.
- The trail leg should remain 'compact' – short levers move much faster than long l levers - with the heel of the trail foot close to the athlete's bottom.
- The lower trail leg (knee to foot) should be basically flat over the hurdle with the trail foot slightly below the trail knee.
- The trail foot should be dorsiflexed.
- The trail knee continues to rise after clearing the hurdle and will appear to touch the athlete's chest.
- The trail leg, after clearing the hurdle, should return to the front of the athlete.



Key Points

- The trail knee is always higher than trail foot. The trail foot remains dorsiflexed throughout motion. The athlete aims to pull the trail leg through as quickly as possible. The trail foot stays close to hurdle whereas the trail knee will continue to rise after clearing the hurdle.
- The trail leg rotation completes with the trail leg in front of athlete and knees high as in sprint motion.
- Trail leg plant comes from a vertical 'in front' position.



The Arm Action

As in sprinting, the arms act to balance the body and counter the rotation produced by the legs. The arm opposite to the lead leg actually leads the action into the hurdle and pushes/dives forwards as the lead leg rises. The other arm should be taken back in a normal sprinting action. As the trail leg comes around, the leading arm swings neatly back to counter the rotation of the trail leg..



Lead Arm

- Acts as counterbalance.
- Should be relatively straight with around a 120 degree angle bend
- When the lead arm crosses the centre line of the athlete it induces a turning motion which has to be counteracted by some other part of the body, usually the hips – hence should be avoided.



Trail Arm

- The trail arm simply acts to counterbalance the trail leg.
- Since the trail leg is mostly kept compact (short lever) throughout the trail leg recovery motion, the trail arm should mimic the trail leg action and also stay compact.



Establishing Lead and Trail Legs

1. Ask participant to stand feet shoulder width apart, with their eyes shut. Explain you will gently push them forward. The leg that lands in front first is the lead leg.
2. Ask participant to run over a small hurdle, using a lead and trail leg. Then ask them to switch legs on their second attempt. After two attempts, ask which technique felt more comfortable/effective.
3. Ask the participant to establish which leg they use to kick a ball with. The leg that they plant on the ground can be the trail leg and the leg that swings to kick the ball is the lead leg.





Hurdle Drills

Hurdle drills can act as an introductory tool when introducing hurdles to young athletes, they are vital for the overall long term development of any athlete. These drills can be used with athletes of all ages and of any event group to improve posture, balance, co-ordination, mobility and range of movement through the various joints. All drills should be completed using both sides (left and right legs) as to ensure the athlete develops equally on both sides and becomes proficient at hurdling with either leg.

Used in the following order, these drills can facilitate an athlete learning when distinguishing between the lead and trail legs:

Click the PLAY icons 1-24 to access videos.

1. Lead Leg Drive Against Wall [PLAY 1](#)
2. Trail Leg Against Wall [PLAY 2](#)
3. Trail Leg Slide Against Wall [PLAY 3](#)
4. Lead Leg Isolation Walkover [PLAY 4](#)
5. Trail Leg Isolation Walkover [PLAY 5](#)
6. Single Leg Hurdle Walkover [PLAY 6](#)
7. Alternate Leg Hurdle Walkover [PLAY 7](#)
8. Hurdle Side Step Over [PLAY 8](#)





Speed and Efficiency Hurdle Drills

The hurdle events revolve around three main components; rhythm, efficiency, and momentum.

Rhythm - The ability to run consistently in a fluent, measured and uniform way.

Efficiency - The amount of energy required to run at a certain speed.

Momentum - The relationship between speed and energy at a given time.

For optimal performance, an athlete must try to negotiate the hurdles at maximum speed whilst controlling their postural positions. These speed and efficiency hurdle drills will replicate the specific movements and actions when hurdling at speed. By performing these drills regularly, it will equip the athlete to deal with the demands of fast and effective hurdling.

9. One Stride Lead Leg [PLAY 9](#)
10. One Stride Trail Leg [PLAY 10](#)
11. One Stride Hurdles [PLAY 11](#)
12. Three Stride Lead Leg Drill [PLAY 12](#)
13. Three Stride Trail Leg Drill [PLAY 13](#)
14. Three Stride Hurdles [PLAY 14](#)





Introduction to Sprint Hurdles

The sprint hurdles are a demanding technical co-coordinative event. The continuing change between cyclic (running) and acyclic (hurdle stride) movements at high speed make it complicated. However, by focusing on separate components such as the start and then followed by the three stride pattern, it will allow for a smoother transition when preparing to hurdle.

15. Start to First Hurdle PLAY 15
16. Three Stride Pattern Over Low Hurdles PLAY 16
17. Three Stride Pattern over Competition Hurdles PLAY 17

Start and First Hurdle

The start to the first hurdle is different than for a straight sprint race. Firstly the athlete has only 8 strides to the first hurdle and so must come up from the start much sooner than for a normal sprint race. Typically the athlete will be fully upright after 4-5 strides so as to be able to sight the hurdle and time the approach. Also as the athlete has 8 strides to the first hurdle the athlete's lead foot must be on the back block so that the 8th stride lands on the trail or take off foot. This can feel uncomfortable for some athletes and needs to be practiced so as to feel natural and become automatic. The athlete is still accelerating at the time the first hurdle is reached and needs to 'attack' the hurdle so as not to lose momentum.

If the athlete takes 8 strides to the first hurdle their lead leg will be the back leg in the starting block.





Strides 1 - 3

- Lead leg will be in the back block position.
- Athlete must project from the hips as they drive out.
- First stride is the shortest, the second and third gradually getting a bit longer.
- The athlete will still be in a low position and looking towards the ground.
- Shin angle will be at 45 degrees.
- On the third stride, the athlete will begin to sight hurdle.



Strides 4 - 6

- The athlete now begins to rise gradually. The athlete's body will become more upright as they approach the hurdle.
- Strides are now both faster and longer than the first three strides.
- Athlete can fully see the hurdle.
- Athlete is still accelerating.



Strides 7 - 8

- The last two strides are known as the 'cut steps'.
- The athlete will shorten their last two strides to meet the hurdle effectively.
- The trail leg will plant on the eight stride. Hips will be ahead of the foot.
- Lead knee will rise and attack first hurdle.





Three Stride Pattern

The ultimate aim is for the athlete to achieve an 8,3,3,3... stride pattern. That is 8 strides to the first hurdle and 3 strides between hurdles. Younger athletes will have trouble achieving the 8,3,3... stride pattern and may start with a 10,5,5,5 or 9,4,4,4 and gradually progress to 8,3,3,3 as they get bigger, faster, and stronger. Regardless of ability the initial key requirement is to achieve a regular stride pattern so as to avoid 'stutters', especially between hurdles, and so keep the sprint speed or at least minimise any loss caused by the hurdles. In this regard hurdling is similar to dancing – to be successful you need to establish 'Rhythm'. An athlete will take three strides between the hurdle. Although, there are four contacts with the ground, the first contact with the ground is not the first stride.



1. The first stride will occur once the trail leg clears the hurdle and plants on the ground. The quality of this stride is extremely important as it initiates the sprinting action.
2. The second stride will be the longest stride of the three. This is done by the lead leg.
3. The third stride is known as the cut step. It is the shortest of the three strides. This allows for a fast and aggressive lead leg attack on the next hurdle. This allows the athlete to project themselves effectively over the hurdle.





Key Points

- Allow the athlete to walk out the three strides before advancing to a jog followed by running.
- Start with low hurdles set on the correct hurdle marks (use mini hurdles or wickets). Try to establish a regular stride pattern, ultimately 8 strides to the first hurdle and 3 strides between hurdles. We are not concerned with hurdling technique at this stage – just a regular stride pattern.
- Gradually increase the height of the hurdle while maintaining the hurdle spacing and same regular stride pattern.
- Continue gradually increasing height until at correct height for athlete.
- Listen to the rhythm of the athlete.
- Ensure athlete meets the hurdle with the same leg.
- As an alternative approach set the hurdles to their correct height, but shorten the distance to the first hurdle and between hurdles by approx 1 foot distance. E.g move the second hurdle in by one foot, the third hurdle is moved in by two feet, the fourth should be moved in by three feet, and so on. When the athlete can comfortably maintain a regular stride pattern on this setting gradually increase the spacing until correct competition spacing is achieved.



Introduction to Long Hurdles (250mH, 300mH & 400mH)

Long hurdling differs from the sprint hurdles in several ways. Whilst it remains a speed event it requires more strength and endurance than sprint hurdles. The hurdles are much further apart and hence require more spatial judgement in approaching each barrier. Long hurdling is a highly technical event which requires skill, speed, suppleness, strength, and stamina.

Many young athletes with some ambition to try the long hurdle events may already have some hurdling experience, if not then they should be taught the basic hurdle technique in the same way as the sprint hurdler, using the drills detailed earlier in this document. The long hurdler who can lead with either leg over the hurdles has a clear advantage.

18. The Long Hurdles PLAY 18





Start and First Hurdle – Long Hurdles

Carrying speed and momentum into the first hurdle in the long hurdles is critical. The longer run-in compared to the sprint hurdles allows for greater acceleration phase. The approach to H1 consists of a specific number of steps developed for consistency.



In the 400mH most male hurdlers use 20 - 23 steps to H1 and most females use 23 - 26 steps. The start of the long hurdles starts in the same way as a flat 300m/400m runner would. The drive phase extends to at least half the distance to the first hurdle. This part of the race should be run aggressively but under control to conserve energy for later in the race. In the 300mH and 250mH the first couple of hurdles are on the straight but nonetheless the athlete will at some point have to hurdle on the bend so working on this early will lay the strong foundations of the event.



A number of factors such as wind, block settings and speed will dictate the number of strides taken into H1 in the long hurdles. This should be practiced in training. It is more advantageous to lead with the left leg during the long hurdles as the athlete will touch down closer to the inside of the lane after the hurdle. This will result in the athlete running a shorter distance than an athlete who only leads with their right leg.

In the 400mH athletes will take the following No. of strides (depending on ability)

- Male 400mH athletes to H1 (45m) – 20-24 Strides
- Female 400mH athletes to H1 (45m) – 22-25 strides

The run in for the 300mH is slightly longer and the 250mH slightly shorter so the number of strides will differ in these events.



19. 400m Hurdles Start to First Hurdle [PLAY 19](#)
20. 300m Hurdles Start to First Hurdles [PLAY 20](#)
21. 250m Hurdles Start to First Hurdle [PLAY 21](#)





Developing Stride Pattern - Long Hurdles

Long hurdling differs from the sprint hurdles in several ways. As the long hurdles event takes place on both the bends and the straights, the athlete will have to adjust his/her stride pattern during the race. It is necessary that an athlete be able to hurdle off both legs to establish an effective rhythm between the hurdles. Establishing an effective stride pattern will allow both a smooth rhythm and clearance of the hurdles, especially when the athlete begins to fatigue. Females will take anywhere between 15-18 strides between each hurdle and males between 13-16 strides depending on ability, stride length etc. Note that the gap between the hurdles is 35 metres across the different range of events (250mH, 300mH and 400mH).



22. Four Stride Hurdles on the Straight [PLAY 22](#)

23. Four Stride Hurdles on the Bend [PLAY 23](#)

24. Random Hurdles – Bend to Straight [PLAY 24](#)



1) Four Stride Hurdling

These notes are aimed at the competent sprint hurdler developing long hurdle technique with the non-dominant leg lead. The ability to hurdle with either leg lead is very advantageous for the long hurdler. As a race progresses and the athlete tires the stride length lessens bringing the next hurdle onto the other leg. Also for the beginner it is a useful skill when the planned stride pattern breaks down. Some hurdlers are natural hurdlers with either leg lead.



Stage 1

- Put up the first hurdle at a distance from the start line that enables the athlete to clear it with the normal lead leg at a controlled speed relating more to long hurdles pace than sprint hurdles.
- Set up a second hurdle as low as possible to allow four strides between the hurdles – probably about 1m further out than the normal position.
- Athlete runs over these hurdles adjusting the second hurdle until they are comfortable with 4 strides, can forget the bit in between and concentrate on hurdling the second hurdle with the “other” leg lead
- Add more hurdles, three strides apart to bring the “other” lead leg into action.
- Raise the height of the hurdles as the athlete becomes more confident and competent.
- Hurdles can be adjusted so that the hurdler alternates lead legs on a four stride system.





Stage 2

- Set up hurdles at increasing distances between them - 9m, 10.5m, 11.75m, 13m etc.
- Run over the hurdles taking them with whichever lead leg is in position



Stage 3

- Lengthen the distance between hurdles to 18m - 20m apart so that the lead leg alternates.
- Repeat this on the bend varying the lane as competence grows.



2) Random Hurdling

Random hurdling is by its nature placing the hurdles/cones/mini hurdles at completely random distances apart, be it on the straight only, the bend only or from the bend onto the straight. The key elements of this drill are rhythm and an absence of stuttering strides. Mixing any combination of strides between the hurdles will keep the athlete thinking as they will have to make micro adjustments to their strides in order to successfully take the hurdle on whichever leg presents itself. It is important to emphasize from the coaching point of view that this will feel unnatural to begin with but will second nature to the athlete with practice.



Key Points

- An **ODD** number of strides taken between a hurdle means the athlete will remain using the same lead leg.
- An **EVEN** number of strides taken between hurdles means the athlete will have to alternate leading legs to negotiate the hurdles successfully.
- Once a stride pattern is developed it should be regularly practiced in training for the athlete to gain a sense of rhythm and to build confidence.





Common Errors and How to Correct

Problem - Taking off too far from the first hurdle

- Possible Cause - Sprint strides during initial acceleration from blocks are too short. The blocks may be set too close together resulting in the initial stride being too short. The arm action in acceleration to the first hurdle may be too passive
- Correction/Solution - Possible solutions may include the athlete developing the contractive strength required to drive from the blocks. This will enable them to generate sufficient stride length to cover the 12m distance in 8 steps. It may alternatively involve moving the blocks to medium spacing and ensure the body angles are correct in the starting position. The arm action can also be lengthened and the amplitude of movement increased



Problem - Too high over the first hurdle

- Possible Cause - The athlete is probably too close to the hurdle at take-off. The take-off foot may be planted on the heel. The cut step may be insufficient or non-existent. Another possible reason is that the lead leg may not be folded tightly until the thigh is parallel to the ground. It may simply be that the athlete is afraid of the hurdle.
- Correction/Solution - Keep the athlete in sprint acceleration posture longer. This will keep strides shorter and help the athlete attain a higher velocity. Make sure the athlete is accelerating in a pattern of acceleration and not overstriding. If the athlete is planting their take-off foot like a long jumper this will make the last stride before the hurdle too long and result in placement too close to the hurdle. Practice a tall posture, making the cut step active and on the front of the take-off foot. Rehearse proper lead leg mechanics and body posture going into hurdle. Also examine what the take-off foot is doing. If it is planted on the heel than the lead leg will tend to open up too soon. Use hurdles in practice that are constructed of soft, flexible materials or constructed to be forgiving. If the hurdle is not a threat to life and limb, the athlete will gain the necessary confidence to run through the hurdle with the velocity necessary to perform efficient technique.



Problem - Off balance coming off the hurdle

- Possible Cause - The lead leg and opposite arm are driven inward/outward and not parallel to the direction of travel.
- Correction/Solution - Have the athlete work on keeping the lead leg mechanics as described above so as to enable the athlete to more easily keep their actions in line with the direction of the run. Use sprint arm action into the hurdle and not across the body. Also, the athlete may be too close to the hurdle.





Problem - 'Jumping' hurdles

- Possible Cause - The athlete may not be sufficiently flexible to 'flatten out' over the hurdle. The lower trail leg may not be 'flat' over the hurdle. The athlete may take off too close to the hurdle.
- Correction/Solution – Flexibility exercises.



Problem - Lead leg leads with foot

- Possible Cause - The athlete lacks confidence. Take-off too close to hurdle.
- Correction/Solution - Have athlete perform lead leg drills.



Problem – Trail leg out to the side

- Possible Cause – Lack of flexibility. The heel should be close to athlete's bottom so that trail leg is compact. Short levers move much faster than long levers.
- Correction/Solution - Have the athlete perform trail leg drills to correct.



Problem - Trail foot overtakes knee or trail knee dips

- Possible Cause – The athlete is trying to keep the lower trail leg 'flat' over the hurdle. While the lower trail leg (knee to foot) should be 'flattish' while passing over the hurdle, the trail knee should in practice remain slightly higher than trail foot. As the trail foot passes the hurdle it descends to the track whereas the knee remains high until vertically in front of athlete. This provides a powerful 'running off the hurdle' position for the first stride. If the trail leg knee dips so that the trail leg foot is higher than the knee the athlete will struggle to regain the high knee position for the first stride.
- Correction/Solution - Have the athlete perform the Walkover Drill or Trail Leg Drill until the feeling of the correct motion is achieved. Emphasise that while the trail leg foot stays low to the hurdle the trail leg knee will continue to rise after the hurdle almost contacting the athlete's chest before the foot returns to the track.



Problem - Irregular stride pattern

- Possible Cause – The athlete is travelling too slow or has short stride length. The athlete can lose speed due to hurdling too high over the hurdle. This usually manifests itself in 'stutters' just before the hurdle
- Correction/Solution - Go back to basics and have the athlete hurdle over very low hurdles. Slowly raise the hurdles until they reach the correct height.





Things To Remember

- Hurdles start in competition from U13.
- Never compromise on hurdle technique.
- A well-drilled athlete is a confident athlete.
- Safety must be the most important aspect.
- When introducing juveniles to hurdles, the emphasis will be on safe and effective clearance of the hurdles.
- Ensure the athlete is competent at hurdling before entering races.
- Ensure the athlete understands when technical terms are being used to explain points.
- Assign technical practices and tasks at home!



Promote Hurdles

- Hurdles improves an athlete's fundamentals and functionality.
- Hurdles should be used for every event and sport as it improves an athlete's mobility, flexibility and co-ordination.
- Hurdles are an excellent means of ensuring young athletes maintain concentration during sessions
- Hurdles are a vital component of the multi events.
- In line with Long Term Athlete Development it is important for both athlete and coach to understand the benefits of coaching and participating in several different events before specialising.
- Establishing good hurdle technique can also be important for those who wish to participate in the steeplechase.

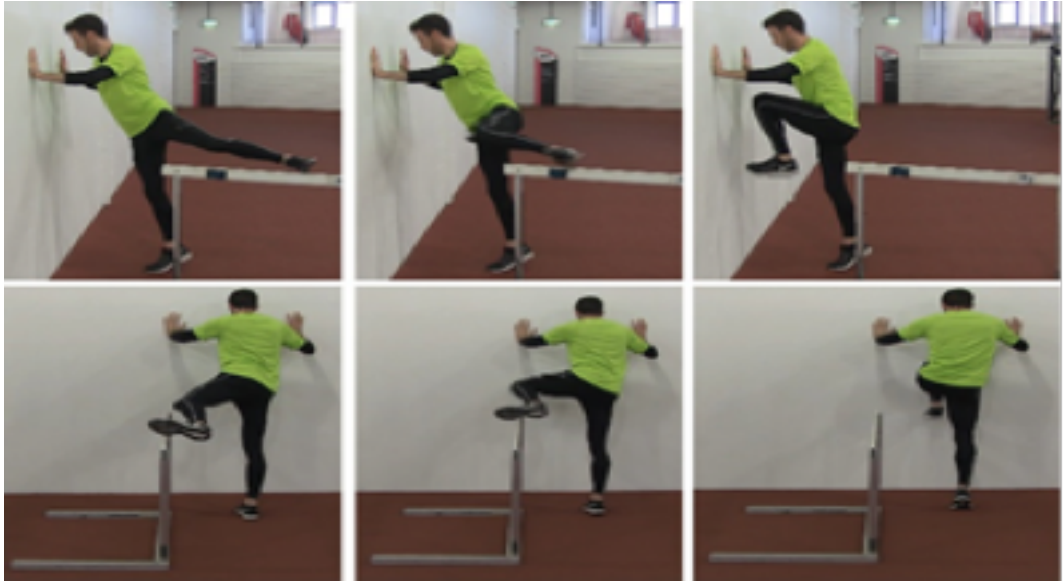
Hurdle Specification Guide

Below are the hurdle specifications for male athletes juvenile – senior level. These cover underage, schools and senior competitions.

Outdoor-Sprint	Distance	Number	CM	FT	Approach	Interval	Finish
19	110m	10	99	3'3	13.72	9.14	14.02
18	110m	10	91.4	3'0	13.72	9.14	14.02
17	100m	10	91.4	3'0	13	8.5	10.5
16	100m	10	84	2'9	13	8.5	10.5
15	80m	8	84	2'9	12	8	12
14	75m	8	76.2	2'6	11.5	7.5	11
13	60m	6	68.6	2'3	11	7.25	12.75
Long	Distance	Number	CM	FT	Approach	Interval	Finish
19	400m	10	91.4	3'0	45	35	40
18	400m	10	84	2'9	45	35	40
17	300m	7	76.2	2'6	50	35	40
15/16	250m	6	76.2	2'6	35	35	40
Indoor-Sprint	Distance	Number	CM	FT	Approach	Interval	Finish
19	60m	5	99	3'3	13.72	9.14	9.72
18	60m	5	91.4	3'0	13.72	9.14	9.72
17	60m	5	91.4	3'0	13	8.5	13
16	60m	5	84	2'9	13	8.5	13
15	60m	5	84	2'9	12	8	16
14	60m	5	76.2	2'6	11.5	7.5	18.5
13	60m	5	68.6	2'3	11	7.25	20
Schools	Distance	Number	CM	FT	Approach	Interval	Finish
Senior	110m	10	99	3'3	13.72	9.14	14.02
Inter	100m	8	91.4	3'0	13	8.5	10.5
Junior	80m	8	84	2'9	12	8	12
Minor	75m	8	76.2	2'6	11.5	7.5	11
Senior	400m	10	91.4	3'0	45	35	40
Inter	400m	10	84	2'9	45	35	40

Below are the hurdle specifications for female athletes. These cover underage, schools and senior competitions.

Outdoor-Sprint	Distance	Number	CM	FT	Approach	Interval	Finish
19	100m	10	84	2'9	13	8.5	10.5
17/18	100m	10	76.2	2'6	13	8.5	10.5
15/16	80m	8	76.2	2'6	12	8	12
14	75m	8	68.6	2'3	11.5	7.5	11
13	60m	6	68.6	2'3	11	7.25	12.75
Long	Distance	Number	CM	FT	Approach	Interval	Finish
18/19	400m	10	76.2	2'6	45	35	40
17	300M	7	76.2	2'3	50	35	40
15/16	250m	6	68.6	2'3	35	35	40
Indoor-Sprint	Distance	Number	CM	FT	Approach	Interval	Finish
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17	60m	5	76.2	2'6	13	8.5	13
15/16	60m	5	76.2	2'6	12	8	16
14	60m	5	68.6	2'3	11.5	7.5	18.5
13	60m	5	68.6	2'3	11	7.25	20
Schools	Distance	Number	CM	FT	Approach	Interval	Finish
Senior	100m	10	84	2'9	13	8.5	10.5
Inter	80m	8	76.2	2'6	12	8	12
Junior	75m	8	76.2	2'6	11.5	7.5	11
Minor	75m	8	68.6	2'3	11.5	7.5	11
Senior	400m	10	76.2	2'6	45	35	40
Inter	300m	7	76.2	2'6	50	35	40



Click the PLAY icon below to access the AAI Coach Hurdles play-list.



Credits and Contacts



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AAi Coach YouTube Channel can be accessed here - AAi Coach

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