



"Self-perception of high expertise increases closed-mindedness."

- Victor Ottatia, Loyola University

(AKA: I already know it all)

You Are The Expert

Your 300m Hurdle strategy ultimately depends on your conditions: your athlete, your season, your experience and your goals.

What are the Strategies?

	Short Term	Long Term
Mathematic	STM	LTM
Alternating	STA	LTA
Disastrous	STD	LTD

What are the Components?

Short Term: Practicing for the day,
or preparing only for the next
competition.

What are the Components?

Long Term: Preparing through an
annual plan, scholastic career, or
Olympiad.

What are the Components?

Mathematic: Using numeric and/or scientific methodology to establish a competition plan.

What are the Components?

Alternating: Training the athlete to lead with either leg effectively.

What are the Components?

Disastrous: Sending the athlete from the start with no plan, or allowing the athlete to decide 'on the fly'.

The Strategies: STD

This is not really a strategy, but a coaching failure or an emergency situation. This should never extend beyond one race.

The Strategies: LTD

Much like the STD, this likely leaves the athlete with no feedback and no structured way to correct technical or pace errors.

The Strategies: STA

This strategy is useful for young or new athletes who will gain strength. This allows the confidence to maintain speed on the ground between hurdles...

The Strategies: STA

(cont.) Alternating legs should be taught, to allow the hurdler to correct without any disruptive (stuttering, chopping, reaching) strides to decrease velocity.

The Strategies: LTA

The LTA approach is best suited for experienced hurdlers who are between stride lengths. This allows for maintenance of maximum velocity throughout the race...

The Strategies: LTA

(cont.) Alternating legs should be taught, practiced, and planned. If the hurdler runs an even stride pattern, work to perfect it!

The Strategies: STM

Great for new hurdlers who are athletic and disciplined. Learning a pattern and rhythm early allows for increasing tempo to gain speed...

The Strategies: STM

(cont.) STM finds the current stride pattern, and uses it until the hurdler develops to longer/fewer strides throughout the race.

The Strategies: LTM

This strategy requires the most patience on the part of all involved. After considerable evaluation and training, a goal stride pattern is determined...

The Strategies: LTM

(cont.) The goal pattern is then established at the beginning of the race, and held as long as possible. An alternating leg should be taught to allow for the transition...

The Strategies: LTM

(cont.) As the athlete progresses over time, the goal pattern is pushed deeper into the race - until all 8 clearances are made with the dominant lead leg.

What are the Strategies?

	Short Term	Long Term
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You Are The Expert

No two of our hurdlers are the same. Our strategy should not be a one-size-fits-all approach.

Our athletes deserve our best.



300m Hurdle Race Strategy The Holistic View

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