



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

- Victor Ottatia, Loyola University

(AKA: I already know it all)

You Are The Expert

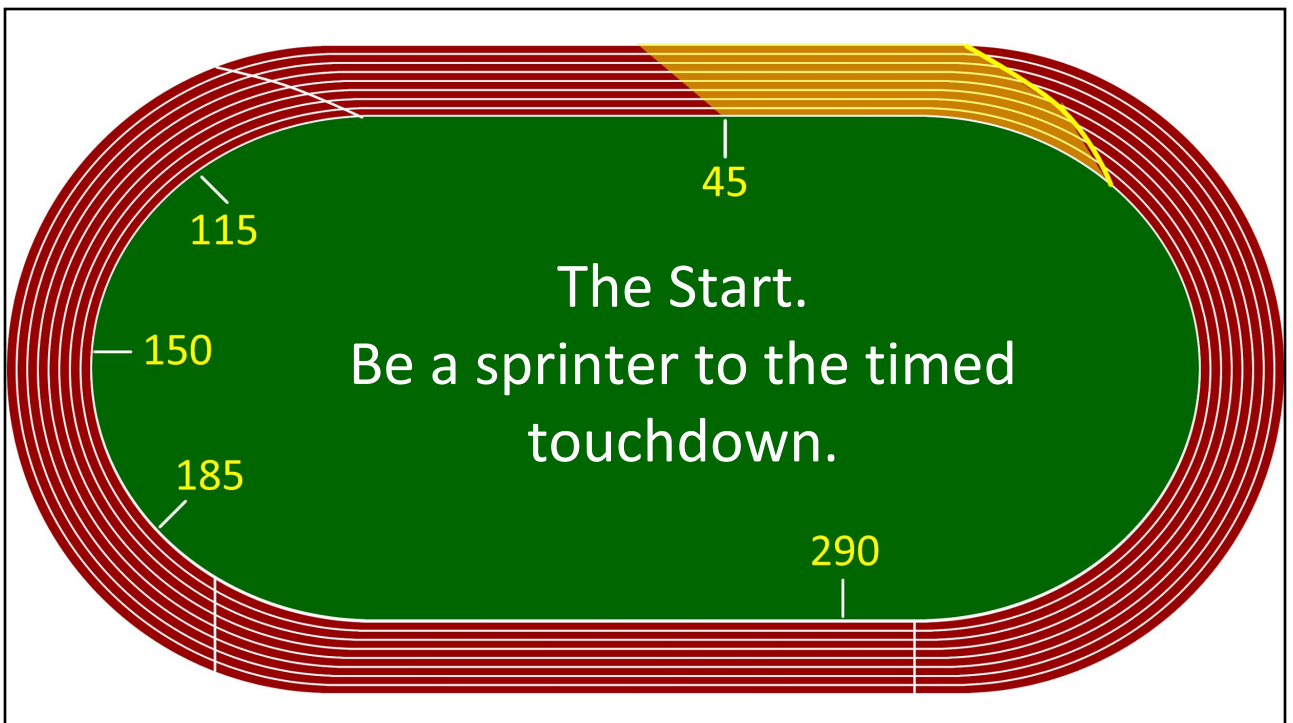
Your 300m Hurdle strategy ultimately depends on your conditions. Your athlete, your season, your experience and your goals.

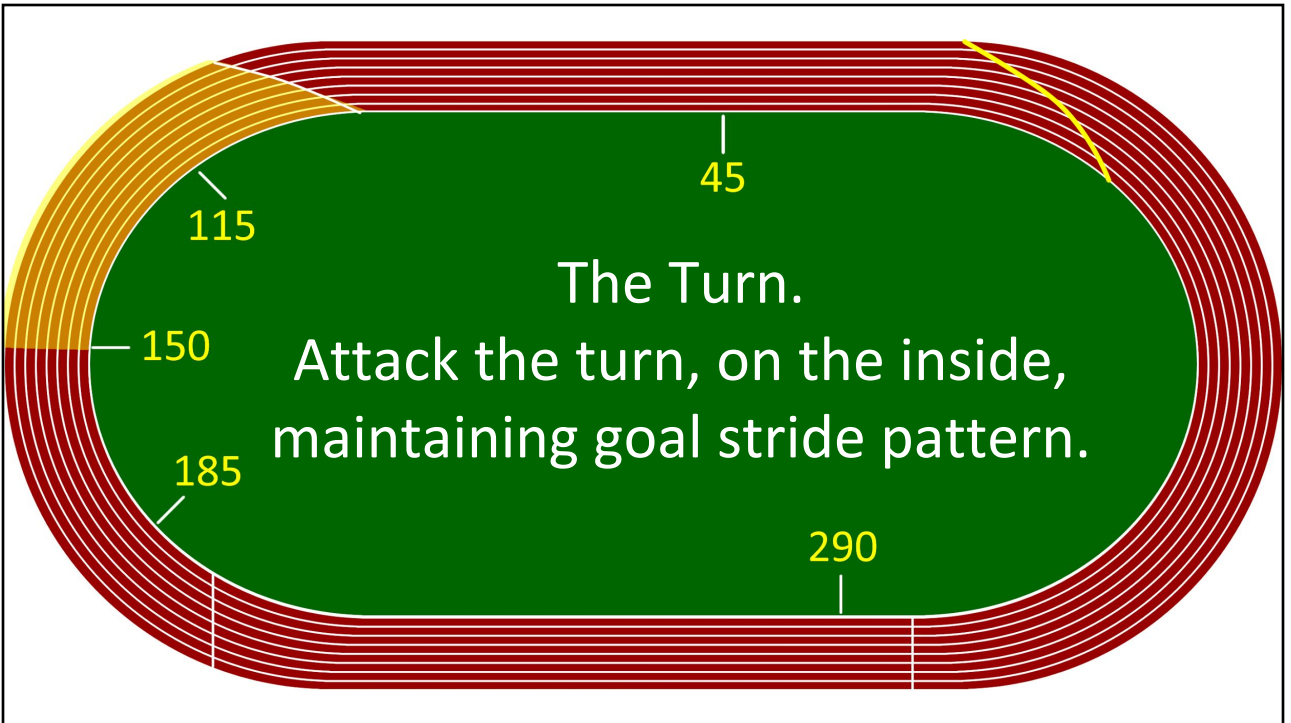
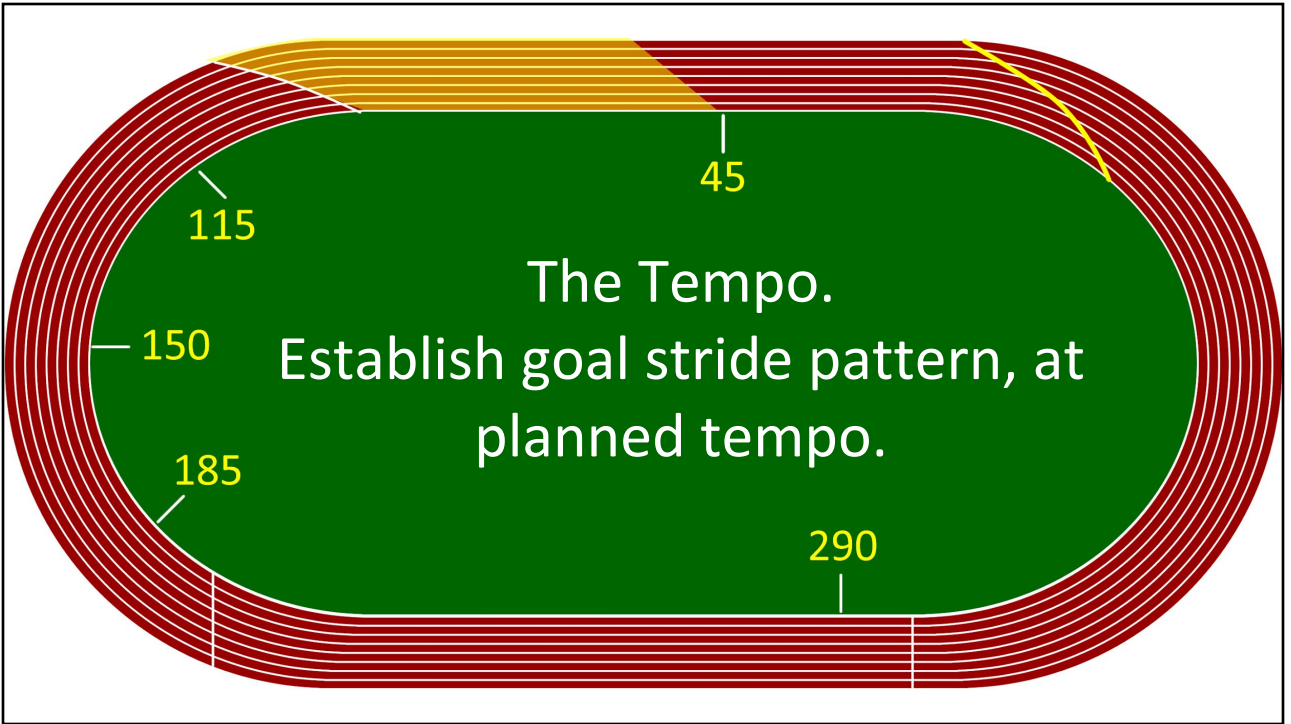
What are the Strategies?

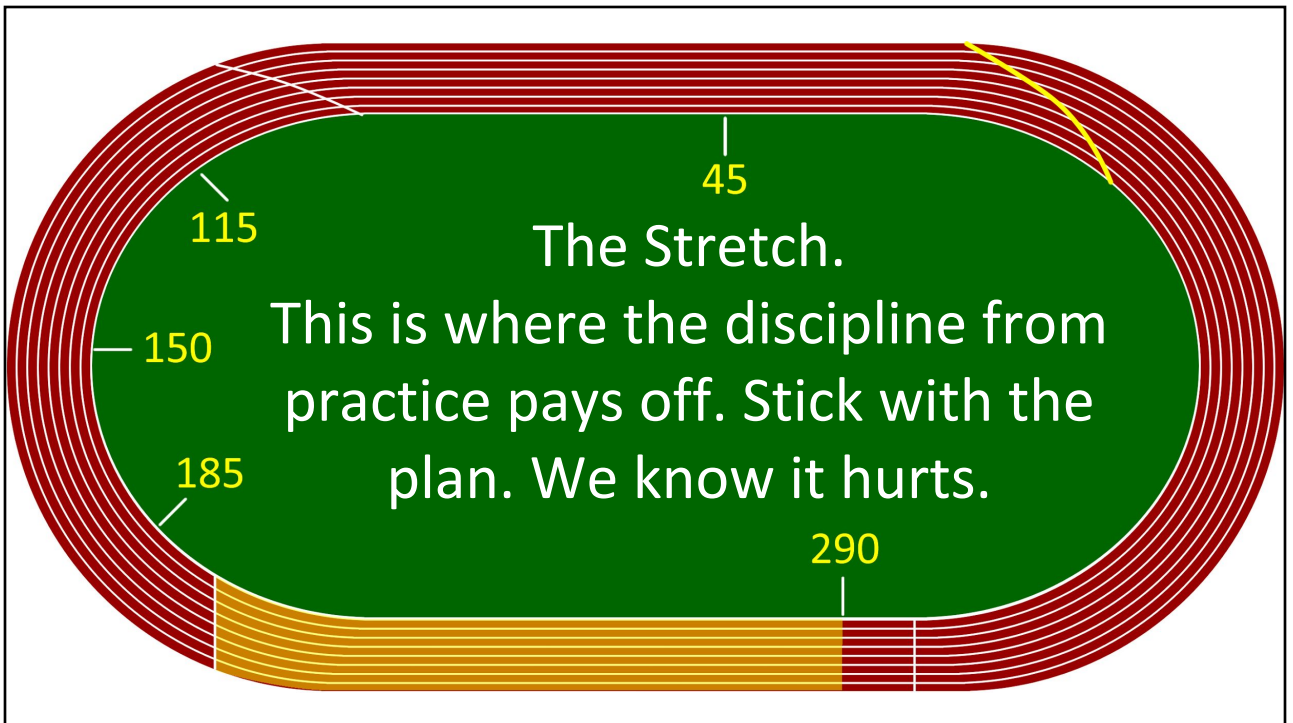
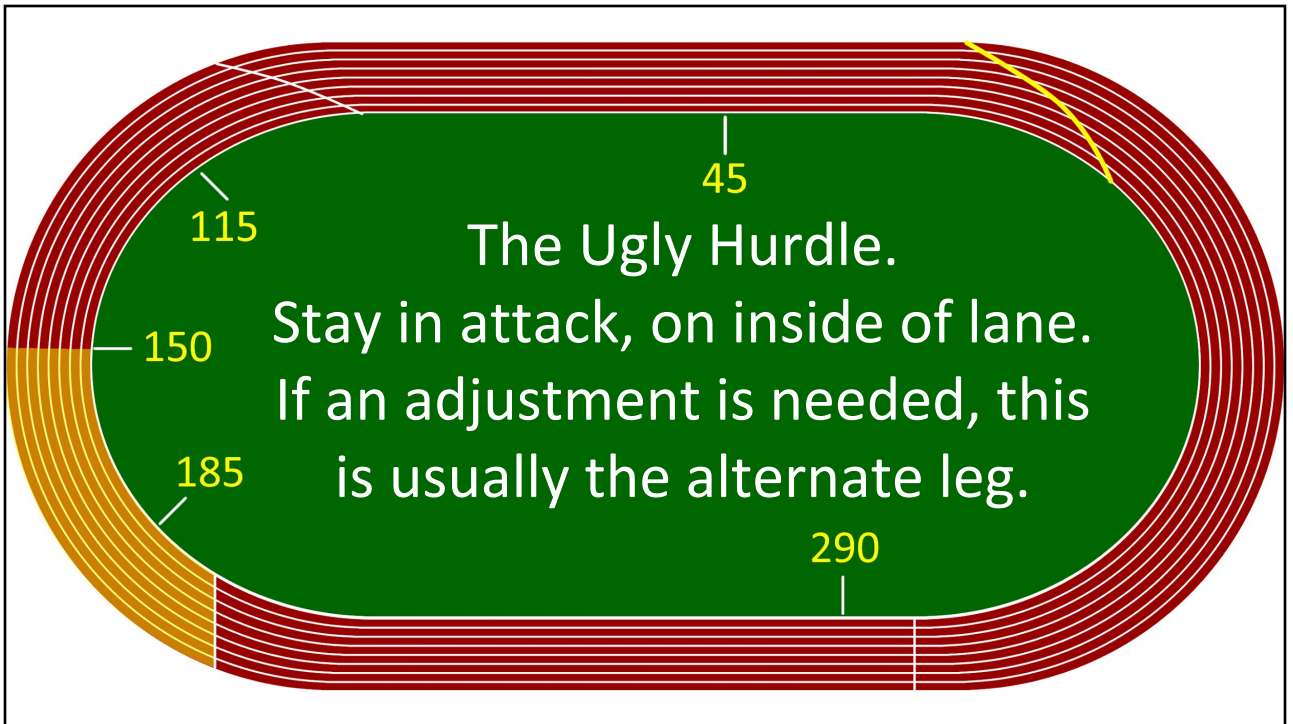
	Short Term	Long Term
Mathematic	STM	LTM
Alternating	STA	LTA
Disastrous	STD	LTD

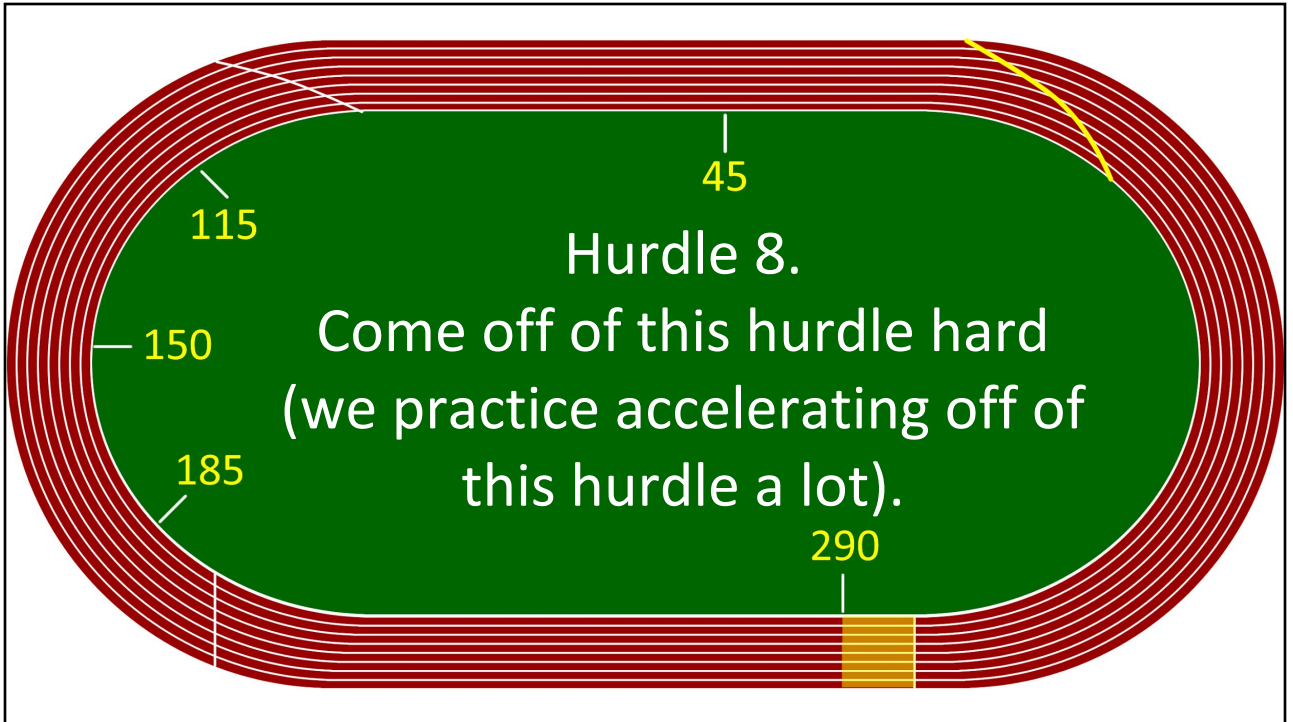
The “Coach Scott” Approach

This is how I do it now. It is not how I have always done it, and it will likely not be how I always do it. We learn, grow, and improve.









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 Incremental View

Scott Murphy
scott@smartwork.net