



CEDAR HIGH - TRACK & FIELD

HURDLE DRILL ROUTINES

Short Hurdle Drill A

3x Lead Leg Wall – 8 each leg
3x Trail Leg Wall – 8 each leg

Hurdle Drill B

3x Lead Leg Skip
3x Trail Leg Skip
3x Over the Top Skip

Hurdle Drill C

3 feet spacing
3x Lead Leg One Step
3x Trail Leg One Step
3x Over the Top One Step

Hurdle Drill D

3 yards spacing
3x Lead Leg 3
3x Trail Leg 3 Step
3x Over the Top 3 Step

Hurdle Drill E

6 yards spacing
3x Lead Leg 5 Step
3x Trail Leg 5 Step
3x Over the Top 5 Step leg

Hurdle Drill F

5x 3 Step Jam Rhythm
3 Hurdles Discounted Spacing

Hurdle Workout A

Starts 1,2,3,4 Jammed
2x over 1 Hurdle
2x over 2 Hurdles
2x over 3 Hurdles
2x over 4 Hurdles

Hurdle Workout B

1x 60m Buildup
1x Block Start no hurdle
2x over 1 Hurdle Jammed
3x over 3 Hurdles Jammed

Hurdle Workout C

Overspeed 5 Step
5x over 3 Hurdles
11 – 15 yards spacing

Hurdle Workout D

3-5-3 Step
5x over 3 Hurdles
Full spacing
(pre wrap)

Hurdle Workout E

3 Step full spacing
5x over 3 Hurdles
(pre wrap)

Hurdle Workout F

3 Step Jammed
4x over 6 Hurdles