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1 step drill consists of stepping once with the lead leg, driving the lead leg to the chest and stepping down past the hurdle and then performing the trail leg action over the hurdle. Again after 10 reps, take two steps back with the lead leg. The 2 step drill begins with a marching step with the trail leg,

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All recorded, ranked and published. Our dual meets were used as either a top speed day (4x100m and 100m) or a lactate workout (4x100m, 400m, 200m). Improvements. Coming into this year, I knew Lake Forest would have a good sprint crew, which is why I wanted to make sure our workouts were on point.

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workout would be 100 to 120 hurdles, focusing on a specific aspect of technique. Rest between sets should be 5-7 minutes, staying active by stretching or doing drills. This is a good workout to do at any time of the year. Late in the season, however, you would want to decrease the number of reps. Variations:

110m/100m Hurdle Workouts

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It is important to understand that each of these drills is focused on a very specific element in sprinting mechanics. They are best used as an extension of the warmup to engage a higher rate of speed, or as a conditioning tool at the end of a workout. Below we highlight these 6 drills: Running Butt Kicks; Big Arms; Pedal the Bicycle; No Arms

6 Simple Drills For Teaching Sprint Technique

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Speed Training (1 day) 4-6 x 50 meters (30 acceleration + 20m fly vmax sprint) - 5-8:00 -minute recovery Resistance Runs (1 day) Hills: 10 x 30 meters- 3-minute recovery Stairs: 4-5 sets x (3 x 6-8 sec sprints/ walk down 1:00 rest / 3-4:00 set rest) Endurance Training (2-3 days) 8-10 x 100 meter - Technical Runs @ 75%, walk 100 rest

Joey Woody University of Iowa Track and Field

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