

Hurdling is sprinting while having to clear obstacles. Because of its technical and energy demands, hurdling is an exciting and challenging event. The technical component of hurdling is clearly much greater than in sprinting, yet the concept of the hurdles race must be one of a sprint, with adjustment for each hurdle. The stride pattern for sprint hurdling is a 7 to 8 stride pattern to the first hurdle followed by a 3 stride pattern between the hurdles.



As in sprinting, the arms act to balance the body and counter the rotations 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 [1]. The other arm should be taken back in a normal sprinting action. As the trail leg comes round the leading arm swings back and wide to counter the rotation of the trail leg [4].

Three strides are used to cover the ground between the hurdles. To achieve this, the athlete has to modify his sprinting technique to make it fit the gap. A fast leg cadence and a shorter stride length is needed. The athlete may have to use a lower knee lift than in normal sprinting with an emphasis on leg speed. The correct range of movement and speed can be achieved by training over hurdles that are slightly closer together than normal.

