

**Schedule** (emphasis on refining event-specific technique)

Continuous running	(10 mins)
Stretching	(5 mins)
Discussion of meet – results and follow-up	(5-10 mins)
Bounding drills : Hurdles set up at erratic intervals; runners’ stride technique will improve. <b>OR</b> continuous stair running <b>OR</b> stick drills*. (all)	(15 mins)
Obtain seed values from athletes for reference (compare with meet values – good motivator, athletes will be in better condition since then.)	(10 mins)
Discussion of technique / practice with equipment (athlete should develop his / her weakest event)	remainder

**Equipment needed:** 10 pylons, 20 hurdles, shot puts, measuring tape, stopwatches

Official hurdle setup as follows: 13m starting distance, 8.5m between, 10.5m finish, height: .84m

\* There are two variations of this drill: **1**). Place about 20 markers (3-4 inches wide) 1.5m apart on a straight section of the track. Have runners sprint past without touching the markers (about 4 inches wide). This drill focuses on increasing stride frequency, and as a function of this, stride length. **2**). Markers are placed at erratic intervals on the track. Runners sprint from the first to the second, jog from the second to third, bound from third to fourth, and repeat the process until the final marker is reached. This is a plyometric drill which increases elastic strength and flexibility, good for sprinters, hurdlers and jumpers.