

Hurdlers:

Do the Sprint workout, then...the hurdle warm-up...

Do the dynamic stretches (side lunge, front lunge, straddle, etc.) as I showed you – don't over stretch

Grab fence (wall, chair, etc.)

Trail leg cycles: Side – Front – Out – Down; 8-15 times each leg, holding each phase – increasing speed to smoothing it out. USE ARMS – Reach and snap it back!

Lead leg drives: Into fence/wall, or cycle to paw the floor; 8-15 times each leg, slow at first to a quick snap. USE ARMS (BOTH!) – Lean with chest, not ducking head.

If you can, using homemade hurdles (plans below) or anything else:

Half-Hurdles, Trail and Lead legs: 2X March-throughs over 5; 4X with off leg  
2X Skip-throughs over 5; 4X with off leg – keep rhythm  
USE YOUR ARMS!!! USE YOUR ARMS!!! USE YOUR ARMS!!!

Full Hurdle walk overs – SLOW – feel your body and form: 2X, 4X off leg  
Over-exaggerate your arms and lean your chest into it

EVERY-OTHER DAY: Jog to and SNAP over hurdles, keep straight and low; no more than 30 hurdles.

Stretch it out – Eat well, Drink well, Rest well. Stay clean!

Use the following plans for hurdles for a project to occupy your time...