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### **400 METER HURDLE STEP PATTERN**

The 300 and 400 meter hurdles are 35 meters apart and depending on the athlete's "level of speed" the steps can range from 17 to 13 between each hurdle.

I use an average takeoff and touch down distance of 10 feet... 6 feet before (1.82 meters) and 4 feet after (1.22 meters) and then do the math to determine each stride length based on the number of steps I will use. The before and after distance can and will be "modified slightly depending on the athlete and the "best" stride length and rhythm for each individual hurdler.

Stride numbers..... average 1.82m before hurdle (6') & 1.22m (4') after the hurdle...

<b>17 strides</b>	<b>6'2"</b>	<b>/1.88m</b>
<b>16 strides</b>	<b>6'6 <sup>3</sup>/<sub>4</sub></b>	<b>/2.00m</b>
<b>15 strides</b>	<b>7'0"</b>	<b>/2.13m</b>
<b>14 strides</b>	<b>7'6"</b>	<b>/2.29m</b>
<b>13 strides</b>	<b>8'0"</b>	<b>/2.45m</b>

Make a "measuring stick" from an old broken crossbar, pvc or a 1"x2"x 8 foot piece of wood. This will help you measure faster. Mark it with a black marker from 1.50 meters to 2.50 meters.

Measure the "before" and "after" and place a cone at each. Then measure the stride pattern of your choice to fit your hurdler. Mark these and place cones at each.

For example:

A fifteen (15) stride pattern would have a cone 1.82 meters before the hurdle and a cone 1.22 meters after the hurdle and fifteen (15) successive cones to the takeoff of the next hurdle. Zero is the "touchdown" and 15 is the "takeoff".

**^ 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 ^**

1.22m from ^ to 0 and 2.13m from 0 to 1, 1 to 2, etc up to 15 and 1.82m from 15 to ^.

For a 15 step "set up"....

^ represents the hurdle.  $1.82m + 1.22m + 31.95m (15 \times 2.13m) = 34.99$  meters.

Repeat the same process for other step patterns and each hurdle.....