

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

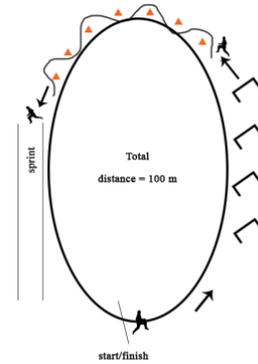
Obstacle Course Hurdling

Objective: To work on hurdling over different obstacles and using different step patterns

Description: Develop a loop course with a total distance of approximately 100 meters long. One area will be the sprint area, one area will be designed for sprinting over hurdles (or other barriers) and one area will be designed as a slalom course to sprint around. Run for a designated number of loops or time.

Variations: (1) Time yourself.

Equipment: Low obstacles to jump over, low hurdles, cones for slalom



Dice Hurdling

Objective: To determine the number of hurdles to run based upon the roll of dice

Description: Roll one die to see how many hurdles you will run at one time. After you run, return to roll the die again to determine the next run.

Variations: (1) Roll 2 dice and use the first die for the first digit and the second die for the second digit, i.e., if you roll a 1 and then a 3, you will run over 13 hurdles.

Equipment: Dice, hurdles

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