

(BR) race · (BP-1) practice minus 1 ft · (BP-2) minus 2 ft · (BP-3) minus 3 ft. Every mark runs from the start line to the top of the hurdle (not the base). Write on the tape: code + hurdle, e.g. (BP-2) H3.

HURDLE	(BR)	(BP-1)	(BP-2)	(BP-3)
Between hurdles	29' 11 $\frac{3}{4}$ "	28' 11 $\frac{3}{4}$ "	27' 11 $\frac{3}{4}$ "	26' 11 $\frac{3}{4}$ "
H1	45' 0 $\frac{3}{4}$ " 13.72 m	45' 0 $\frac{3}{4}$ " 13.72 m	45' 0 $\frac{3}{4}$ " 13.72 m	45' 0 $\frac{3}{4}$ " 13.72 m
H2	75' 0" 22.86 m	74' 0" slide back 1'	73' 0" slide back 2'	72' 0" slide back 3'
H3	104' 11 $\frac{3}{4}$ " 32.00 m	102' 11 $\frac{3}{4}$ " slide back 2'	100' 11 $\frac{3}{4}$ " slide back 4'	98' 11 $\frac{3}{4}$ " slide back 6'
H4	134' 11 $\frac{3}{4}$ " 41.14 m	131' 11 $\frac{3}{4}$ " slide back 3'	128' 11 $\frac{3}{4}$ " slide back 6'	125' 11 $\frac{3}{4}$ " slide back 9'
H5	164' 11 $\frac{1}{2}$ " 50.28 m	160' 11 $\frac{1}{2}$ " slide back 4'	156' 11 $\frac{1}{2}$ " slide back 8'	152' 11 $\frac{1}{2}$ " slide back 12'
H6	194' 11 $\frac{3}{4}$ " 59.42 m	189' 11 $\frac{3}{4}$ " slide back 5'	184' 11 $\frac{3}{4}$ " slide back 10'	179' 11 $\frac{3}{4}$ " slide back 15'
H7	224' 11 $\frac{3}{4}$ " 68.56 m	218' 11 $\frac{3}{4}$ " slide back 6'	212' 11 $\frac{3}{4}$ " slide back 12'	206' 11 $\frac{3}{4}$ " slide back 18'
H8	254' 11" 77.70 m	247' 11" slide back 7'	240' 11" slide back 14'	233' 11" slide back 21'
H9	284' 11" 86.84 m	276' 11" slide back 8'	268' 11" slide back 16'	260' 11" slide back 24'
H10	314' 10 $\frac{3}{4}$ " 95.98 m	305' 10 $\frac{3}{4}$ " slide back 9'	296' 10 $\frac{3}{4}$ " slide back 18'	287' 10 $\frac{3}{4}$ " slide back 27'
Finish	360' 10 $\frac{3}{4}$ " 110 m	practice codes stop at the last hurdle		

Setup

- Gym: tape a start line, run the tape along a wall or floor seam, set the top of each hurdle over its mark.
- Painted track: slide each hurdle back from its race mark by the amount under the mark. H1 never moves.
- One marker color per code on your hurdle tape: navy (R), light blue (P-1), dark blue (P-2), gray (P-3).
- Move up a code after 10 clean reps in a row with no stutter step. Rhythm comes before speed.

Zones (from the top of the hurdle)

- Takeoff: 6.5' to 7.5', ideal 7.0'
- Landing: 3.75' to 4.5', ideal 4.1'
- Start line to H1: 45' 0 $\frac{1}{4}$ " (13.72 m)
- H10 to finish: 46' 0" (14.02 m)