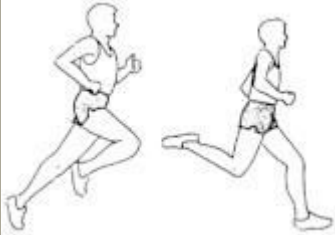
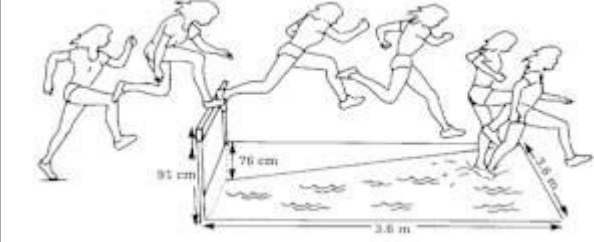




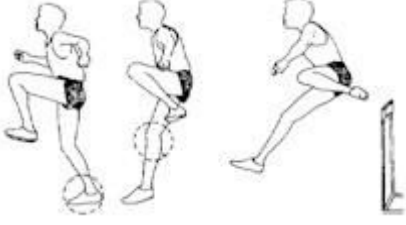

Coaching

STEEPLECHASE

This article is adapted from IAAF regional centre Oceania coaching

The standard distances for steeplechase races are 3000 metres for both men & women with adjustments to the height of the obstacles. The race has twenty-eight hurdles with seven water jumps. Athletes who are capable at 1500, and 5000, with a good cross country background and prepared to train over obstacles can be successful at these events.

EVENT PHASE		
	<p>BASIC DISTANCE RUNNING TECHNIQUE</p>	<p>Run with slight body lean forward. Rhythmical running stride pattern. Heel landing & ball of foot take-off. Arms swinging easily Low knee lift</p>
	<p>TOTAL WATER-JUMP CLEARANCE</p>	<p>Acceleration to the barrier. Drive up to place foot on barrier Keep low and roll over barrier. Extend powerfully off the barrier. One foot landing and continue running</p>
	<p>CONTACT ROLLOVER PUSHOFF</p>	<p>Aim for the instep to strike the barrier first. Roll over the top with a continuous motion. Push off from the front top edge</p>
 <p>ACTION AT THE HURDLE</p>	<p>HURDLE APPROACH, TAKE-OFF AND FLIGHT</p>	<p>Move out for clear run to obstacle. Hurdle technique similar to 400metre-hurdle clearance.</p>

		<ul style="list-style-type: none"> • Less dip • More relaxed clearance action
	<p>LANDING AND RUN-OFF</p>	<p>Lead knee high. Less snap in action. Trailing leg pulled through. Return to running rhythm. Maintain speed.</p>
	<p>ALTERNATIVE HURDLE TECHNIQUE</p>	<p>Rules permit hurdles to be stepped on if athlete desires. Drive up to the hurdle, stay low over the top and drive off with less extension that with the water jump. Resume running technique</p>