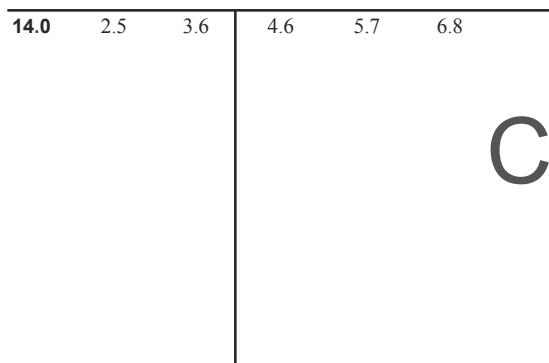
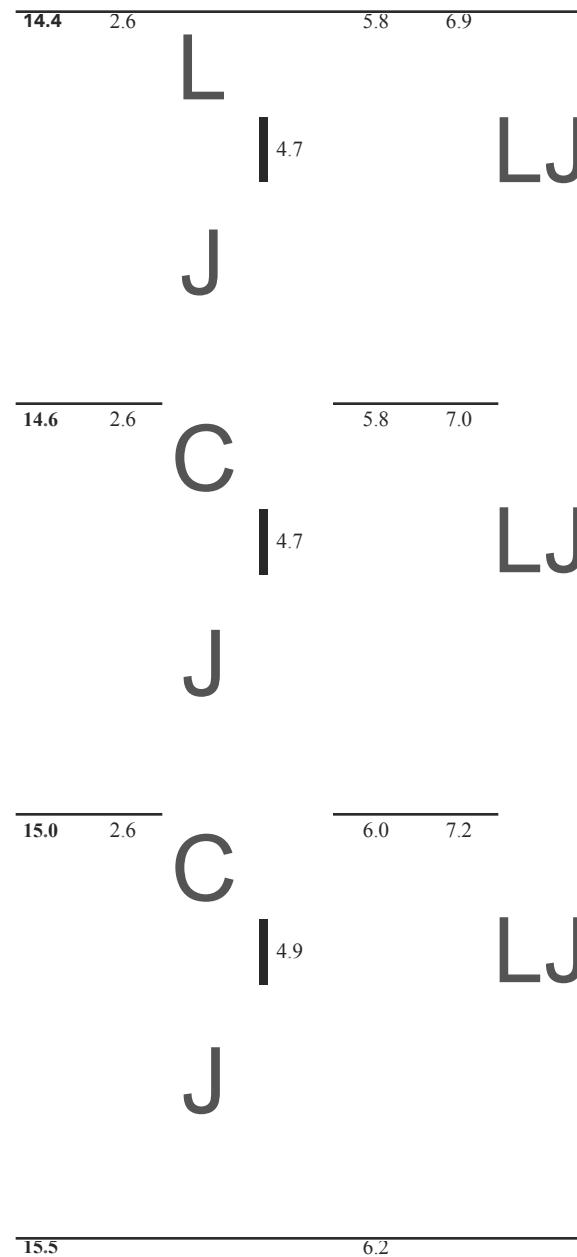


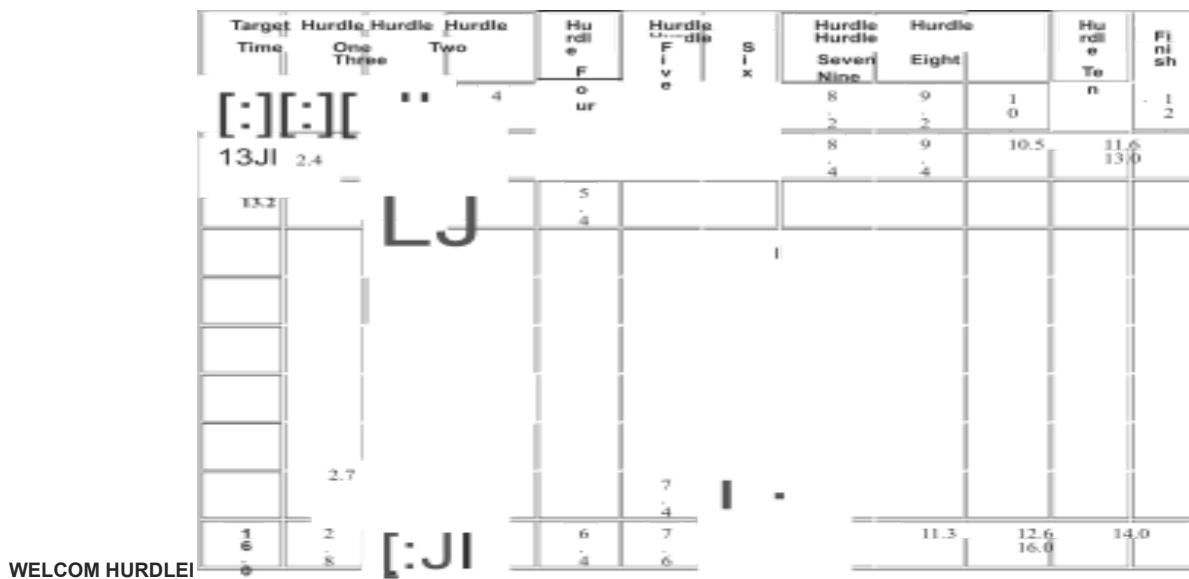
Hurdles First > Free Articles > Training Tips > Touchdown Charts

# Touchdown Charts

I found the following touchdown charts in *The Science of Hurdling* by Brent McFarlane, a Canadian Track and Field coach who specializes in the hurdles.

## 110 Meter High Hurdles





WELCOM HURDLE!

LJ 5.1

LJ

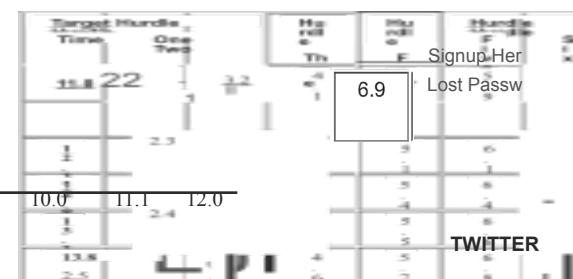
Login

JI 9.8

## 100 Meter Hurdles

5.2	6.2	7.2
5.4	6.4	7.4

12.0 2.3 3.3 4.2 5.1 6.0 7.0 8.0 9.0



Password

Login

Signup Here

Lost Passw

TWITTER

The Ju  
Magazi

15, 2016

The Mc  
Hurdle

LJ 4.4

LJ 4.4

Li  
CO  
Kee  
by  
O  
Se  
Ma  
w

Passw  
Login

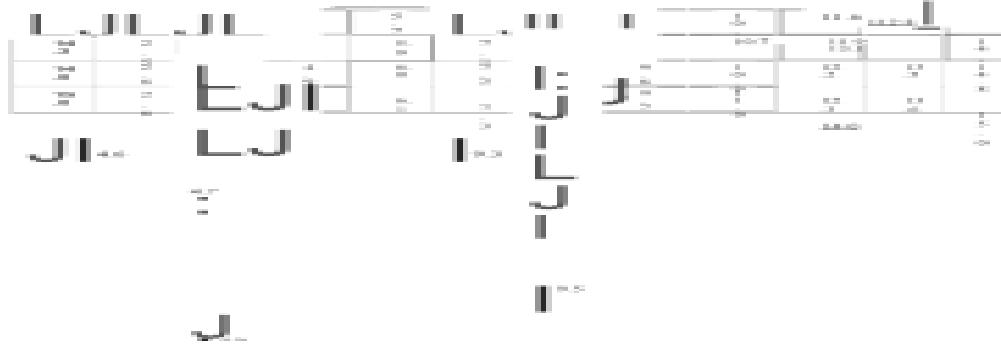
Signup Her  
Lost Passw

TWITTER

The Ju  
Magazi

15, 2016

The Mc  
Hurdle



Men's 400m Hurdles

<https://1/hurdle->  
May 15.

TheAp  
Magazi  
<https://turdle-rr> 16, 2016

The Mc  
Magazi  
delay!

<https://turdle-rr>

March 1!

Target Time	Hurdle One	Hurdle Two	Hurdle Three	Hurdle Four	Hurdle Five	200	Hurdle Six	Hurdle Seven
46.2	5.8	9.4	13.0	16.7	20.4	22.1	24.2	28.2
46.6	5.8	9.5	13.2	16.9	20.6	22.3	24.4	28.4
47.0	5.8	9.5	13.2	17.0	20.8	22.5	24.7	28.7
48.0	5.9	9.7	13.5	17.4	21.3	23.0	25.3	29.5
49.0	6.0	9.9	13.8	17.7	21.7	23.5	25.8	30.1

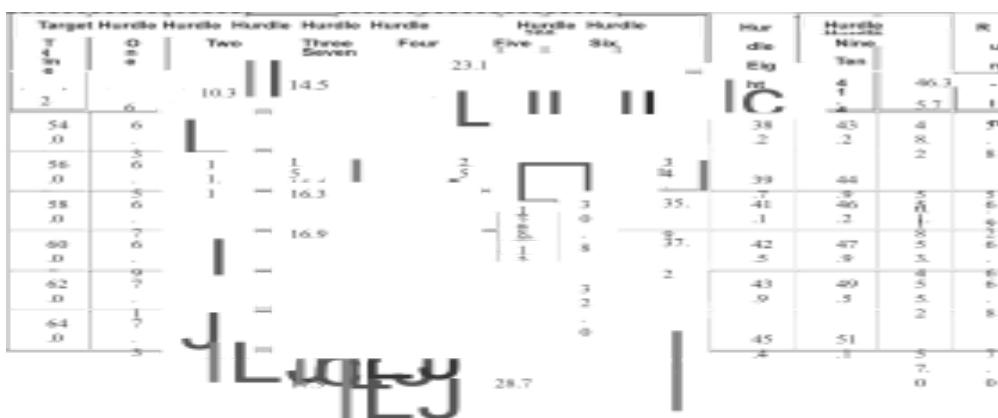
50.0	6.0	10.0	14.0	18.1	22.2	24.0	26.4
51.0	6.1	10.2	14.3	18.5	22.7	24.5	27.0

The Fe  
Hurdle link  
for https://t  
e-magc  
Februar)

J

J

### Women's 400 Meter Hurdles



25.9 33.4

