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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.

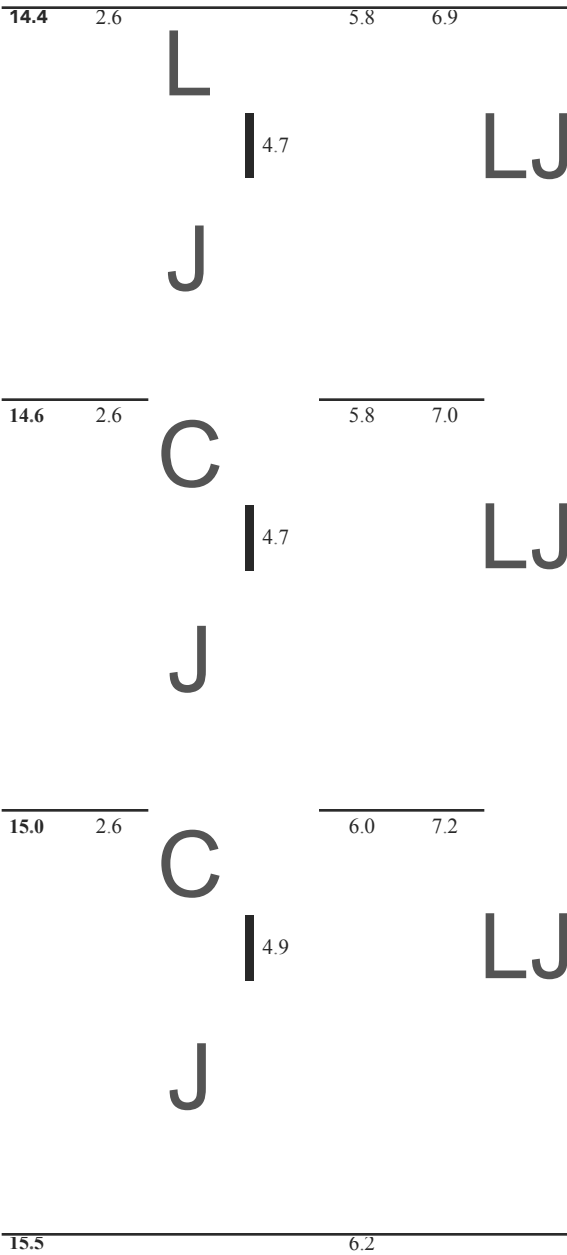
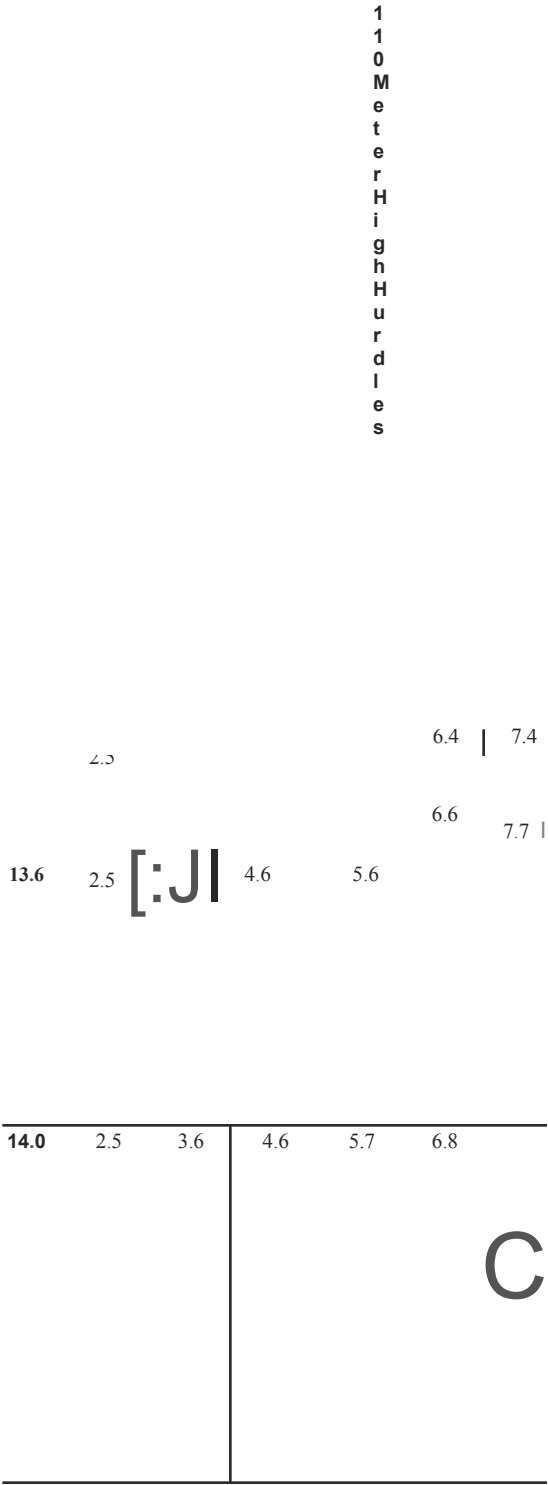


Figure 1 is a schematic representation of the experimental design. It is divided into two main sections: 'Pretest' and 'Main Experiment'. The 'Pretest' section shows a flow from 'Pretest' to 'Main Experiment'. The 'Main Experiment' section shows a flow from 'Main Experiment' to 'Posttest'. The 'Main Experiment' section includes a 'Pretest' and a 'Main Experiment'.

Men's 400m Hurdles

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

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Women's 400 Meter Hurdles



