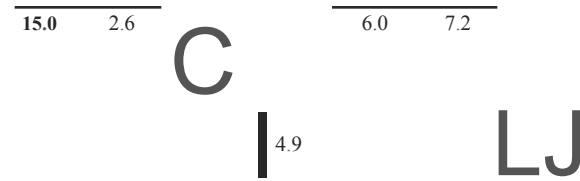
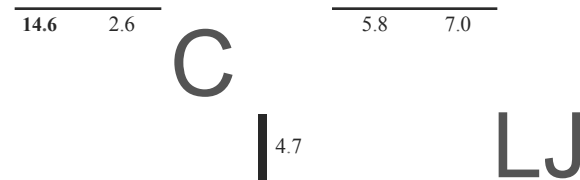
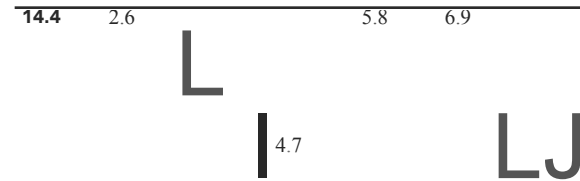
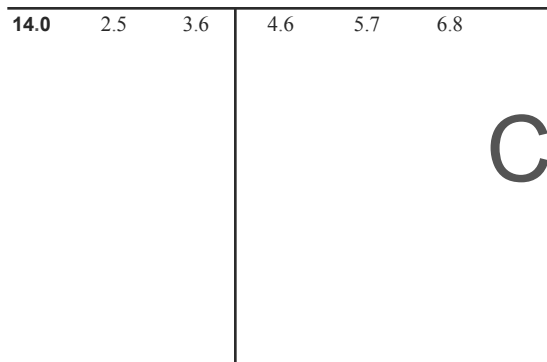


Hurdles First> Free Articles > Training Tips > Touchdown Charts

# 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.

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Target Time	Hurdle One	Hurdle Two	Hurdle Three	Hurdle Four	Hurdle Five	Hurdle Six	Hurdle Seven	Hurdle Eight	Hurdle Nine	Hurdle Ten	Finish
13:00	2.4		4				8	9	10	11.6	12
13:2					5.4		8	9	10.5	11.6	13.0
		2.7				7.4					
16	2			6	7		11.3	12.6	14.0		
				4	6						

WELCOM HURDLE

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5.1

LJ  
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JL 9.8

100 Meter Hurdles

5.2	6.2	7.2
5.4	6.4	7.4



Target Time	Hurdle One	Hurdle Two	Hurdle Three	Hurdle Four	Hurdle Five	Hurdle Six	Hurdle Seven	Hurdle Eight	Hurdle Nine	Hurdle Ten	Finish
15:22											
	2.3						3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	
							3	4	5	6	

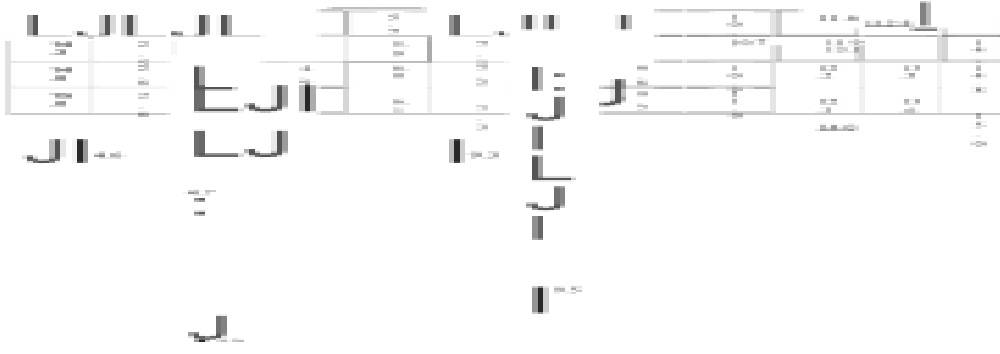
6.9



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- TWITTER**
- The Jui Magazi
  - hurdo-
  - 15, 2016
  - The Mc Hurdle



**Men's 400m Hurdles**

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<https://1/hurdle-rr>  
 May 15, 2016  
 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>  
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Women's 400 Meter Hurdles



