

Hurdle Touchdown Tables

for:

80 mH
90 mH
100 mH
110 mH
200 mH
300 mH
400 mH



These tables are designed to be used as a guide during training sessions and are tailored towards junior athletes

They are constantly being refined and improved. This is revision 1.09

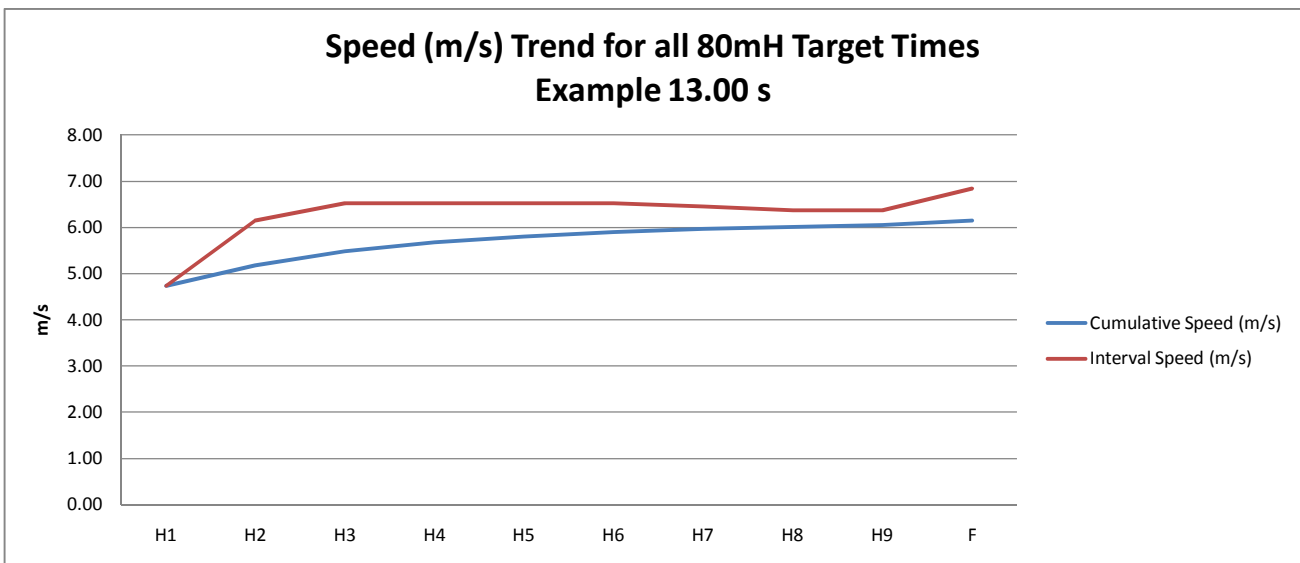
Touchdown Table

80mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	F
Interval Distance	0.00	12.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	12.00
Cumulative Distance	0.00	12.00	19.00	26.00	33.00	40.00	47.00	54.00	61.00	68.00	80.00
Distance To Go	80.00	68.00	61.00	54.00	47.00	40.00	33.00	26.00	19.00	12.00	0.00

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	F
12.00	0.00	2.34	3.39	4.38	5.37	6.36	7.35	8.35	9.37	10.38	12.00
12.25	0.00	2.39	3.46	4.47	5.48	6.49	7.50	8.53	9.56	10.60	12.25
12.50	0.00	2.44	3.53	4.56	5.59	6.63	7.66	8.70	9.76	10.81	12.50
12.75	0.00	2.49	3.60	4.65	5.71	6.76	7.81	8.87	9.95	11.03	12.75
13.00	0.00	2.54	3.67	4.75	5.82	6.89	7.96	9.05	10.15	11.25	13.00
13.25	0.00	2.58	3.74	4.84	5.93	7.02	8.12	9.22	10.34	11.46	13.25
13.50	0.00	2.63	3.81	4.93	6.04	7.16	8.27	9.40	10.54	11.68	13.50
13.75	0.00	2.68	3.88	5.02	6.15	7.29	8.42	9.57	10.73	11.89	13.75
14.00	0.00	2.73	3.96	5.11	6.27	7.42	8.58	9.74	10.93	12.11	14.00
14.25	0.00	2.78	4.03	5.20	6.38	7.55	8.73	9.92	11.12	12.33	14.25
14.50	0.00	2.83	4.10	5.29	6.49	7.69	8.88	10.09	11.32	12.54	14.50
14.75	0.00	2.88	4.17	5.38	6.60	7.82	9.03	10.27	11.51	12.76	14.75
15.00	0.00	2.93	4.24	5.48	6.71	7.95	9.19	10.44	11.71	12.98	15.00
15.25	0.00	2.97	4.31	5.57	6.82	8.08	9.34	10.61	11.90	13.19	15.25
15.50	0.00	3.02	4.38	5.66	6.94	8.22	9.49	10.79	12.10	13.41	15.50
15.75	0.00	3.07	4.45	5.75	7.05	8.35	9.65	10.96	12.29	13.62	15.75
16.00	0.00	3.12	4.52	5.84	7.16	8.48	9.80	11.14	12.49	13.84	16.00

This table is designed to be used during training sessions

The time starts from the athletes first movement - typically when the back foot leaves the track, hence reaction time is not included.



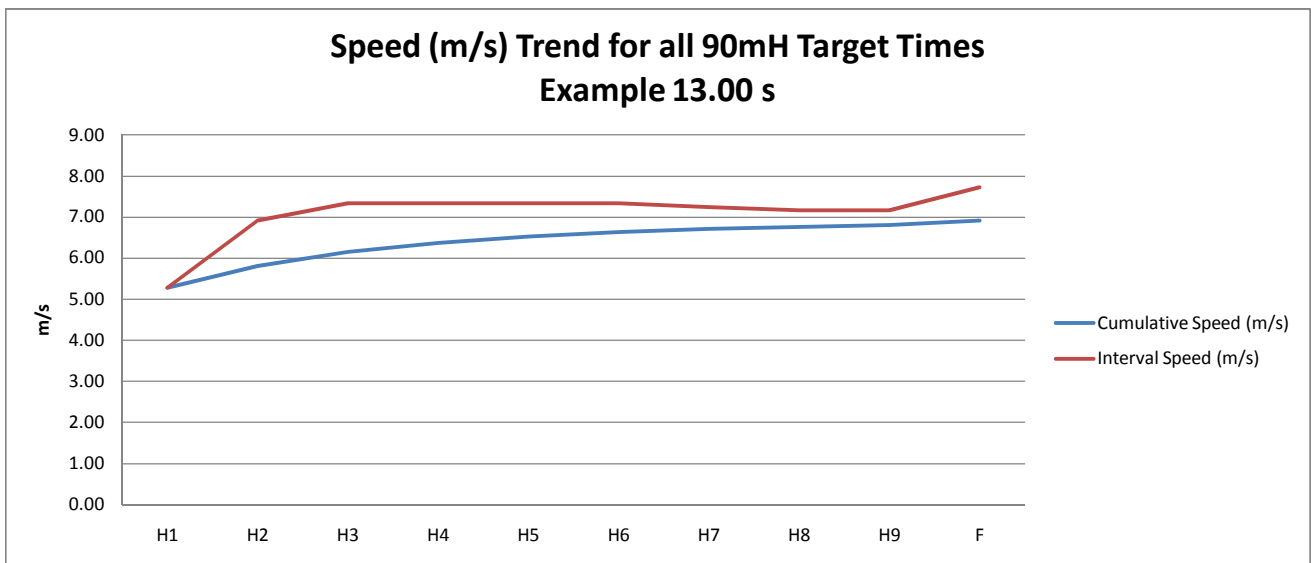
Touchdown Table

90mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	F
Interval Distance	0.00	13.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	13.00
Cumulative Distance	0.00	13.00	21.00	29.00	37.00	45.00	53.00	61.00	69.00	77.00	90.00
Distance To Go	90.00	77.00	69.00	61.00	53.00	45.00	37.00	29.00	21.00	13.00	0.00

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	F
11.00	0.00	2.08	3.06	3.98	4.91	5.83	6.75	7.69	8.63	9.58	11.00
11.25	0.00	2.13	3.13	4.08	5.02	5.96	6.91	7.86	8.83	9.79	11.25
11.50	0.00	2.18	3.20	4.17	5.13	6.10	7.06	8.04	9.02	10.01	11.50
11.75	0.00	2.23	3.27	4.26	5.24	6.23	7.21	8.21	9.22	10.23	11.75
12.00	0.00	2.27	3.34	4.35	5.35	6.36	7.37	8.39	9.42	10.45	12.00
12.25	0.00	2.32	3.41	4.44	5.46	6.49	7.52	8.56	9.61	10.66	12.25
12.50	0.00	2.37	3.48	4.53	5.58	6.63	7.67	8.73	9.81	10.88	12.50
12.75	0.00	2.42	3.55	4.62	5.69	6.76	7.83	8.91	10.00	11.10	12.75
13.00	0.00	2.46	3.62	4.71	5.80	6.89	7.98	9.08	10.20	11.32	13.00
13.25	0.00	2.51	3.69	4.80	5.91	7.02	8.13	9.26	10.40	11.53	13.25
13.50	0.00	2.56	3.76	4.89	6.02	7.16	8.29	9.43	10.59	11.75	13.50
13.75	0.00	2.60	3.83	4.98	6.13	7.29	8.44	9.61	10.79	11.97	13.75
14.00	0.00	2.65	3.90	5.07	6.25	7.42	8.59	9.78	10.99	12.19	14.00
14.25	0.00	2.70	3.97	5.16	6.36	7.55	8.75	9.96	11.18	12.41	14.25
14.50	0.00	2.75	4.04	5.25	6.47	7.69	8.90	10.13	11.38	12.62	14.50
14.75	0.00	2.79	4.11	5.34	6.58	7.82	9.05	10.31	11.57	12.84	14.75
15.00	0.00	2.84	4.18	5.43	6.69	7.95	9.21	10.48	11.77	13.06	15.00

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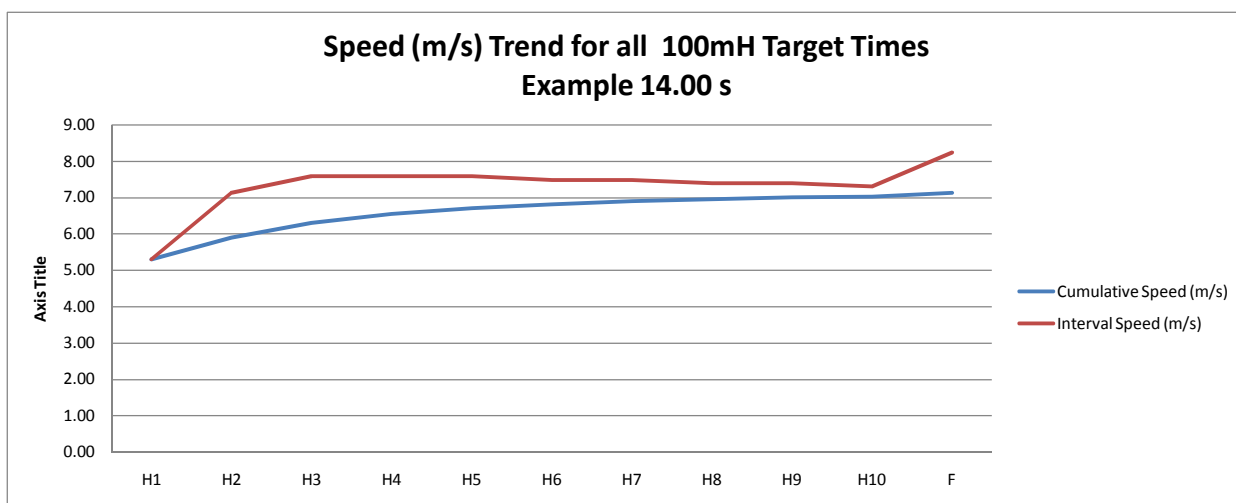
Touchdown Table

100mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
Interval Distance	0.00	13.00	8.50	8.50	8.50	8.50	8.50	8.50	8.50	8.50	8.50	10.50
Cumulative Distance	0.00	13.00	21.50	30.00	38.50	47.00	55.50	64.00	72.50	81.00	89.50	100.00
Distance To Go	100.00	87.00	78.50	70.00	61.50	53.00	44.50	36.00	27.50	19.00	10.50	0.00

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
12.00	0.00	2.10	3.12	4.08	5.04	6.00	6.97	7.94	8.93	9.91	10.91	12.00
12.25	0.00	2.14	3.19	4.17	5.15	6.13	7.12	8.11	9.11	10.12	11.14	12.25
12.50	0.00	2.19	3.25	4.25	5.25	6.25	7.26	8.28	9.30	10.33	11.36	12.50
12.75	0.00	2.23	3.32	4.34	5.36	6.38	7.41	8.44	9.49	10.53	11.59	12.75
13.00	0.00	2.28	3.38	4.42	5.46	6.50	7.55	8.61	9.67	10.74	11.82	13.00
13.25	0.00	2.32	3.45	4.51	5.57	6.63	7.70	8.77	9.86	10.94	12.04	13.25
13.50	0.00	2.36	3.51	4.59	5.67	6.75	7.84	8.94	10.04	11.15	12.27	13.50
13.75	0.00	2.41	3.58	4.68	5.78	6.88	7.99	9.10	10.23	11.36	12.50	13.75
14.00	0.00	2.45	3.64	4.76	5.88	7.00	8.13	9.27	10.42	11.56	12.73	14.00
14.25	0.00	2.49	3.71	4.85	5.99	7.13	8.28	9.43	10.60	11.77	12.95	14.25
14.50	0.00	2.54	3.77	4.93	6.09	7.25	8.42	9.60	10.79	11.98	13.18	14.50
14.75	0.00	2.58	3.84	5.02	6.20	7.38	8.57	9.76	10.97	12.18	13.41	14.75
15.00	0.00	2.63	3.90	5.10	6.30	7.50	8.72	9.93	11.16	12.39	13.64	15.00
15.25	0.00	2.67	3.97	5.19	6.41	7.63	8.86	10.10	11.35	12.60	13.86	15.25
15.50	0.00	2.71	4.03	5.27	6.51	7.75	9.01	10.26	11.53	12.80	14.09	15.50
15.75	0.00	2.76	4.10	5.36	6.62	7.88	9.15	10.43	11.72	13.01	14.32	15.75
16.00	0.00	2.80	4.16	5.44	6.72	8.00	9.30	10.59	11.90	13.22	14.54	16.00

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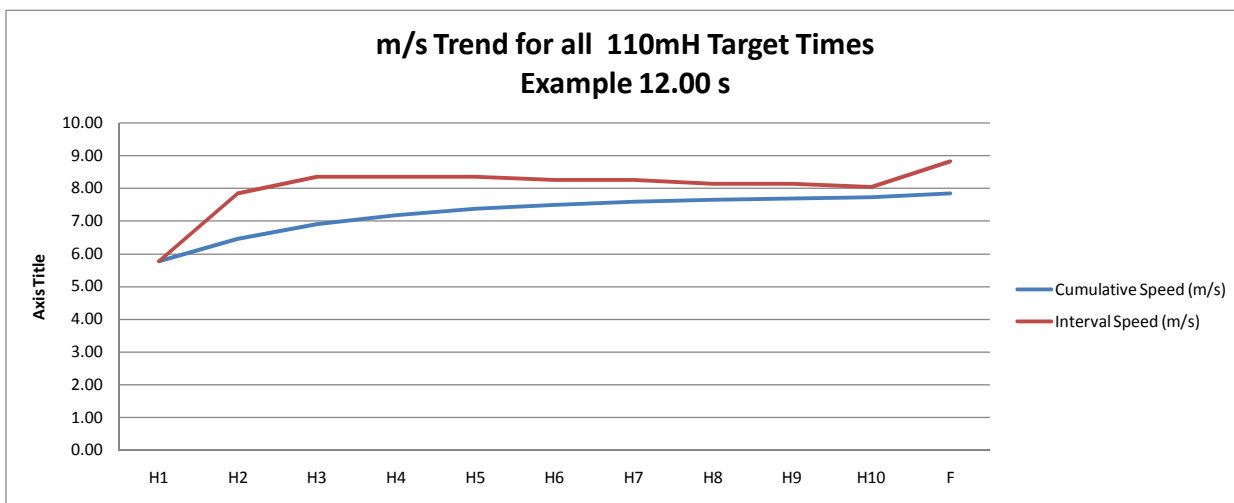
Touchdown Table

110mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
Interval Distance	0.00	13.72	9.14	9.14	9.14	9.14	9.14	9.14	9.14	9.14	9.14	14.02
Cumulative Distance	0.00	13.72	22.86	32.00	41.14	50.28	59.42	68.56	77.70	86.84	95.98	110.00
Distance To Go	110.00	96.28	87.14	78.00	68.86	59.72	50.58	41.44	32.30	23.16	14.02	0.00

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
12.00	0.00	2.04	3.03	3.97	4.91	5.85	6.79	7.74	8.70	9.67	10.64	12.00
12.25	0.00	2.08	3.10	4.05	5.01	5.97	6.94	7.90	8.89	9.87	10.86	12.25
12.50	0.00	2.12	3.16	4.14	5.11	6.09	7.08	8.07	9.07	10.07	11.08	12.50
12.75	0.00	2.16	3.22	4.22	5.21	6.21	7.22	8.23	9.25	10.27	11.30	12.75
13.00	0.00	2.21	3.29	4.30	5.32	6.33	7.36	8.39	9.43	10.47	11.53	13.00
13.25	0.00	2.25	3.35	4.38	5.42	6.45	7.50	8.55	9.61	10.67	11.75	13.25
13.50	0.00	2.29	3.41	4.47	5.52	6.58	7.64	8.71	9.79	10.87	11.97	13.50
13.75	0.00	2.33	3.48	4.55	5.62	6.70	7.79	8.87	9.97	11.08	12.19	13.75
14.00	0.00	2.38	3.54	4.63	5.73	6.82	7.93	9.03	10.16	11.28	12.41	14.00
14.25	0.00	2.42	3.60	4.72	5.83	6.94	8.07	9.20	10.34	11.48	12.63	14.25
14.50	0.00	2.46	3.67	4.80	5.93	7.06	8.21	9.36	10.52	11.68	12.85	14.50
14.75	0.00	2.50	3.73	4.88	6.03	7.18	8.35	9.52	10.70	11.88	13.08	14.75
15.00	0.00	2.55	3.79	4.96	6.14	7.31	8.49	9.68	10.88	12.08	13.30	15.00
15.25	0.00	2.59	3.86	5.05	6.24	7.43	8.63	9.84	11.06	12.28	13.52	15.25
15.50	0.00	2.63	3.92	5.13	6.34	7.55	8.78	10.00	11.24	12.48	13.74	15.50
15.75	0.00	2.67	3.98	5.21	6.44	7.67	8.92	10.16	11.42	12.69	13.96	15.75
16.00	0.00	2.72	4.05	5.29	6.54	7.79	9.06	10.32	11.61	12.89	14.18	16.00

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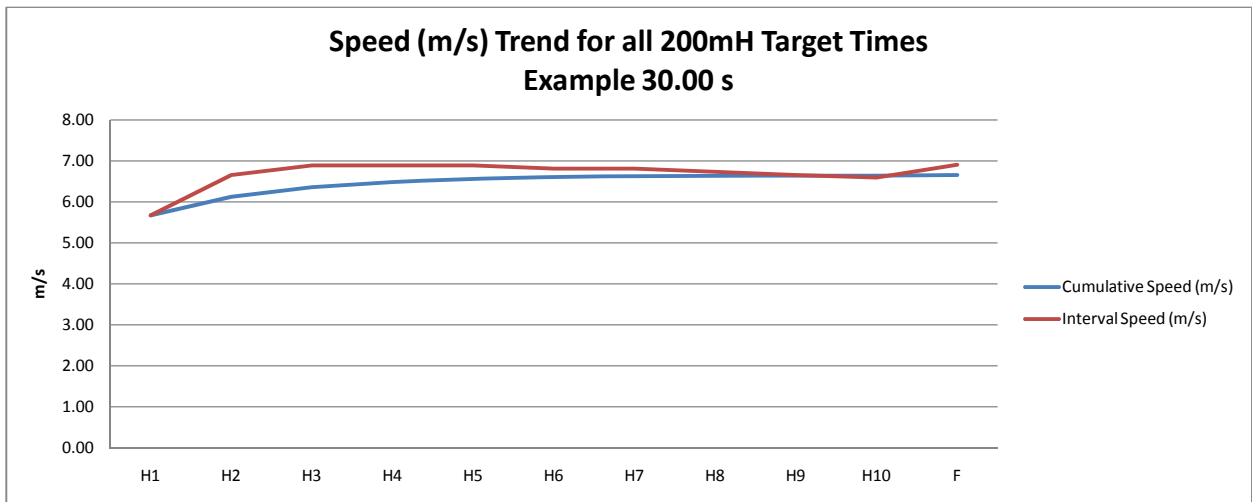
Touchdown Table

200mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
Interval Distance	0.00	18.29	18.29	18.29	18.29	18.29	18.29	18.29	18.29	18.29	18.29	17.10
Cumulative Distance	0.00	18.29	36.58	54.87	73.16	91.45	109.74	128.03	146.32	164.61	182.90	200.00
Distance To Go	200.00	181.71	163.42	145.13	126.84	108.55	90.26	71.97	53.68	35.39	17.10	0.00

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
20.00	0.00	2.15	3.98	5.75	7.52	9.29	11.07	12.86	14.67	16.50	18.35	20.00
21.00	0.00	2.26	4.18	6.03	7.89	9.75	11.63	13.51	15.41	17.33	19.27	21.00
22.00	0.00	2.36	4.38	6.32	8.27	10.21	12.18	14.15	16.14	18.15	20.19	22.00
23.00	0.00	2.47	4.57	6.61	8.64	10.68	12.74	14.79	16.87	18.98	21.10	23.00
24.00	0.00	2.58	4.77	6.90	9.02	11.14	13.29	15.44	17.61	19.80	22.02	24.00
25.00	0.00	2.69	4.97	7.18	9.40	11.61	13.84	16.08	18.34	20.63	22.94	25.00
26.00	0.00	2.79	5.17	7.47	9.77	12.07	14.40	16.72	19.07	21.45	23.86	26.00
27.00	0.00	2.90	5.37	7.76	10.15	12.53	14.95	17.37	19.81	22.28	24.77	27.00
28.00	0.00	3.01	5.57	8.05	10.52	13.00	15.50	18.01	20.54	23.10	25.69	28.00
29.00	0.00	3.12	5.77	8.33	10.90	13.46	16.06	18.65	21.27	23.93	26.61	29.00
30.00	0.00	3.22	5.97	8.62	11.27	13.93	16.61	19.29	22.01	24.75	27.53	30.00
31.00	0.00	3.33	6.17	8.91	11.65	14.39	17.16	19.94	22.74	25.58	28.44	31.00
32.00	0.00	3.44	6.36	9.20	12.03	14.86	17.72	20.58	23.48	26.40	29.36	32.00
33.00	0.00	3.55	6.56	9.48	12.40	15.32	18.27	21.22	24.21	27.23	30.28	33.00
34.00	0.00	3.65	6.76	9.77	12.78	15.78	18.83	21.87	24.94	28.05	31.20	34.00
35.00	0.00	3.76	6.96	10.06	13.15	16.25	19.38	22.51	25.68	28.88	32.11	35.00
36.00	0.00	3.87	7.16	10.34	13.53	16.71	19.93	23.15	26.41	29.70	33.03	36.00

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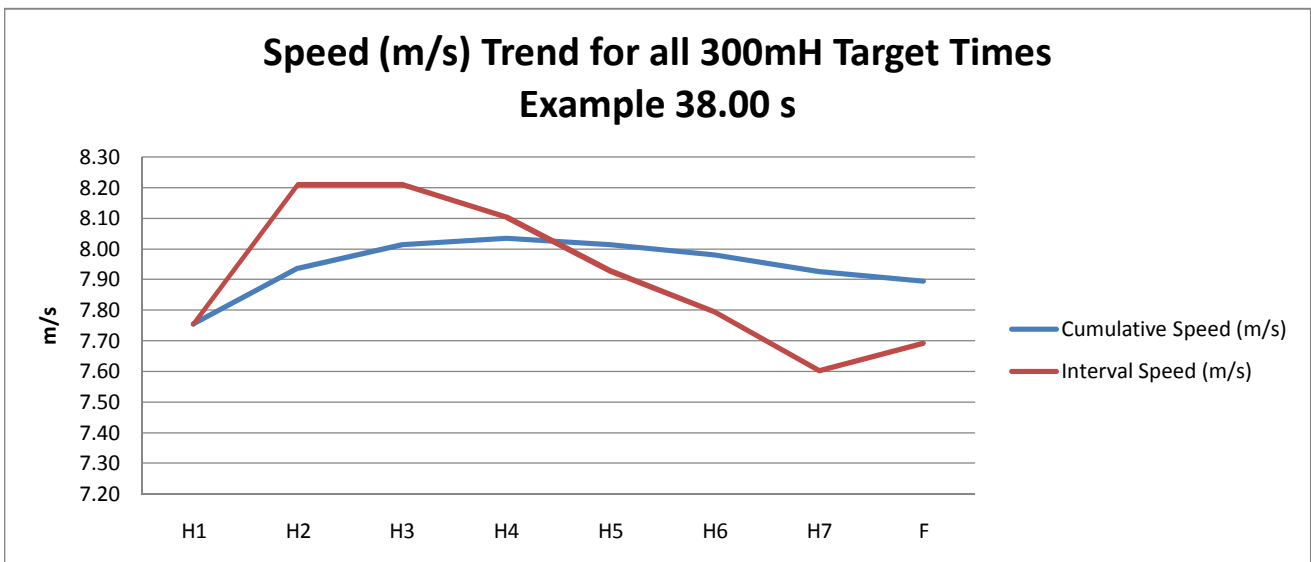
Touchdown Table

300mH	S	H1	H2	H3	H4	H5	H6	H7	F
Interval Distance	0	50	35	35	35	35	35	35	40
Cum Distance	0	50	85	120	155	190	225	260	300
Distance To Go	300	250	215	180	145	110	75	40	0

Target Time	S	H1	H2	H3	H4	H5	H6	H7	F
38.00	0.00	6.45	10.71	14.97	19.29	23.71	28.20	32.80	38.00
39.00	0.00	6.62	10.99	15.37	19.80	24.33	28.94	33.66	39.00
40.00	0.00	6.79	11.27	15.76	20.31	24.95	29.68	34.53	40.00
41.00	0.00	6.96	11.56	16.15	20.81	25.58	30.42	35.39	41.00
42.00	0.00	7.13	11.84	16.55	21.32	26.20	31.16	36.25	42.00
43.00	0.00	7.30	12.12	16.94	21.83	26.82	31.91	37.12	43.00
44.00	0.00	7.47	12.40	17.34	22.34	27.45	32.65	37.98	44.00
45.00	0.00	7.64	12.68	17.73	22.85	28.07	33.39	38.84	45.00
46.00	0.00	7.80	12.96	18.12	23.35	28.70	34.13	39.71	46.00
47.00	0.00	7.97	13.25	18.52	23.86	29.32	34.87	40.57	47.00
48.00	0.00	8.14	13.53	18.91	24.37	29.94	35.62	41.43	48.00
49.00	0.00	8.31	13.81	19.31	24.88	30.57	36.36	42.30	49.00
50.00	0.00	8.48	14.09	19.70	25.38	31.19	37.10	43.16	50.00
51.00	0.00	8.65	14.37	20.09	25.89	31.82	37.84	44.02	51.00
52.00	0.00	8.82	14.66	20.49	26.40	32.44	38.58	44.88	52.00
53.00	0.00	8.99	14.94	20.88	26.91	33.06	39.33	45.75	53.00
54.00	0.00	9.16	15.22	21.28	27.41	33.69	40.07	46.61	54.00

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Touchdown Table

400mH	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
Interval Distance	0	45	35	35	35	35	35	35	35	35	35	40
Cum Distance	0	45	80	115	150	185	220	255	290	325	360	400
Distance To Go	400	355	320	285	250	215	180	145	110	75	40	0

Target Time	S	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	F
50.00	0.00	5.78	9.93	14.08	18.28	22.53	26.83	31.20	35.65	40.20	44.80	50.00
51.00	0.00	5.89	10.12	14.36	18.64	22.98	27.36	31.82	36.36	41.00	45.70	51.00
52.00	0.00	6.01	10.32	14.64	19.01	23.43	27.90	32.45	37.08	41.81	46.59	52.00
53.00	0.00	6.12	10.52	14.92	19.37	23.88	28.43	33.07	37.79	42.61	47.49	53.00
54.00	0.00	6.24	10.72	15.20	19.74	24.33	28.97	33.70	38.50	43.42	48.38	54.00
55.00	0.00	6.35	10.92	15.48	20.10	24.78	29.51	34.32	39.22	44.22	49.28	55.00
56.00	0.00	6.47	11.12	15.76	20.47	25.23	30.04	34.94	39.93	45.02	50.18	56.00
57.00	0.00	6.58	11.31	16.05	20.83	25.68	30.58	35.57	40.64	45.83	51.07	57.00
58.00	0.00	6.70	11.51	16.33	21.20	26.13	31.12	36.19	41.35	46.63	51.97	58.00
59.00	0.00	6.81	11.71	16.61	21.56	26.58	31.65	36.82	42.07	47.44	52.86	59.00
60.00	0.00	6.93	11.91	16.89	21.93	27.03	32.19	37.44	42.78	48.24	53.76	60.00
61.00	0.00	7.05	12.11	17.17	22.30	27.48	32.73	38.06	43.49	49.04	54.66	61.00
62.00	0.00	7.16	12.31	17.45	22.66	27.93	33.26	38.69	44.21	49.85	55.55	62.00
63.00	0.00	7.28	12.51	17.73	23.03	28.38	33.80	39.31	44.92	50.65	56.45	63.00
64.00	0.00	7.39	12.70	18.02	23.39	28.83	34.34	39.94	45.63	51.46	57.34	64.00
65.00	0.00	7.51	12.90	18.30	23.76	29.28	34.87	40.56	46.35	52.26	58.24	65.00
66.00	0.00	7.62	13.10	18.58	24.12	29.73	35.41	41.18	47.06	53.06	59.14	66.00

This table is designed to be used during training sessions

The time starts from the athletes first movement - typically when the back foot leaves the track, hence reaction time is not included.

