

# HURDLES

When hurdling: -

- You should try to clear the hurdles without slowing down
- Use smooth, fast running between the hurdles
- Lead leg (the first leg over the hurdle) -
- Lift your knee straight up towards the hurdle; stretch your leg straight out over the hurdle; land with your foot in a straight line on the other side of the hurdle
- Trail leg (follows the lead leg) -
- Lift your leg up to the side, your heel close to your bottom, with your toes pulled up; pull your knee through to your chest; land with your foot in a straight line on the other side of the hurdle

