

CLEARING HURDLES

Carroll Faraci

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If you watched any of the Olympic competition perhaps you caught the track and field events with the M and M hurdles. The runners sprint clearing a.

Hurdling - Wikipedia

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Hurdling is the act of running and jumping over an obstacle at speed. In the early 19th century, hurdlers ran at and jumped over each hurdle, landing on both feet and checking their forward motion. After experimenting with different step patterns the 3-step for high hurdles, With this shape, the athlete could hit the hurdle and it will tip down, clearing.

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As for your trailing leg, it should provide some thrust and push your body towards the hurdle. I'm ready!

A meter indoor race is run over 5 hurdles. For example, high school and middle school.

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real key is trusting the Lord.