

Progressive Practices

Before running, the person would be advised to do warm ups i.e. drills about the distance of 40 metres. This would also act as a practice for my chosen skill, (Striding)

First of all I would watch the person run and then I would change his/her technique so it looks suitable to match my skill i.e. striding.

I would look for: -

- Movement-coordination, rhythmic rather than the stiff and mechanical.
- Check if the hands/feet swing too far in front of the body.
- I would check if the hands/feet swing too low, with limited elbow bend and heel kick-up.
- Also the movement is powered by "reaching and pulling" instead of "loading and firing".

Now I will teach the person on how to keep a rhythmic movement and a balanced forward posture.

- If you refine the positions of your hands, arms, elbows and posture, your foot placement and leg drive will automatically improve as well.
- I would briefly explain to keep his/her hands within chest- touching distance as they swing from heart height to just above your waist line, then the elbows unbending slightly and then back up to heart height.
- You should not be able to see your hands on the forward swing.
- Keeping your forearm at heart height, reach back with the other arm so you can thrust your chest forward, properly aligning your body so that you can drive your leg effectively.

There are a lot more kinds of practices that can change the speed of your running, which is very important in the 100 metres.

These are:

- ❖ Running for a longer distance, probably around 120-160 metres.**

This would help you to increase your pace and it would also test your stamina.

- ❖ Bringing up your thigh as high as you can, just below chest height.**

Doing this for both legs for a long period of time would help you with your limb speed. If this is repeated very often as part of a training programme you would be able to move your legs more higher (which is an important issue in striding) and more smoothly without using a large amount of energy.

- ❖ Shoulders remain square to the direction of running.**

On the spot practice-arm action into the forward and backward motion required. Check that the shoulders are square to the front of the body.

Speed depends on the blend of two factors: -

- 1. Stride length**
- 2. Rate of striding**

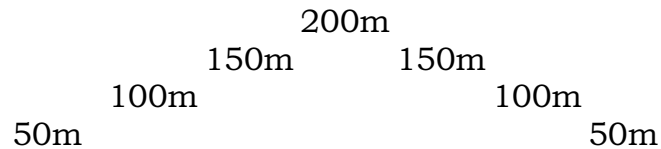
The physique will determine stride length. So a good practice solution could be to emphasise and increase the rate of striding and arm action and also a faster contact of the ground with the recovery leg.

Speed is obviously the top priority for a sprinter, in the 100 metres you should be able to maintain your top speed for the course of the race without slowing down at any point.

Pyramids

These are called pyramids because an athlete builds up to a maximum distance and then winds down the other side.

A 100/200m pyramid should be:



Allow yourself a set time to rest between sprints, three minutes is probably best. As you get fitter, reduce your rest time between sprints.

Hill Sprints

Find a steep grassy hill, sprint to the top concentrating on driving hard with your arms and legs. This is an excellent exercise for building up leg and shoulder muscles and developing drive from the rear leg.

