

No technique teaching progression

100 percent of modern training is metabolic

No technique required is action and pattern base from drills to workouts

The goal are max traction and optimal hip height from start to finish, optimal force production and transference

Start with the start, because any type of running that you do will begin with some type of start.

3 types of starts

1. standing

2. 3 or 4 pt stance starts

3. speed, skip start walking and running

Each start has a specific time to be used in a workout.

The start sets up traction and hip height

traction is the maximum frictional force that can be produced between surfaces without slipping
foot and the shoe, the shoe and the ground

traction also is what stabilizes one part of the body, so that the other part can work.

Traction is what allows for optimal force production

Hip height is what controls ground contact time force production, transference and direction of movements.

Leg speed recovery time will determine variations in hip height while running or sprinting, the more variation the less efficient, the slower the run

Pelvic tilt allows for optimal hip height plus allows for greater hip freedom and fuller leg extension

Upper body actions control lower body actions

shoulders to hips

Legs to arms

Drills

A skip

B skip

Walking press

Walking with extension

high knees

ankle flips

deons

number 4

backwards to forwards

PALO exercises and stretches

Extension

Issues

sitting down, running like a duck

kicking butt to much backside

flat footed

slow on curve

slow out of curve

finishing race

Workouts

Every workout will have a start to it. To work on getting to optimal height hip fast.
Even a slow run will have a way of getting to optimal hip height fast.

So without knowing what the issues may be work from this teaching progression

Even if you are going 10m the run should cover 50 to 70 m

If you are going 30 m the run should cover 80 to 100m

You should always run 20m to 30m past the run on runs over 100m this help work on relaxing and finishing a race.

Teaching progression

1. Introduce terms, coaching cues and theories.
2. Drills
 - a. demo concept, ball of foot, straight leg, push, pressure, elasticity, foot out in front, dorsi flex, plantar flex
3. Teach sprint start either 3 point or standing
 - a. Ball of foot, fifth metatarsal
 - b. curl up
 - c. shoulder
 - d. stay low
 - e. pattern
 - f. gain ground
 - g. no knee drive
 - h. no knee lift
 - i. knee position, 90 degrees
 - j. go towards finish line
 - K. foot should land under hip for the first 4 stepships should start to rise to optimal height
4. transition to sprinting, using walking skip start
 - a. gaining ground
 - b. big movement to small movement
 - c. pushing, dorsi flex to plantar flexing
 - d. curl up

5. Sprinting working from sprint start/distance runner sprint
 - a. stride length
 - b. leg and foot recovery
 - c. upper body, shoulders, elbows and arms
 - hip height
 - leg extension
 - foot strike, ball versus 5th metatarsal
 - dorsi flex toes
 - plantar flex foot
 - pelvic tilt
6. Maintaining Speed, using running sprint start
 - a. get to speed, faster upper body movements

b. relaxation, breath, don't slow down movements

c. patience, one way stroke, let stride develop

maintain what was developed in 5

7. Start workout, type of workout depends on goal Sprinting, Start, Maintaining workout

Breathing to recover between runs