

## Running Technique Clinic with Beth Delaney Sumner Stadium, Saturday March 4th, 2006

Technique in theory...

Arm swing should focus on ELBOWS BACK.

Forward swing is from the stretch reflex and is a result of a good backward swing.

"PUT THE TRACK BEHIND YOU"

Use the POWER of a 3/4 foot strike to drive the track away from you. Don't lift the knee, there is no power there. Power comes from driving the foot down and back..

Arm swing should NEVER CROSS THE CENTER. Crossing the body's center line will just create rotation and will detract from efficiency.

RELAX the mouth, jaw, neck, shoulders. Hands are a personal preference thing but should be relaxed, too.

3/4 FOOT STRIKE Your foot should strike the ground with your weight distributed from the heel end of your arch through the ball of your foot. A true heel strike rotates the pelvis backward and will result in "jamming" which will stop speed. With a heel strike, the hips often are in front of the shoulders.

SHOULDERS IN FRONT OF HIPS always! This forward leaning position is more pronounced during acceleration and posture becomes more upright while maintaining speed. The only time the hips will be in front of the shoulders is during rapid deceleration.

KNEE BELOW HIP HEIGHT Knee height should never be above the hips. A high knee just makes it so the foot takes longer to get back to the track.

FOOT DORSIFLEXED Pull your toes up toward your shin

FREQUENCY! Frequency! frequency ! Fast fast fast steps

### Drills

Arm swings Again focus on elbows back, don't muscle them back there but

focus on a good backward swing. Hands never cross centerline

Walking knee grabs. With each step, grab and hug a knee to your chest. Use both arms to grab, make sure the lifted foot is dorsiflexed. Come up on to the toes of your weight bearing foot. backwards jog, light on feet

Walking shin grabs. With each forward step, grab your lower shin with the opposite hand and pull your ankle toward your hip. Support the raised knee with your hand from the same side. For example: standing on left foot, raise right knee. Place right hand on the outside of your right knee, grabbing around the front and keeping the knee fairly close to your body.. Use your left hand to grab the shin and pull the right ankle toward the left hip. Come up on to the toes of your weight bearing foot. Stay within a comfortable range of motion.

“High knees” Knee only comes up as high as hip, keep good posture, relax, maintain good arm action, come up on weight bearing toes, QUICKLY!! Drill is for frequency of steps, not height of knees.

Skipping Shoulders in front of hips, opposite arm/leg. Good arm action, again, FREQUENCY, fast little skips, not for height or distance!

Skip with a POWER STRIKE 3/4 foot strike with POWER off the ground. You’ll hear it, but it’s not a stomp (Stomping is SLOW) Keep your toes up! This is a power drill, frequency or speed is less important backward running, faster with a bigger reach to the rear

Karaoke with a POWER POP. Karaoke drill but as your trail leg crosses in front, do a higher knee, fast off the ground power pop. Knee cross is not high but fast. Arm swing does not cross center, toes up!

Acceleration 60% speed. Loose and relaxed, hands can hit center but not cross it, 3/4 foot strike, arm swing focuses on elbows back, toes up. Elbows stay close to body, not wide. Shoulders stay in front of hips. If shoulder fall back, stride starts to ‘reach’ which means stopping...

60 yard drill. Start at 50% of your speed end at 90%. A little longer distance requires you to hold your form for a bit longer. REMEMBER: Fast distance running is still frequency, not so much stride length. Stride length may go down but frequency is more important in sprinting and faster times. Drive elbows back, no hand crossing mid line, 3/4 foot strike, toes up! On the 60 yard drills, Beth was watching: face and shoulders, are they relaxed? Are elbows close to body or winging out to the side? Are your toes up? As you get tired, she noticed more upper body rotation from looser arm swings, lead foot reaching forward

and pelvis in front of shoulders. Stride length increased as you started to reach with your lead leg which caused a decrease in FREQUENCY.

So how do we INCREASE SPEED and IMPROVE OUR TIMES? Train distances that are longer than the distance you want to improve Run faster than you think you can (using a treadmill or a quick burst) Add resistance to our runs, no fancy equipment, just a hill. Preferably steep and 300-400 meters long.

For example, if we want to improve our 2 mile time, we would do hill work to equal 2 miles so a 400m hill 8x. Heart rate of about 120 bpm will tell you when you should go again.

We can use stairs instead of hills, same idea. We can work on improving our one mile time. Be sure to keep a log of times

We can do treadmill cut-downs. We would run 3 miles on a treadmill with our first mile being the slowest. We would increase the speed every 200 to 400 meters, basically using the treadmill to cause 'overspeed' training. The total distance should be more than the distance you want to improve. This should be done on a treadmill as its hard to pace yourself. You can play with it, increasing speed in longer or shorter intervals, and varying the speed or distance of each interval. Just make sure the last mile is the fastest. When running on a treadmill, just focus on hip position and hold your speed if you need to. The treadmill will tend to 'drag you along with it' just remember form is more important than speed

Fartlek training by time. Include bursts of speed for time in your distance training. Include 30 seconds of all out sprinting (for "fun" Beth says) during your run. Go hard for 3 min, easy 3 min, hard 4 min, easy 3 min, hard 5 min, easy 3 min, etc. OR -If you want a 12 minute 2 mile, train 800 meters at 3 minutes each for more than 2 miles

"Introduce the stress, let the body adapt, come back and do it again."