

RUNNING FOR SPEED - RUNNING TECHNIQUE

1, RED – Max Velocity/ Full Flight Running

- a. WALK WITH RELAXED SHOULDERS & GOOD UPRIGHT POSTURE
- b. WALK TALL WITH HIGH HIPS, GOOD UPRIGHT POSTURE & BALANCE
- c. HEAD UP WITH FOCUS IN FRONT
- d. AWARENESS OF SPACE & SAFETY OF OTHERS

<p>RELAXED FACE AND KNECK FOR RELAXED SHOULDER – 6 STRIDES THERE AND BACK</p>		<p>WALK TALL WITH BALOON ON HEAD KEEPING UP TALL – MORE FLUID STYLE</p>	<p>Focus 20m AHEAD AT POINT. What point? Safety issues?</p>




2. YELLOW

- a. Jog/Skip with relaxed shoulders and good up right posture
- b. Jog/Skip **TALL** with **HIGH HIPS**, good upright posture and balance.
- c. Walk with **KNEE UP**, Toe Up action.
- d. **Walk with HEEL UP (UNDER BUTTOCKS), TOE UP ACTION (foot 90 degrees)**
- e. **Walk with RELAXED POCKET TO SOCKET ARM ACTION**

<p>Knee up parallel to ground 90 degree toes up to shine</p>	<p>Start slow – 50% then speed up – check heel</p>	<p>Walk relaxed pocket sock – slow to faster Drive Elbow back and arms stay 90degrees</p>




3. GREEN

- a. **Run tall with relaxed shoulders good upright posture**
- b. Run tall with high hips, good upright posture and balance
- c. **Jog/Skip with knees up, toe up (good upright posture, no forward/backward lean)**
- d. Jog/Skip with heel up, toe up (no backward lean)
- e. **Jog/Skip with relaxed pocket to sockets arm action**

 <p>Maintain up right posture. knee up</p>	 <p>Heal up under buttocks</p>	<p>Pocket Socket – drive back arms powerful & relaxed.</p> 
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4. PURPLE

- a. **Run tall with relaxed shoulders, high hips good posture & balance**
- b., **Run tall with relaxed pockets to sockets arm action.**
- c. Run with **knee up, toe up action** (good upright posture)
- d. Run with heel up, toe up action (good upright posture)
- e. **Active strike on fore front (ball of foot)**
- f. Run on Curve with Coordination and control

 <p>HIGH HIPS & TALL & FLOW OVER 20M. Quick arms & high knee</p>	<p>Run tall pocket/socket. Powerful & relaxed. Arm drive back is best and 90 degrees</p> 	<p>Knee up toe up action towards shine</p> <p>Run with knee up, toe up action (good upright posture)</p> 
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5. **BLUE**

- a. Demo relaxed running no visual tension
- b. Use fast relaxed arm action drive back (demo hammering a nail into wall behind)
- c. Prior to touchdown raise knee until leg parallel to ground
- d. Active and quick free leg with a down and back motion before touchdown
- e. Support leg is strong no visual collapse of leg
- f. Run controlled bend with smooth transition on to a straight

No tension – face and shoulders relaxed



Hammering nail in wall behind. Powerful but relaxed



Prior Touchdown hip parallel

BALL FOOT CHALLENGE: Active and quick down and back motion before touch down PLUS NO COLLAPSE OF THIS LEG DOWN AND BACK ACTION (CREDIT CARD UNDER HEAL GAP)

