



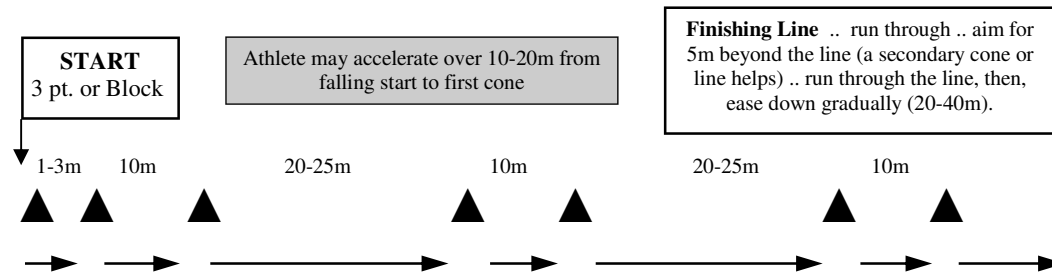
See Speed Dynamics: High Hurdles 1 for an application strategy of Ins & Outs .. Outs & Ins

Ins & Outs .. Outs & Ins

(specific reference: Sprinters)
(ALL ATHLETES NEED SPEED)

Knowledge accumulates quickly in an open mind

A wide range of tags identifying key training elements is available: learn a skill ► earn a tag



Start: 3 pt. or Gun from Blocks .. breathe in on “Set” .. hold and deliver max. force for the first 2-3 strides .. breathe **OUT** then **IN**, (hold breath to the end of the 10m segment delivering max. force) ► then 20-25m .. 100% , relaxed, normal breaths .. **OUT** then **IN** (hold breath to end of 10m segment .. max. force) ► then 20-25m .. run **fast**, relaxed, normal breaths ...

Repeats of: **Start + 2 x OUT/IN** phases are adequate to learn this sprint modeling strategy.

As ability to deliver force improves, the duration of the IN (breath held) can be extended to 15m; do not be impatient .. **it takes time** (several sessions/weeks/months) and **lots of practice** to reinforce and refine the procedure.

Remember: **Practice makes Permanent** .. so, aim to practice perfectly.

Acceleration: initial “explosion” from the blocks (start) must be extended into a sustained velocity increase (acceleration); experiment .. e.g. keep head down for first 6-8 strides; acceleration ladder; resisted / assisted starts; the variations are almost limitless.

Don’t just stand up after leaving the blocks .. full upright running posture should be sought and attained gradually.

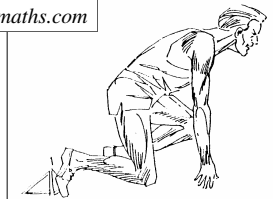
Every athlete is an experiment of one

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“On Your Marks”

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- Back foot **firmly** against the back block (wall);
- Front foot level (approx.) with the back knee;
- Fingers bridged, just behind the line;
- Leave enough space to **explode** through;
- Head: in natural alignment with the body;
- Eyes focused down, just in front of the line.

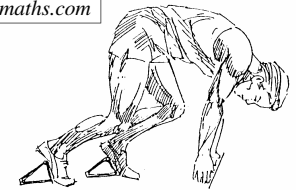


Consistent Cues are **VITAL**

“Set”

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- Raise hips above shoulders;
- Load yourself into the blocks maintaining firm back foot contact;
- Maintain eye focus downwards;
- Focus on reacting to the “gun” with a powerful co-ordinated arm drive.

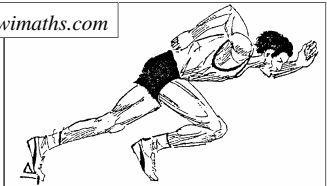


Consistent Cues are **VITAL**

“GUN!”

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- ⇒ **Explode** .. led by a powerful arm drive;
- ⇒ Back foot will react first (do not emphasise as a coaching point, but, note the importance of the back foot being firmly on the back block);
- ⇒ Head down for the first 4-8 strides to help maximise acceleration.



Consistent Cues are **VITAL**

Sample Start Sessions .. after thorough warm-up; at the commencement of the session when energy levels are highest.

- 2 x Standing Start to 20-30m (sneakers).
2 x 3 pt. start to 20m (spikes).
2 x Block Start – verbal or clap start to 20m (spikes).
4 x Block Start – Gun: to 20m and 25m (spikes).
- 2 x Standing Start to 20-30m (sneakers).
2-4 x Acceleration Ladder .. sprint to 20m – timed (sneakers &/or spikes).
2 x 3 pt. start to 20m (spikes).
2-3 x Block Starts – Gun: to 25m (spikes).
- 2 x Standing Start to 20-30m (sneakers).
4 x Reaction Starts from Prone to 25m (spikes).
6 x 5 Hurdle Bounds (2 x pre-J; 4 x Expl.), then, 3pt. start to 30m (sneakers &/or spikes).

Sessions indicated may be just part of a training session/module.

More examples available: Consistency and Simplicity .. very important; but, **variation** is critical.