

# Sprints

## What Are Sprints?

Sprints are basically running at a fast speed over a short distance.

## Distances

Sprinting has many different short distances.

The following are the distances.

- 60 Metres (Usually Indoors).
- 80 Metres.
- 100 Metres.

## The Beginning Of The Race

### 1. Pre-Race Start

- a. Blocks correctly positioned in the lane.
- b. Foot blocks at the correct angle and positions.
- c. Blocks firmly located in the track.
- d. Athlete relaxed and focused on the race.

### 2. Set

- a. Hold the breath.
- b. Hips rise slowly to a position above the shoulders.
- c. Head and neck in line with the spine.
- d. Eyes focused on the track.
- e. Shoulders vertically above or slightly forward of the hands.
- f. Feet pushed hard back into the blocks.

### 3. B Of The Bang

- a. Exhale.
- b. Drive the arms hard.
- c. Extend the whole body so there is a straight line through the head, spine and extended rear leg - body approx. 45 degree angle to the ground.
- d. Eyes Focused on the track.
- e. Run out of the blocks - **do not step or jump out of the blocks.**

## 3 Different Phases

1. Drive Phase
2. Stride Phase
3. Lift Phase

## 1. The Drive Phase (0-30M)

- a. Drive the back leg forward.
- b. Over the first 7-8 strides the whole body angle will increase from 45° to approx. 30° degrees.
- c. After the first 7-8 strides you will be at approx.70% of your max velocity.
- d. Eyes focused on the track to keep low to allow the build-up of speed.
- e. Forward lean of the whole body with a straight line through the head, spine and extended rear leg.
- f. Face and neck muscles relaxed (no tension).
- g. Shoulders held back and relaxed, square in the lane at all times.
- h. Arms move with a smooth forward backward action - not across the body - drive back with elbows - hands move from approx. shoulder height to hips.
- i. Elbows maintained at 90 degrees.
- j. Hands Relaxed.
- k. Legs - fully extended rear leg pushing off the track with the toes - drive the legs forward with a high knee action with the knee pointing forward and with the heel striking under the backside.
- l. On the ball of foot/toes at all times - feet pointing forward straight down the lane.
- m. Fast leg action, good stride length allowing continual acceleration.
- n. Appearance of being smooth and relaxed but driving hard with elbows and legs.
- o. The drive is maintained for first 20-30 metres (approx.16-17 strides) at the end of which the body is tall with a slight forward lean.
- p. At the end of this phase you will be at approx. 90% of your max velocity.

## 2. The Stride Phase (30-60M)

- a. Smooth transitions from drive phase to stride phase.
- b. Eyes focused at the end of the lane - tunnel vision.
- c. Head in line with the spine - held high and square.
- d. Face relaxed - jelly jaw - no tension - mouth relaxed.
- e. Chin down, not out.
- f. Shoulders held down (long neck), back (not hunched), relaxed and square in the lane at all times.
- g. Smooth forward backward action of the arms.
- h. Hands relaxed.
- i. Legs - fully extended rear leg pushing off the track with the toes - drive the legs forward with a high knee action with the knee pointing forward and with the heel striking under the backside.
- j. On the ball of foot/toes with the feet pointing forward straight down the lane.
- k. No signs of straining or tension in the face, neck and shoulders.
- l. Appearance of being Tall, Relaxed and Smooth with maximum Drive.
- m. At or close to the end of this phase you will have reached your max velocity.

### 3. Lift Phase (60M+)

Around 50-60 metres we will have reached max velocity and now we start to slow down. Technique as the Stride Phase but with emphasis on:

- High knee action (prancing).
- Leg action fast and light as if running on hot surface.
- Fast arms - more urgency.
- Hands slightly higher at the front.

### Coaching Notes

As you monitor the **athlete's technique** look for:

- ✚ **Tall** Action - This means erect, running on the ball of foot/toes (not heels) with full extension of the back, hips and legs.
- ✚ **Relaxed** Action - This means move easily, as opposed to tensing and 'working hard' to move. Let the movements of running flow.
- ✚ **Smooth** Action - This means float across the top of the ground. All motion should be forward, not up and down. Leg action should be efficient and rhythmic. The legs should move easily under the body like a wheel rolling smoothly along.
- ✚ **Drive** - This means push from an extended rear leg, rear elbow drive with a high forward knee drive followed by a strike and claw foot action just behind the body's centre of gravity.

### Videos



### More Resources

Wikipedia - Hurdles - [Click Here!](#)

Brian Mac Website - Hurdles - [Click Here!](#)