



## Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

**Q:** Exactly how I do an over-speed stride?

LB.

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**A:** Ideally this is done on a treadmill ( or slight...3%... downhill if done outdoors...**or even on a flat surface**) for 15-25 seconds. (We originally listed them for 45 seconds but found that folks were holding back in order to complete the time-interval.)

So for 25 seconds (or 100m downhill...or even flat-soft surface),.....accelerate your run to the **point just short of a sprint trying to maintain PERFECT form** (forefoot strike, good knee lift, heel-rise, arm-swing etc...).

We do this on a treadmill or downhill so that the speed can be even greater.....while keeping the hr and 'effort' cost lower than normally would be expected w/ such speed.

Your object is to allow the foot-speed to be the limiting factor you address.....not heart-rate or muscular fatigue.

This is a neuromuscular, "leg-turnover" drill.

Enjoy.

Sonni