

STUDIO



Coach-Athlete Q&A

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

hi sonni... sorry for the dumb question...**no such thing.**

i am about to ask but i have no running background and have never done any running drills. :(strides - i am assuming that this is an over-exaggeration of stride length. **ahhhh,no.**

A "stride" is simply as FAST as you can run, w/ optimal form & mechanics, WITHOUT sprinting. So.....a stride, which is a tool of very purposful *NEURO*muscular training.....is a short run interval (w/ full recovery).....that's done @ an intensity that'd be like what you'd run a 400m race on a track.

And we take FULL recovery because the aim is to run as fast as you can as PERFECTLY as you can.....and running "tired & labored" degrades this.....all while the duration is too short to work OTHER tri-specific systems (metabolism and LT and vo2max), anyway.

Make sense?

other than that, is there anything particular about my form that i should concentrate on? **yes:**

--quick turnover

--not OVERstriding.....not understriding

--mid-foot footstrike placementnot heel-crashing or heel-"braking"

--slight forward lean

--heels of the recovery leg coing close to your rear-end (to shorten the "lever" and, hence, weight of the recovery leg).

at what kind of effort should these be done? **quick.....but not Sprinting.**

just want to make sure i understand the purpose of the drill. thanks, tracy u bet. Believe it or not, these take as much practice as swim-drills.....yet pay HUGE dividends after several consistent weeks.

Sonni Dyer