



Hey, J here. I was just writing to let you know that they have states February 4th. I'm feeling real good now. I'm going to go to the state meet to watch my friend pole vault so if your still going I'll meet you there. I'm going to get in the 4:20's by the end of outdoor I feel and hope and don't think it's a goal out of reach at all. I still feel like my strides aren't as long as they should be and I definitely need to work on pace if you know anything to help. I'll run like a 1:07 then 1:12 , 1:15 , 1:10. I don't know if some runners are meant to run different paces but i know that Pre and Alan Webb have very consistent splits and I was wondering how to work on mine. But anyway thanks and I'll talk to ya later. JS

Hey J.....I won't be able to make it to the state-meet, but wanted to give you some feedback with regards to stride and pace.

Don't necessarily stretch out for a longer stride (let that come on it's own).....you DON'T want to have the foot-strike occur in front of you. That's putting on the brakes! Make certain that footstrike occurs directly **UNDERneath** you.

Also, for the distances you are racing.....practice footstriking on the balls of your forefoot.....**NOT the heels**. There are several drills that I incorporate to do this. We are having a stride-critique seminar in April that may be worth the drive for you to come to.

I have a duathlete from the Czech Republic staying with me until May (who was 7th at the World Champs in '99) and we are trading training info w/ his coach.....and I am passing it on to the folks I coach. His run-training background is straight from the eastern-bloc countries [once associated w/ the Soviet Union].

He remarks that he notices that American runner's feet are on the ground for much too long. Heel-midfoot-forefoot-toes.....every stride. We've incorporated 4 to 8 drills that encourage the forefoot-strike cutting in half the "plant-time" of each strike.

This has a number of outcomes.....one, it **encourages the heel of the foot to come higher to the rear-end** which **UN-WEIGHTS the legs**. An UN-WEIGHTED leg, when lighter, can accelerate through the recovery faster quicker. Realize that with EACH step you take if, for example, you're running 6:00/mile pace.....your recovery leg, which is now behind you must: **1-push off & then 2-catch you & THEN 3- pass & reach out in front of you.**

If you're running 6-min/mile pace.....your leg--in order to do all this-- must travel at twice the speed YOU are running.....**3:00-mile pace!!** So your **legs must be as light as you can make them** (heel close to butt) and **your foot-plant must happen as quickly as possible**Spinters intuitively know this.....or find it out in a hurry when they get left. Distance runners would sometimes rather find this out the hard way,(or just choose to push on harder they way have always run).

Having a consistent stride will mean having consistent splits.....but this take alot of track work as well. Give it time, it'll come.

I know that this is more that what you ask for.....but I just wanted to keep you updated on the latest that we're working on here. When the date for the clinic has been set, see if you can come. You're welcome to stay with us if you need to.

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