

SPRINT START

ON YOUR MARKS



FOCUS EYES ON WHERE 1ST STRIDE WILL LAND. SHOULDERS DIRECTLY OVER HANDS. MAKE A BRIDGE BETWEEN THUMB AND FOREFINGER

GET SET



SHOULDERS MOVE FORWARD AND UP. HIPS MOVE UP HIGHER THAN SHOULDERS, SO MAKING CORRECT ANGLES AT KNEE JOINTS (90° FRONT KNEE, 120° REAR KNEE). KEEP HEAD IN LINE WITH SPINE

GUN



VIGOROUS ARM ACTION TO GET LEGS MOVING. DRIVE AND EXTEND - GOOD LINE FROM TOE TO HEAD. DRIVE HARD OFF BLOCKS AND DRIVE HEAD AND SHOULDERS OUT

FIRST STEP



BODY POSITION AT 45° . BACK ARM IS BENT AT NEAR 90° . 'PISTON - LIKE SHORT ARMS' CREATES QUICKER TURN OVER, BUT SACRIFICING POWER.

SECOND STEP



STILL LOW BODY POSITION. BACK ARM STARTING TO BEND OVER 90° 'LONGER ARMS' MEANS LONGER STROKE CYCLE WHICH FAVOURS MORE POWER

