

Tom Tellez – Championship Sprinting 2014 West Coast SuperClinic

Five basic coaching points for running and sprinting

A. Body Position:

1. Trunk is directly over pelvis in a normal standing position
2. Project body into each stride
3. Head is held in natural alignment with the shoulders
4. Shoulders and pelvis are parallel in direction of the run
5. The feet are directly under the C.G. and are for support
6. The body undulates each stride
7. Function of the quadriceps in running
8. Function of the calf in running

B. Foot and ankle function

1. Foot is placed under C.G.
2. Ankle is held in a neutral position
3. Foot contact is made low on the ball of the foot then the heel touches, or mid-foot contact. The foot must decelerate.
4. When foot makes contact with ground, make no effort to pick up the foot
5. When heel touches the ground a stretch reflex of the calf is activated and will bring the foot off the ground
6. Place foot on ground by using the hip extensors
7. The function of the foot and ankle is for supporting the body
8. Press ground with foot
9. Negative velocity of foot

C. Hip Extensors

1. The hip extensors deliver force to the ground
2. By activating the stretch reflex mechanism in the hip extensors, creates more angular velocity of the leg
3. The action of the hip extensors is down and back
4. Hip rotation is the essence of speed.
5. Reaching, by the extension of the knee joint and plantar flexion of ankle joint decreases hip rotation

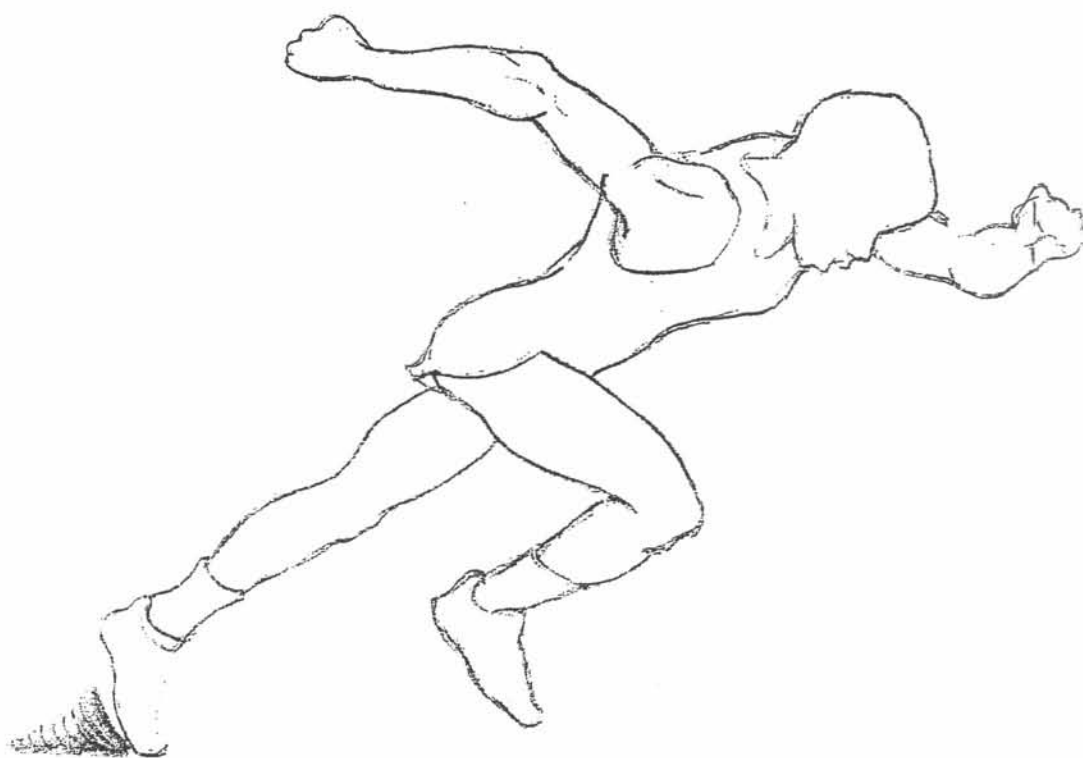
D. Arm Stroke

1. The arms control the range of motion and tempo in the stride

2. The arms control the action of the extensors and the amount of force applied to ground
3. Stretch reflex in shoulder
4. The range of motion of the arms should be faster through the same range of motion (not shorter or longer)
5. Arms must go through full range of motion faster as speed is increased
6. Arms swing from the shoulders independent from the trunk
7. Arm action for distance runners
8. Hand and wrist function

E. Relaxation (without tension)

1. Relax with effort
2. Intensity between practice and competition
3. Inverted "U" adrenal gland
4. Adrenal gland (adrenal cortex)



ZOOM
RACE STRATEGY

Tom Tellez
Santa Monica Track Club

200 Meter Race Strategy

BLOCK PLACEMENT

1. Refer to "Start Paper"
2. Fig. 1

REACTION TIME

1. Refer to "Start Paper"

CLEARING BLOCKS (Fig. 2)

1. Refer to "Start Paper"
2. Not as aggressive as 100m start (Distribution of Energy)
3. Get into full running position sooner
4. Get into a position to accelerate

ACCELERATION (RUNNING THE CURVE) (Fig. 2)

1. Centripetal force - Friction
2. Tangential Force
3. Accelerate the entire curve (first 100m or slightly into the straight-away)
4. Maximum relaxed speed as you come off curve.
5. Run approximately 8-12 inches outside of lane line.

MAINTAINING AND DECELERATION OF SPEED (Fig 2)

1. Maintain speed as long as possible
2. Decelerate gracefully
3. Arm stroke – controls tempo and range of motion of stride
4. Sprint mechanics (Refer to sprint papers #1 & 2)
5. Relaxation
6. Concentration
7. Anaerobic conditioning

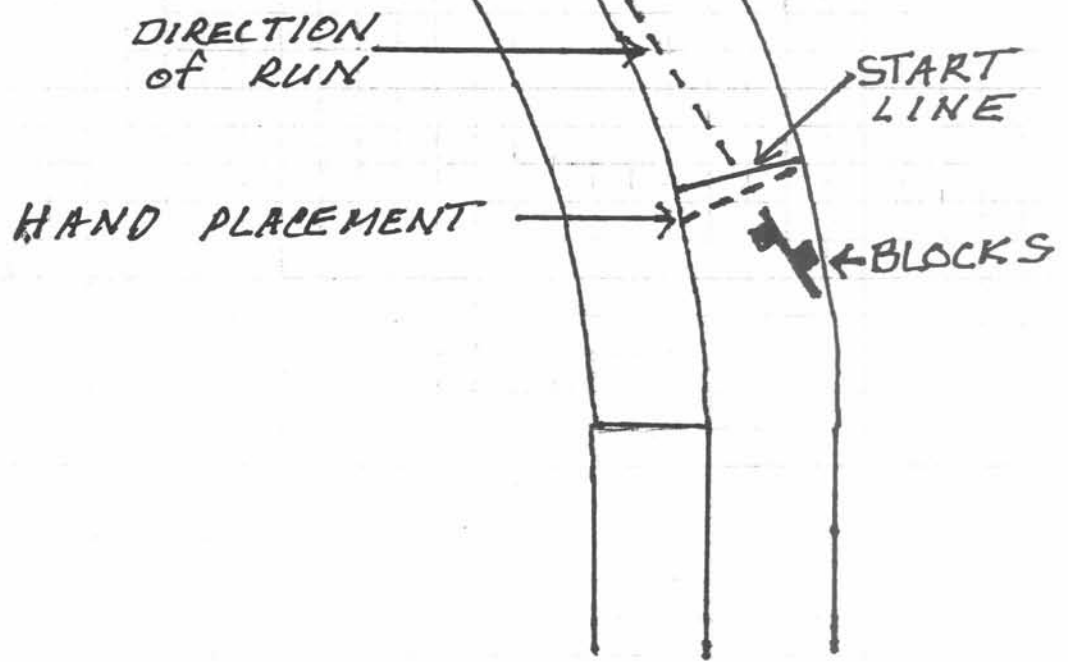


FIG. 1

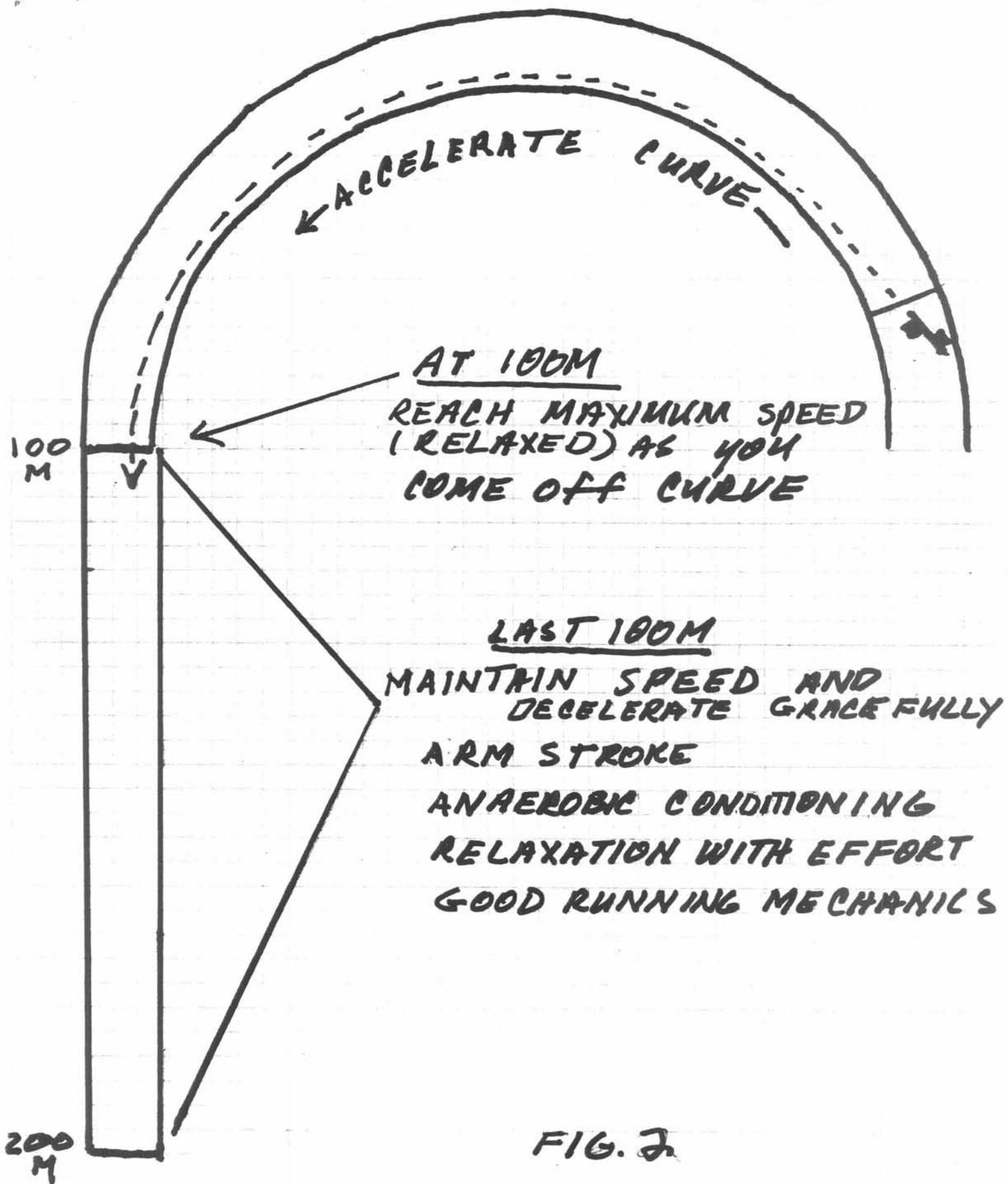


FIG. 2