

MIDDLE DISTANCE RUNNING

Success in distance running is dependent upon a number of factors. The most important of these are endurance, an economical action, and willpower.

POINTS OF TECHNIQUE

1. Style is an individual concern. Provided an individual can maximise speed, rhythm, balance and general comfort with the least amount of energy expenditure then the best style for that individual athlete has been achieved.
2. Balance — athlete should be relaxed with eyes looking straight ahead approximately 10-20 metres. Chest, abdomen and hips should be kept square to the front with only a little shoulder movement.
3. Arm action — carried low with hands lightly clenched. Arms balance the body and determine leg speed. The faster the arms go, the faster the legs will go. Hands should just cross the body, with little movement of the shoulders.
4. Leg action — knee lift is lower than that when sprinting. Normally in distance running, foot contact will be made around the mid sole-heel area of the foot, and towards the outside edge.
5. Rhythm must be maintained not only during each stride, but also throughout the race. Any change or break in rhythm leads to greater fatigue.

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