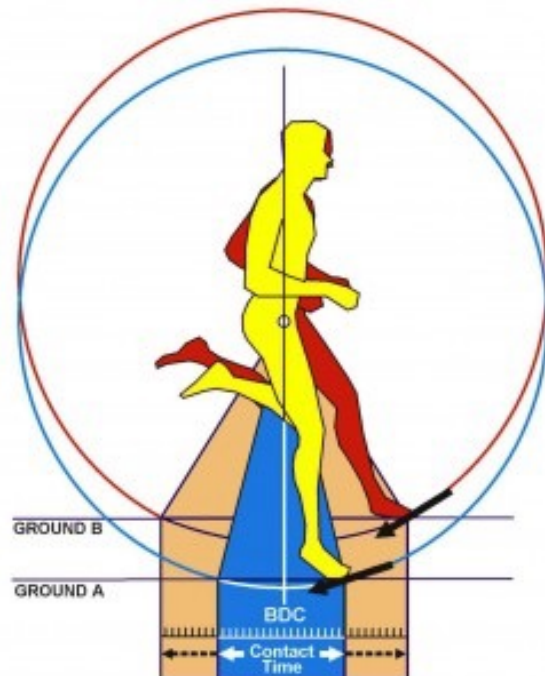


Sprint Mechanics: Terms and Definitions

- Acceleration - Plays a big role in all sprinting activities. Steps must be powerful and cover ground, not just quick
- Rhythm / Patience - Don't move too sporadic where your not executing proper technique. Trust your mechanics to produce speed
- Efficiency - Time is a factor, every advantage helps; unnecessary movements decrease overall speed and power output
- Posture - Tall and erect posture must be maintained for the body to use proper biomechanics
 - Definition: biomechanics - the study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure
- Turnover - Once at full speed, efficient / active turnover is more important than stride length. Turnover is used to maintain the speed generated through acceleration
- Dorsiflexion - The turning of the foot upward, also known as “keep your toes up.” This eliminates power leakage and also decreases unnecessary time in contact with the ground.
- Power Leakage - any release of power / energy in an unwanted direction through unnecessary movements



Proposed Warm-Up:

1. Lunges

Leg Series: 1	Leg Series: 2	Leg Series: 3	Leg Series: 4
Legs Only	Opposite Arm Opposite Leg	Same Arm Same Leg	Double Arm Reach
RL Lunge Forward RL Lunge Forward @ 45 RL Lunge Right RL Lunge Backward RL Lunge Backward @ 45 LL Lunge Forward LL Lunge Forward @ 45 LL Lunge Right LL Lunge Backward LL Lunge Backward @ 45	RL Lunge Forward RL Lunge Forward @ 45 RL Lunge Right RL Lunge Backward RL Lunge Backward @ 45 LL Lunge Forward LL Lunge Forward @ 45 LL Lunge Right LL Lunge Backward LL Lunge Backward @ 45	RL Lunge Forward RL Lunge Forward @ 45 RL Lunge Right RL Lunge Backward RL Lunge Backward @ 45 LL Lunge Forward LL Lunge Forward @ 45 LL Lunge Right LL Lunge Backward LL Lunge Backward @ 45	RL Lunge Forward RL Lunge Forward @ 45 RL Lunge Right RL Lunge Backward RL Lunge Backward @ 45 LL Lunge Forward LL Lunge Forward @ 45 LL Lunge Right LL Lunge Backward LL Lunge Backward @ 45

2. Walking Trunk Twist

3. Walking Knee Hugs

4. Straight Leg Bounds - Distance

5. Straight Leg Bounds - Quickness

6. Fast Leg Right

7. Fast Leg Left

8. High Knee Heel Raise