

Proper Sprinting & How it Relates to Proper Approaches in the Jumps

John Dagata
Beau Brehm
University of Oklahoma



Proper Sprinting

Start

- Primary goal is to overcome inertia
- Starting position should be characterized by shoulders below the hips (applies to blocks, 3-pt, crouch, rollover, etc.)
- Foot Spacing
- Initial movement involves explosive hip extension (shoulders will be up, not down!)

Acceleration

- Emphasis on pushing to develop momentum (Don't confuse pushing to be bounding)
- Progressive – Each step gets longer and faster
- Smooth transition into Top Speed mechanics (shin/trunk angles become progressively more vertical)

Top Speed

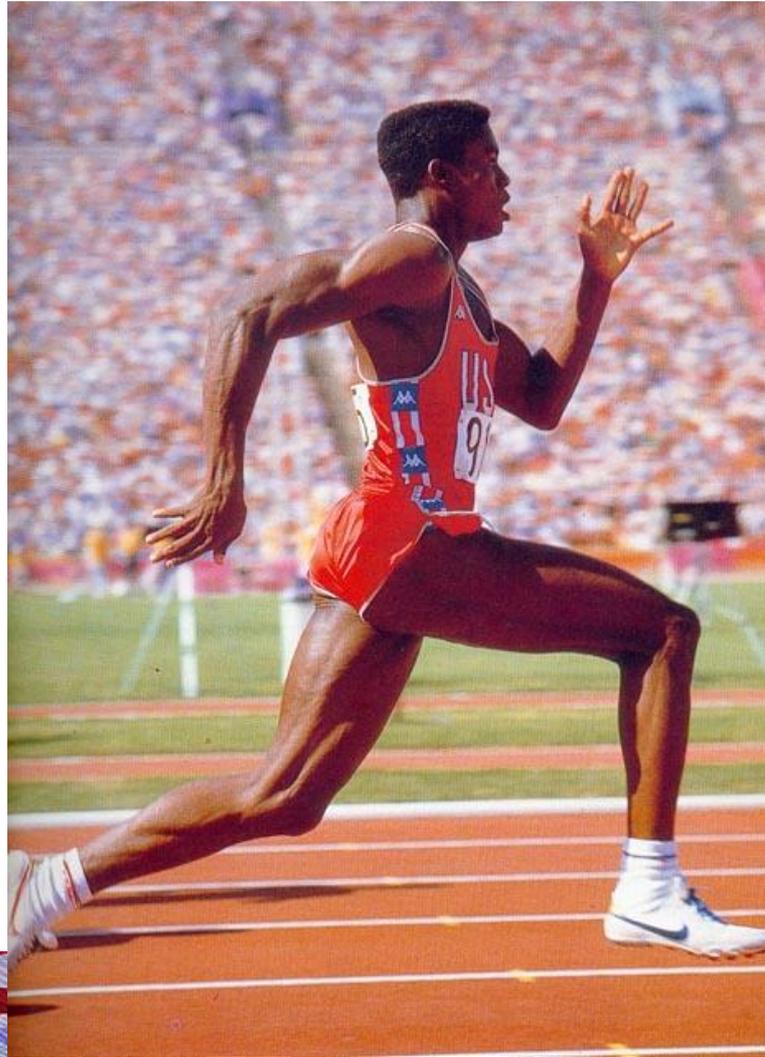
- Pushing continues – Vertical in nature
- Upright posture – Shoulders on top of hips
- Knees down – Continue to turnover
- Foot contacts directly under the hips



Proper Sprinting – Start & Acceleration



Proper Sprinting – Top Speed



Proper Approaches

Starting Stance

- Walk-in, bound-in, etc. / Crouch / Rollover
- Variability
- Same goals as sprinting – overcome inertia through explosive hip extension

Phases

- Phases should be seamless / more condensed than 100m sprint
- Drive – balance of flight and turnover
- Transition – progressively push up tall
- Continuation – Don't press, maintain turnover and feel a little bounce

Points of Emphasis

- Posture
- Rhythm
- Elastic Energy



Proper Approaches



Event Considerations

Long Jump / Triple Jump

- Achieve highest velocity that can be attained without sacrificing proper sprint mechanics or execution of take-off mechanics
- Preparation for take-off / Penultimate Lowering?

High Jump

- Fewer steps -> Phases even more condensed
- Must be upright prior to curve entry
- Curve running considerations

Pole Vault

- Pole carry – don't be a chicken / fishing for Moby Dick
- Pole drop – Not too early, marry rhythm and pole drop
- Pole drop cont. – Massive effect on posture



Event Considerations – High Jump

Side View



Posterior View



Event Considerations – Curve Running



Side View



Posterior View



Event Considerations – Pole Vault



Training Considerations

Sprint Training

- Acceleration Development (sprints $\leq 40\text{m}$, block starts, & resisted runs)
- Speed Development (sprints 40-60m, full recoveries, sprint-float-sprint)
- Speed Endurance (High quality, opportunity to work on sprint mechanics)

Approaches

- Approaches away from runway (on track w/ tape measure)
- Approaches on runway / apron
- Adjust sprint mechanics before adjusting marks

Other Notes

- Emphasize sprint mechanics during jump sessions (even from short approach)
- Support with other training (multi-jumps, multi-throws, olympic lifting, etc.)



Questions?

John Dagata

University of Oklahoma

Dagata@ou.edu

(405) 618-3887

Beau Brehm

University of Oklahoma

beau.brehm@ou.edu

