



Speed

- Shoulders low and relaxed
- Fast arms elbow driving backward
- Tall posture and high hips
- Heel up and under buttock
- Knees up, toe up
- Land on front half of foot (ball of foot) and drive down and back

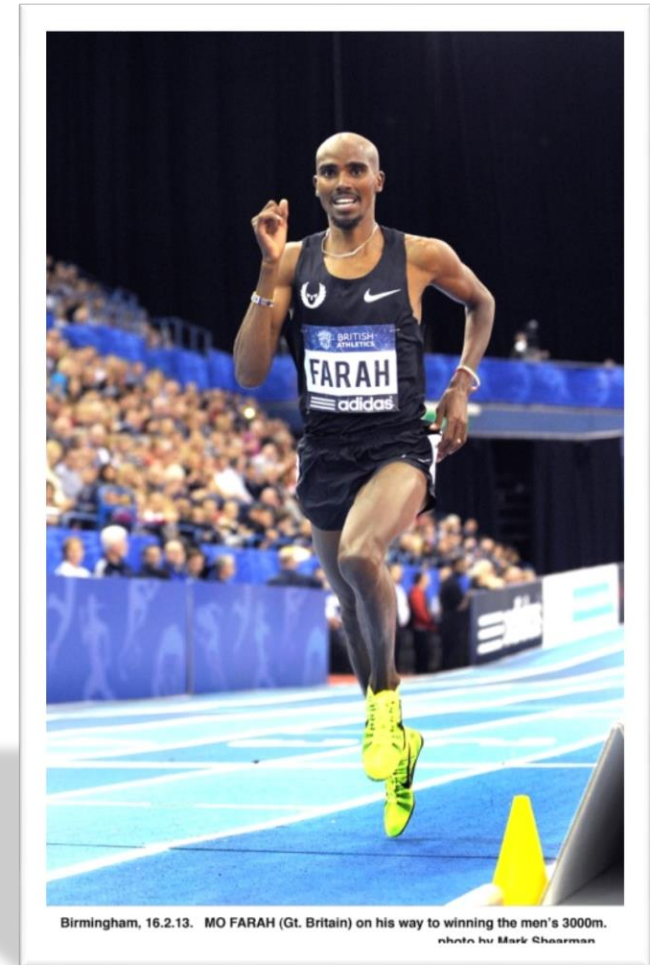


London, 26.7.13. ADAM GEMILI (Gt. Britain). photo by Mark Shearman.



Endurance

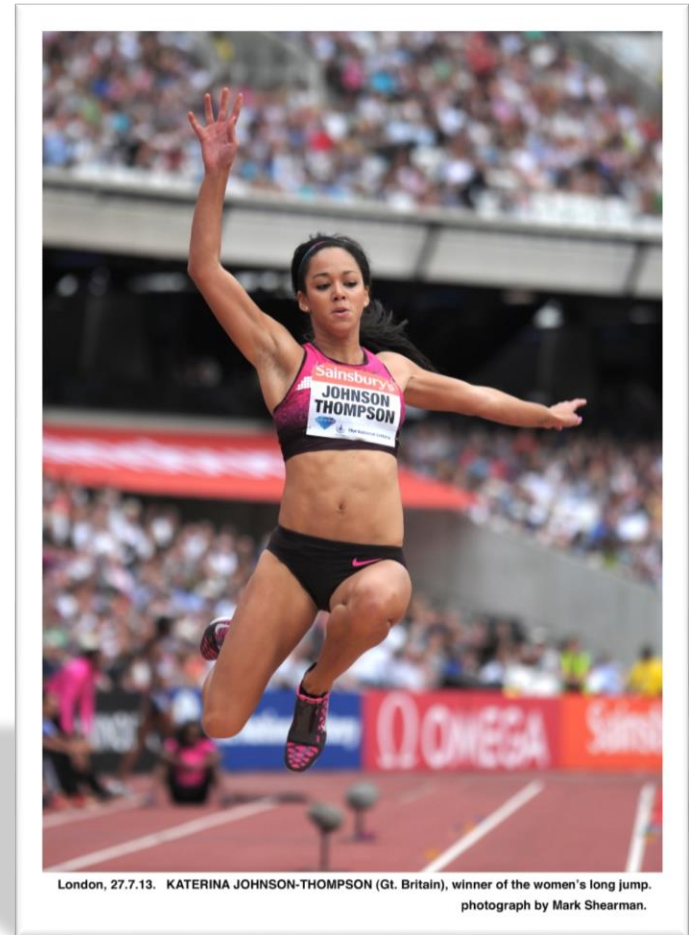
- Tall posture with high hips
- Relaxed shoulders with efficient backwards driving arm action
- Rhythm guides optimal speed and efficiency
- Foot lands naturally underneath the centre of mass, moving down and backwards





Jumps

- Fast controlled approach
- Active (down and back action) flat foot at take off
- Head up, chest up, drive up
- Extend through the hip, knee and ankle (in that order)
- Tall in the air, hips high
- Soft controlled landing

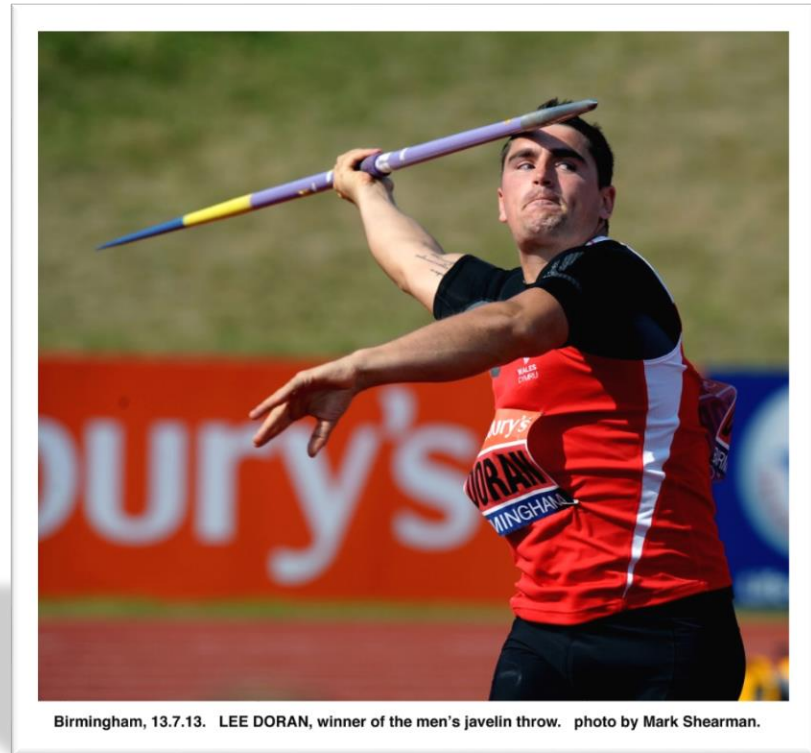


London, 27.7.13. KATERINA JOHNSON-THOMPSON (Gt. Britain), winner of the women's long jump.
photograph by Mark Shearman.



Throws

- Knees bent with balance on the rear leg
- Rotate and extend rear hip, knee and ankle
- Gradually increase speed
- Transfer balance from rear leg to front leg
- Use the arm(s) fast and last



Birmingham, 13.7.13. LEE DORAN, winner of the men's javelin throw. photo by Mark Shearman.



Wheelchair Racing

- Catch push rim at 2-3pm
- Drive at 3-5pm – accelerate onto push rim, drive down extending triceps
- Release push rim at 6-7pm avoid over extending elbows
- Lift and bend elbows to initiate next stroke phase
- Acceleration (with high elbows)





Running Downhill

- Controlled
- Active foot adding force where required
- Arms active and used for balance
- Upright or leaning slightly forward
- High Hips
- Active recovery of rear leg





Running Uphill

- Positive backward drive of arms
- High hips
- Terrain guides optimum efficiency and pacing
- Foot lands naturally on forefoot
- Triple extension





Running Over Obstacles

- Shoulders low and relaxed
- Fast elbows driving backwards
- Tall posture and high hips
- Heel recovers under buttocks
- Knee up, toe up
- Centre of Mass remains low and over lead leg
- Land on front half of foot with active foot recovery guided by terrain

