



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

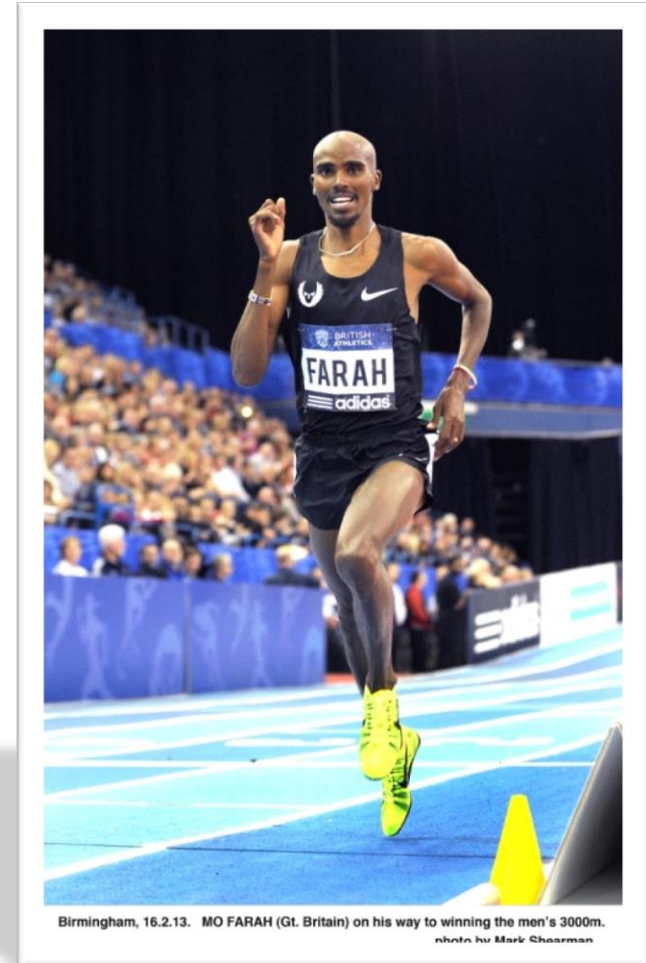


London, 26.7.13. ADAM GEMILI (Gt. Britain). photo by Mark Shearman.



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

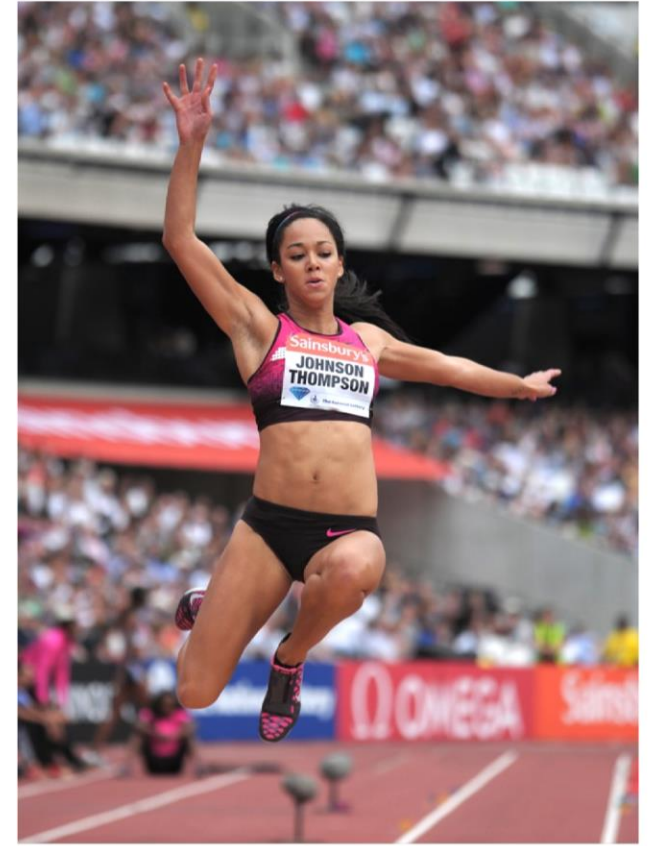


Birmingham, 16.2.13. MO FARAH (Gt. Britain) on his way to winning the men's 3000m.
photo by Mark Chapman



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)

