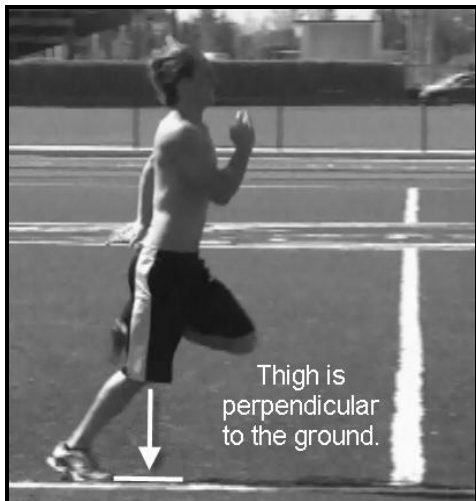


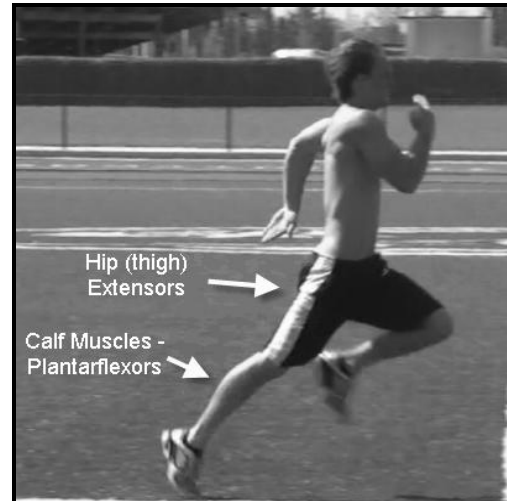
The Running Process

Each of the 3 phases of the running process involves a different set of muscle movements. To get faster, understand how the muscles are used in the running process and properly condition the correct muscles for strength and speed.

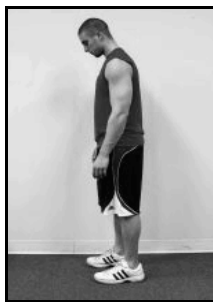
The Push Phase



The Start of the Push Phase – Thigh is perpendicular to the ground.



The End of the Push Phase – Foot is about to leave the ground.



Condition the Hip Extensors using this movement.



Condition the Calf Muscles using this movement.

Watch video #1 to review why most workouts emphasize the muscles of this phase at the expense of the other phases and your speed. Use the comments section to leave your questions and comments.

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