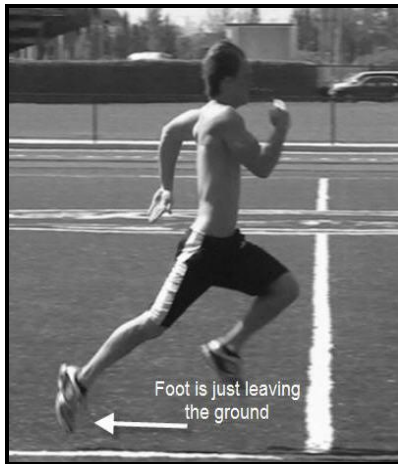


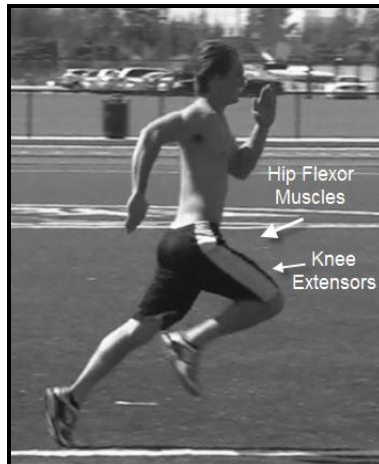
The Running Process

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.

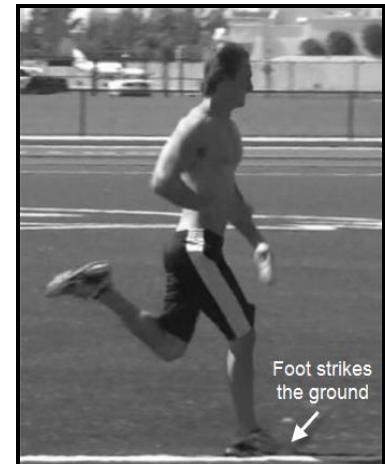
The Swing Phase



The Start of the Swing Phase – The foot has just left the ground.



During the Swing Phase – The thigh is brought forward and the leg is then extended.



The End of the Swing Phase – Foot is on the ground.



Condition the Hip Flexors using this movement.



Condition the Knee Extensors using this movement.

Watch video #2 to review why the muscles of the swing phase are often underdeveloped and why this provides a great opportunity for gaining speed quickly:

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