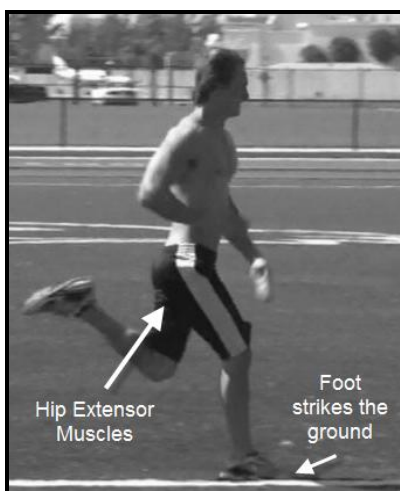


The Running Process

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 Pull Phase



The Start of the Pull Phase – The foot strikes the ground.



The End of the Swing Phase – Thigh is perpendicular to the ground

Watch video #3 to review why a strong pull phase is important to get a fast start from an upright position and helps increase your turnover rate. Use the comments section for your questions and comments.

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