

GABRIELE

FITNESS & PERFORMANCE



Do Your Kids Look Weird When They Run?

One of the most common requests we receive from parents is to help their children run better. They will usually say something like "He just looks weird when he runs, can you help him?"

YES WE CAN!

When you think of speed, people will think of the cartoon character The Roadrunner. Yes, The Roadrunner was fast, but in real life running like him will make you slow! You see, when The Roadrunner runs, he takes a ton of very short steps. This is the way many athletes think they should run and its only making them slower. Larger steps (or pushes) and proper body angles are the keys to speed .

To maximize speed:

1. **Take a big first step.** A small first step will force all the following steps to be short. The first step should be 2-3 yards long.
2. **Push Back!** Newtons 3rd law states for every action there is an equal and opposite reaction. When sprinting, the ball of the foot should hit the ground and the leg should fully extend behind them. The harder and faster you push back the larger the stride which is the key.
3. **Great angles.** The shin and torso should be at the same angle. If the body is upright the steps will be short and you will not be able to push back. The torso angle should be 45 Degrees and the shin should have a positive angle, meaning the knee is over the toe.

[Check out this video to see Coach Joe run a bad sprint and then a good one](#)

Get fast!
Vince

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com