

Brown shoes technique and drills session 1

with Alan Ladd of The Running Rules

Intro

- Housekeeping and thank yous
- Outline of session(s) - technique / cues / drills / strides (mirrors warm up)
- Take one or two things away
- Brief intro - coach and marathoner

Overall technique

- Questions - who has thought about technique? Good / bad / one element /
- Why is it important?
- Thoughts - everyone is slightly different and most techniques are fine
- Little evidence that micro managing form change is effective in long term
- Efficiency and repeatability important especially when tired
- Two main issues to 'fix' - hinge or overstride
- Controlled falling cue
- 5 mins jog running

Upper body technique and cues

- Head upright (helium balloon)
- Relax shoulders (holding a crisp)
- Relaxed rhythmic arms (ARM acronym - active, relaxed, midline)

Drills

- Questions - Anyone perform drills? Why (and when) drills?
- Enforces technique but also improves balance and co-ordination (ABCs)
- Balance one leg (on toes for more difficulty) + switches
- Arm swings for loosening - forward, back, sideways
- MOVE TO LANES - high knee walk
- Skips - adding in arms
- Carioca

Strides

- Questions - Anyone perform strides? Why (and when) strides?
- Demo and strides (5 groups of 3?)
- Finish up - thank yous / take one thing / next session lower body / stay for Qs