

RUNNING

Running develops endurance and all-around strength, both of which are prime objects in military training. In reality, there are two types of running—sprinting and distance running. Both are important and neither need displace the other.

SPRINTING: Most sprinters dig their holes about 15 and 34 inches from the starting line. Thus, in taking their marks, the knee of their back leg is opposite the ankle of the front member. The feet are about two inches apart and the hands just back of the line. The body is relaxed with most of the weight over the right knee, which is resting on the ground.

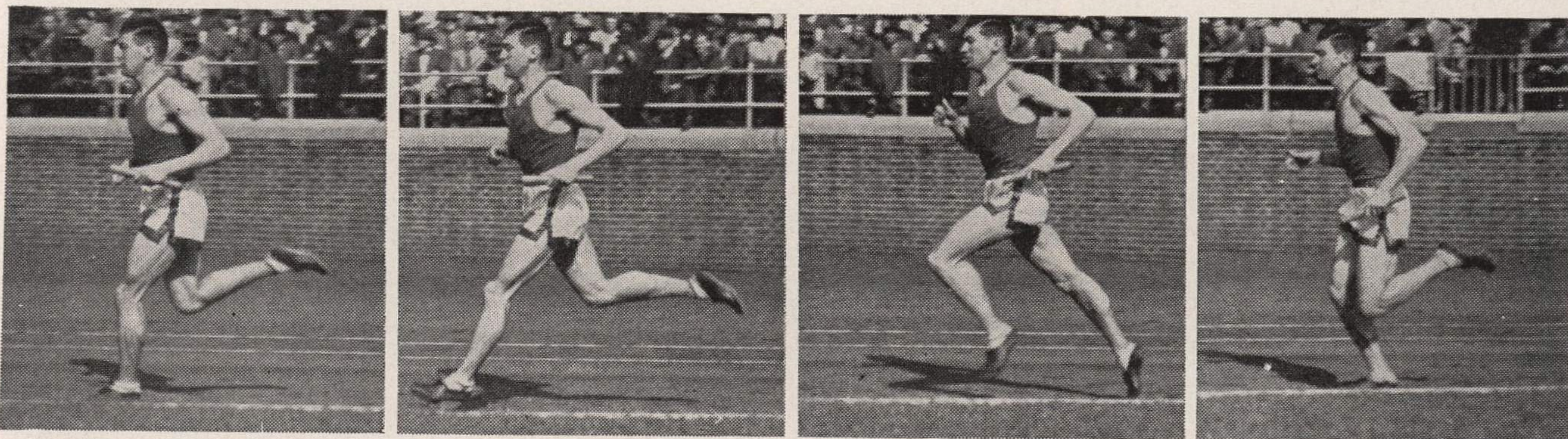
On "get set", the hips are raised into starting position, and the weight thrown forward on the feet and hands. On the gun, the right knee is raised and the foot drives hard against the

back wall of the rear hole.

At the same time, the opposite arm (left) is driven forward and the other arm thrust back. The shoulders are raised higher than the hips, and the body is kept low.

The right foot strikes the ground about 18-28 inches in front of the starting line. This is the shortest step of the race. It is not until after the first four steps that the sprinter brings his body up to the normal running angle.

While striding, the body is kept at an angle of about 25 degrees. The toes point straight ahead, the head is held naturally, and the trunk is kept straight. The arms pump from the shoulders with little movement in the elbows, which are held at a 45-degree angle. The hands keep moving close and parallel to the hips.



There are several distinct ways of finishing a dash. One method calls for throwing the hands up over the head. Another and probably superior way is to hit the tape by turning the shoulder into it. A third technique, called the Drew Style, is to extend the arms forward as the tape is reached. Some runners jump at the finish, but this is not recommended.

DISTANCE RUNNING: The quartermiler uses the same start as sprinters, because of the resemblance of his race to the dash. He runs with a long, springy stride and with a more relaxed arm carriage than sprinters. The knees are drawn up well and the running is done more on the lower ball of the feet.

Because it is impossible to run more than 300 yards at top speed, the quartermiler must slow down a little somewhere in the race into a free, relaxed

SPRINT START AND STRIDE

stride that permits easy breathing.

In the half mile it is usually necessary to sprint about 50 yards to obtain a favorable starting position; so the sprinting start is used here also. The halfmiler carries his body straighter than the sprinter's and holds his arms loosely.

The actual running is on the ball of the foot. The arms are carried lower than in the quartermile and the breathing is more regular.

For long-distance running, the body lean is only slight. The runner uses a low gliding action and breathes deeply and evenly through both the mouth and the nose.

Most of the strategy in running is reserved for the distance runs. This strategy is developed mainly from a careful study of pace.

Glenn Cunningham and Paavo Nurmi carried stop-watches in their heads.

STRIDE FOR DISTANCE

