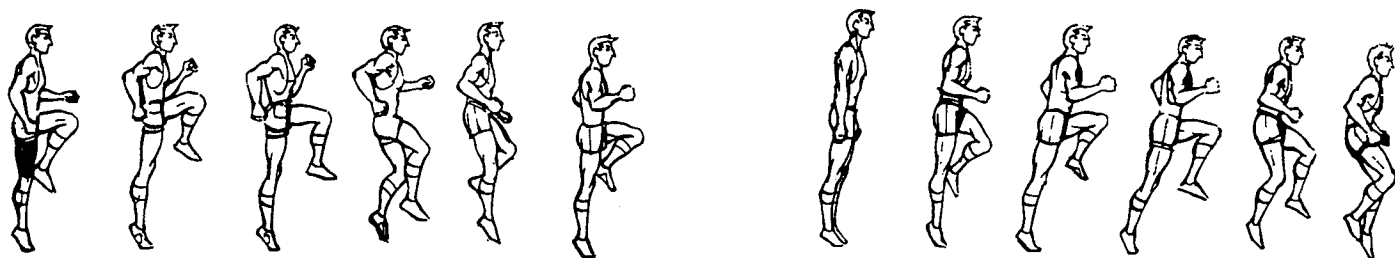


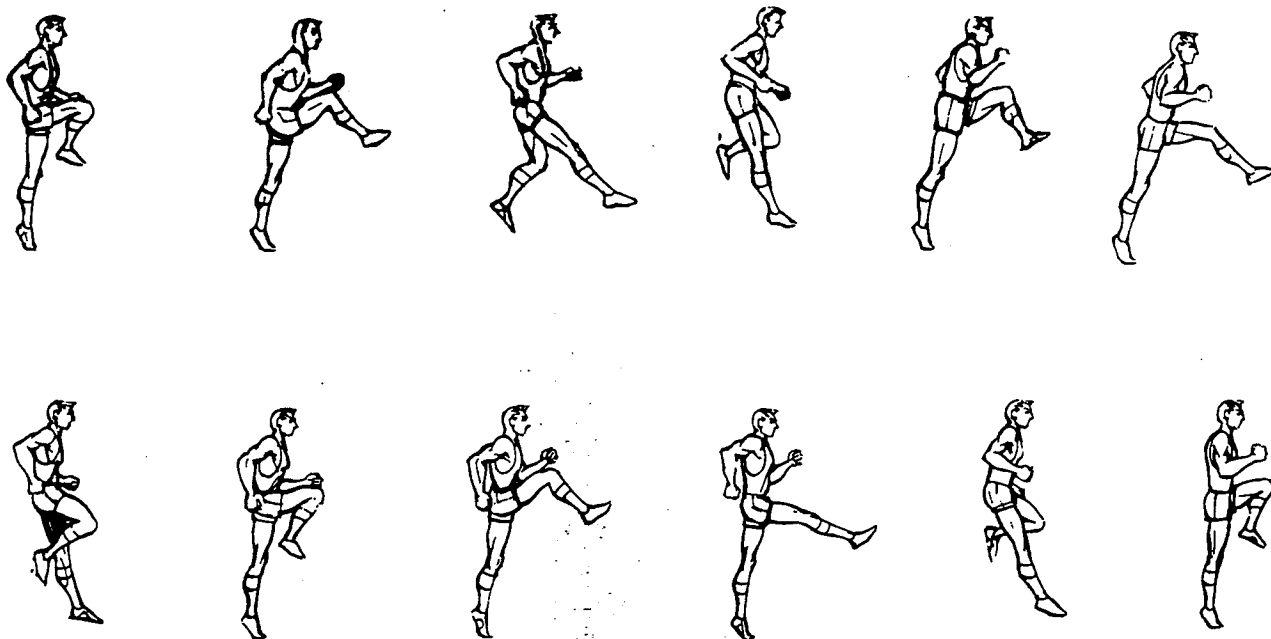
Exercise A — high knee running exercise employs exactly the same technique as the marching exercise. The head is erect and there is no rotation of the shoulders. The arm action is forward and backward — the faster the action, the smaller the angle. The high knee action with the complete rear extension is done on the toes. The centre of gravity is at the highest point possible. The shorter the steps, the more intense the work. This, in itself, is a very difficult exercise and needs preparation in order to do it well. The technique must never be sacrificed for greater speed.

Exercise B — the high running exercise with leg extension is like exercise A in that it is very intense and needs appropriate preparation.

With improvement, a more “active down” leg action can be emphasized. Further technical exercises are: from the high knee marching form, gradually change to acceleration in the running form; from the bounding exercises, gradually accelerate to the running form; from exercise A gradually change to the running form. Try accelerations from the standing start. Do speed work from starting blocks.



High knee running form — exercise A



High knee running form with extension — exercise B