

step kinematics as feedback system to enhance sprint performance

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- Sprint ability very important in many sports
- Sprint consists of acceleration and top speed









Two parameters important for good sprint ability

- step length
- step frequency



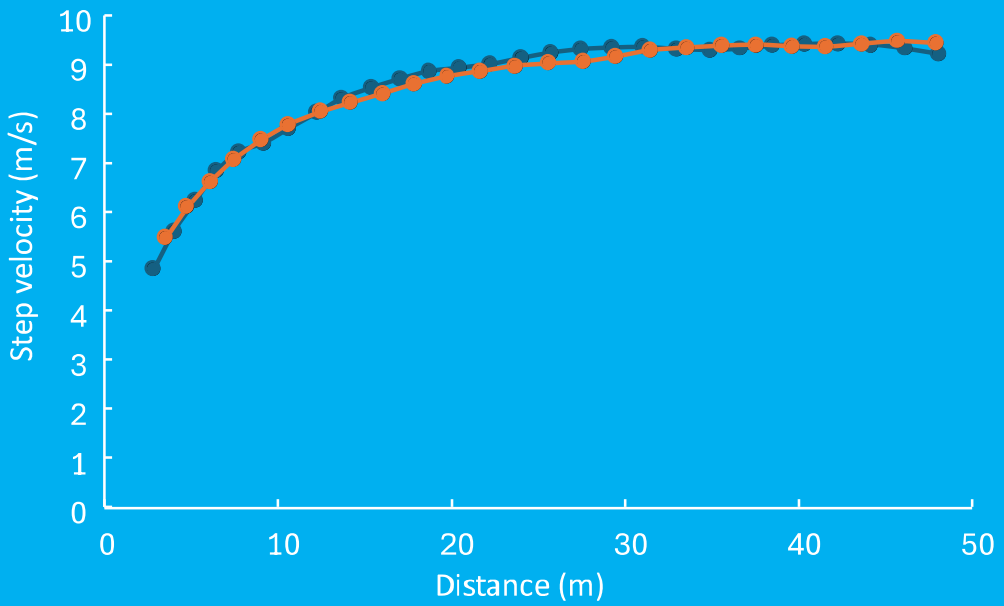
Result of:

- High horizontal and vertical forces
- Short contact times

Balance between these?

Same development of velocity over time

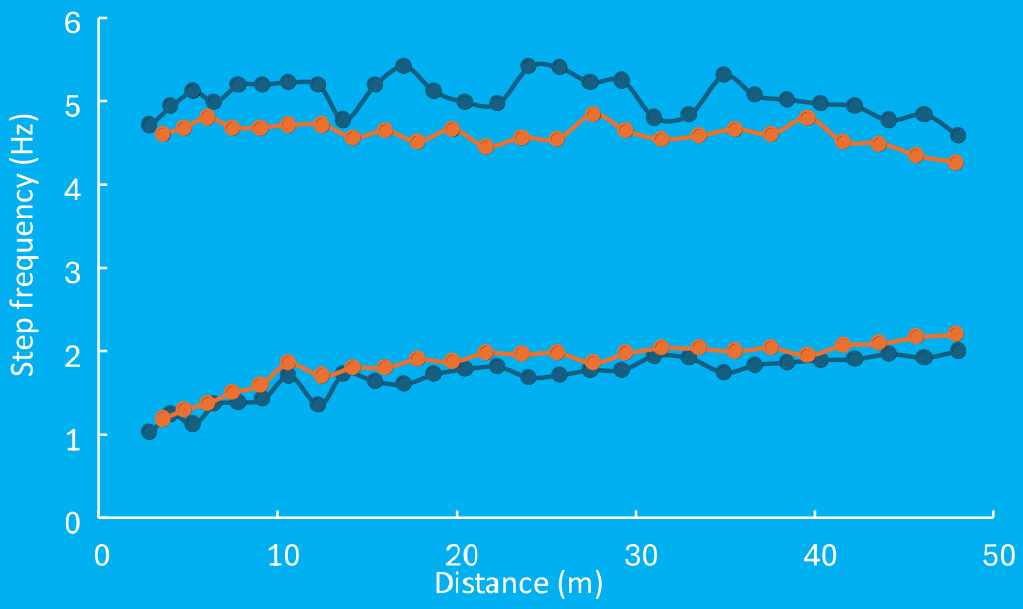




Different solutions

- Long vs. shorter steps
- Higher frequency
- what is ideal?

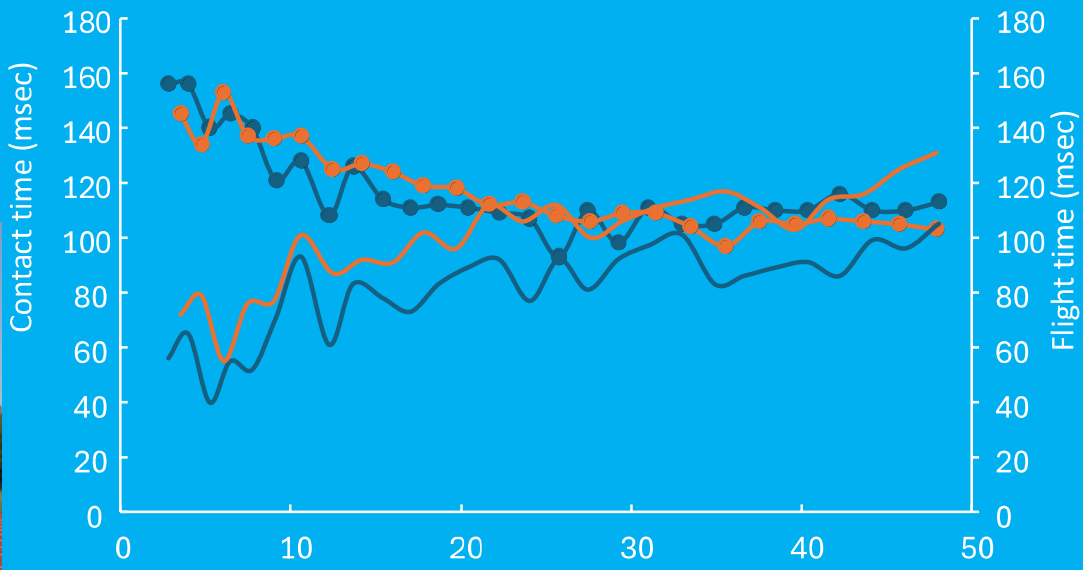




Dependent on:

- Body height
- Strength
- Power
- Coordination





Step kinematics as feedback practical

The aim of this practical is : 1) Try out what your ideal step length and frequency is for the best sprint performance; and 2) brainstorm and try if feedback on these parameters can help you to improve your sprint performance.



Notes: