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Let us improve running exercises

You have seen that running events of varied distances are held at the inter-house athletics meet of your school. When participating in running events, some athletes engage in running moving their hands and legs correctly and keeping the body in correct positions but some other athletes do not do so. It is only by practising by way of engaging in exercises that one can run adopting the correct techniques.

Recollect the basic exercises you did to improve your running when you were in Grade 7 and also the way hands and legs should be moved correctly.

There are many exercises of varied form that are done to improve running and in this lesson you will learn some of them.

Importance of doing exercises to improve running

As running is a highly competitive event in athletics, it is very important that it is done following the correct technique. Engaging in exercises to improve running not only helps improve the techniques used in running, but also helps to increase running speed. It is very important to do such exercises particularly for those who do sprint events.

When doing exercises to improve running, exercises are done for all parts of the body including hands and legs in order to adopt the correct techniques used in running.

A step in running consists of two phases

1. Support phase

The phase in which the foot is in contact with the ground is called the support phase. (9.1 A)

2. Flight phase

This is the phase in which the foot comes off the ground and moves upwards. (9.1 B)

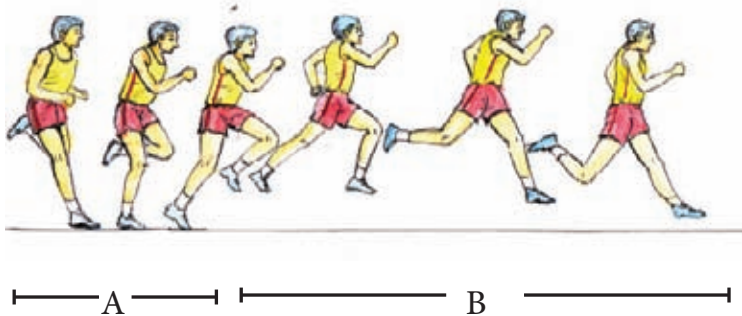


Figure 9.1

Engaging in running exercises helps to develop the activities that are related to these two phases.

Running exercises

Running drills have been introduced in various ways through a variety of sources. The following are some of the drills that have been designed in this manner.

Running Drill - A

While the sole of the supporting foot is in complete contact with the ground, the opposite leg bent at the knee and is lifted so that the thigh is parallel to the ground.

Arms are bent at the elbow and swung with a movement similar to that is made in running.

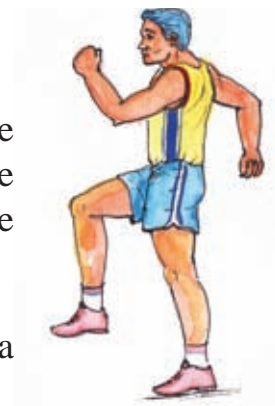


Figure 9.2

This drill can be done while marching, skipping or during slow running.

Running Drill - B

In this drill the supporting leg should be straightened well and the sole is in complete contact with the ground.

The opposite leg should be raised forward so that it is parallel to the ground and is bent at the knee forming a 90° angle.

Now straighten the knee and slam the foot onto the ground.

Arms are bent at the elbow and swung with a movement similar to that is made in running.

This drill can be done while walking, skipping or running slowly.

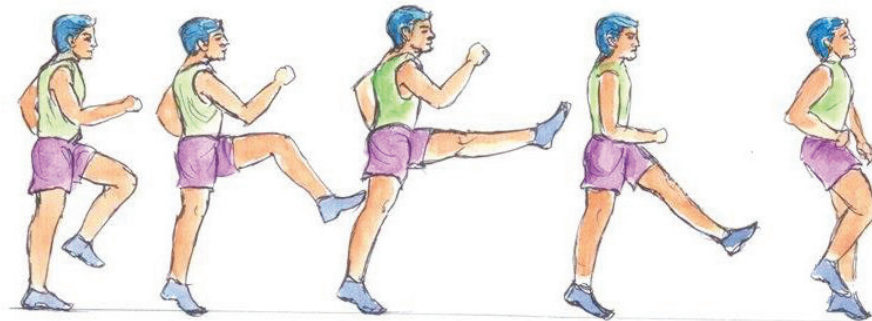


Figure 9.3

Running - C

The supporting leg should be straightened well and the sole is in complete contact with the ground.

Bend the opposite leg at the knee and walk forward while hitting the buttocks with the heel.

This drill, too, can be done while walking and while running slowly.



Figure 9.4

Activity

Go to the playground and practice doing the above drills changing the legs alternately remaining in the same place, while walking and running slowly.

Summary

There are two main phases in running, namely the support phase and the flight phase. Activities related to these two phases can be developed by engaging in running exercises.

Engaging in running exercises is important for adopting the correct technique in running and for increasing the running speed.

There are a number of general running exercises, namely running drill A, running drill B and running drill C.

Exercise

Demonstrate how the running drills A, B, and C are practically performed and tabulate them with illustrations.