

Starting Blocks Technique

The Key to a good start

- Is how fast you react to the gun
- And how explosive you are

How to Set Blocks Up

- A good starting place is setting the blocks up a foot behind the starting line.
- Your front leg two steps behind the starting line and your back leg three steps. This is normally a good starting point.
- Your power leg is the front leg that generates 100% of the forward momentum.
- Your lead leg is the back leg that's farthest away from the starting point.

On Your Marks...

- Jump quickly up and down before getting into your blocks
- It is always best to back into your blocks.
- Stretch each leg out individually, back foot in first and then front foot.
- You should be relaxed in this position, with your weight distributed between your hands and knees.

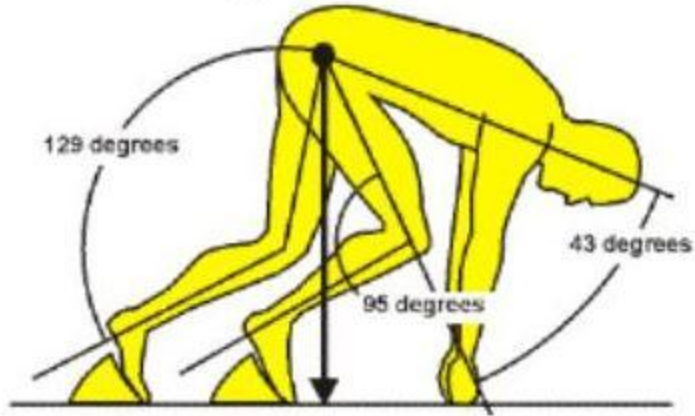
Set...

- After the command set. Your hip will rise to a point where you reach (around) 90 degrees in the front leg and your back leg reaches (around) 130 degrees.
- Apply pressure on the back block with the ball of your foot.
- Your hips should move slightly forward, but slightly so you do not pull your feet off the block.
- Your arms are straight, your head is at the same angle as your body and you should be looking down.
- Think of only one thing, Your drive off the front block.

Bang!

- At the same time you drive off the front block, the trunk will rise and your arms will work opposite your legs. Your head is still in natural alignment with your shoulders.
- When you finish the extension of your front leg you should have a 45 degrees inclination from the ground, like a line drawn from your foot through your shoulders, to your head.
- The first stride is the shortest and takes the most time, while the second one is longer and quicker.
- You'll accelerate from the blocks until you reach 60-70 meters.

Starting Block Set Position



Below: Rachel Anderson 08' 54.35 400 and 24.14 200



Notice the strait line from blocks, through back foot, thigh, hip, shoulders, and head



End Goal.... Head up, knee up, toe up, hands cheek and cheek