

Rhythm and Running style

I consider myself to be a specialized coach on running form and rhythm training. Motor movement should be repeated until the correct running form and style is achieved. Remember that perfect training makes perfect. My rhythm sessions also stimulate the nervous system and especially the impulses to the reaction times of the fast twitch muscles. I find many times that my Middle distance athletes beat good sprinters due to the fact that they are well trained in this area. Foot strike, correct pathway of arms and legs, relaxed jaw, position of head are thing to look out for and can save one seconds in a race.