

# BLOCKS

## Power Leg

This is the leg that is closest to the starting line that generates 100% of the forward momentum. An easy way of determining this is to stand behind the athlete and simply push them forward. Whichever leg catches their weight is the power leg.

## Lead Leg

This is the back leg that is farthest from the starting line. It swings forward and should land about 2-2 ½ feet past the starting line.

## Establish A Routine

Nothing too involved but something you are accustomed with. This gets you completely focused on the event, basically telling your body that this is the time to excel. (e.g. quick sprint out, shake your arms and legs a number of times, dual leg butt-kicks, etc. like a free throw routine in basketball)

## Runners On Your Marks

Backing into the blocks. This will loosen the hamstring and calves prior to the race. Consider this a recoil function as you retract into the blocks ready for the start.

## How to set up your blocks:

- 1) The top of the spine of the blocks should be one foot length behind the start line.
- 2) The front pedal should be two foot lengths from the start line

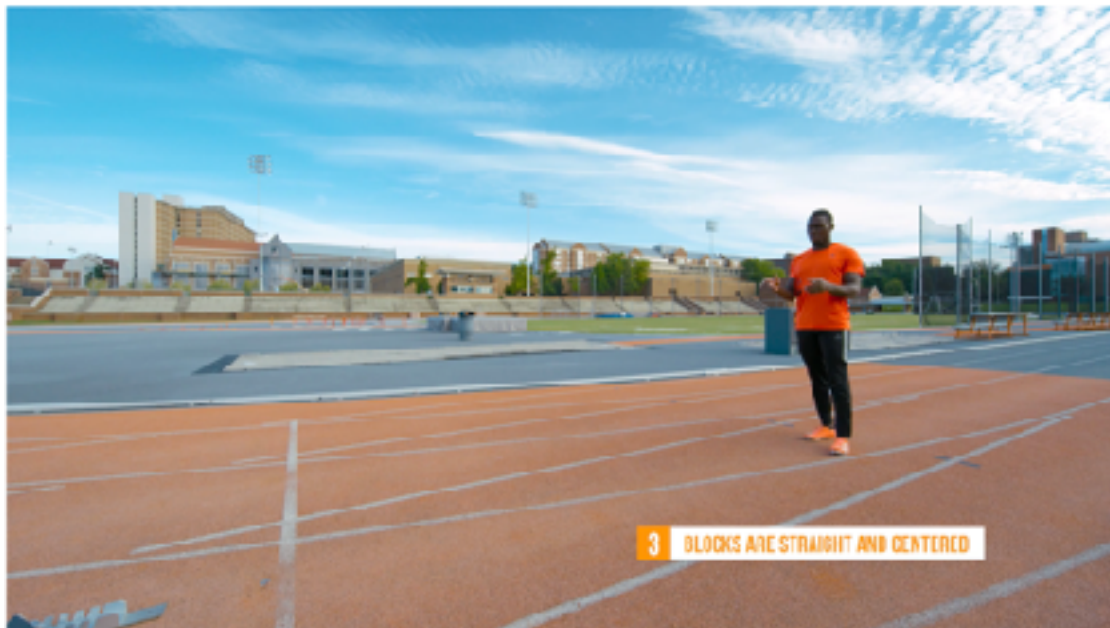


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- 3) The back foot pedal should be about 3 foot lengths from the start line

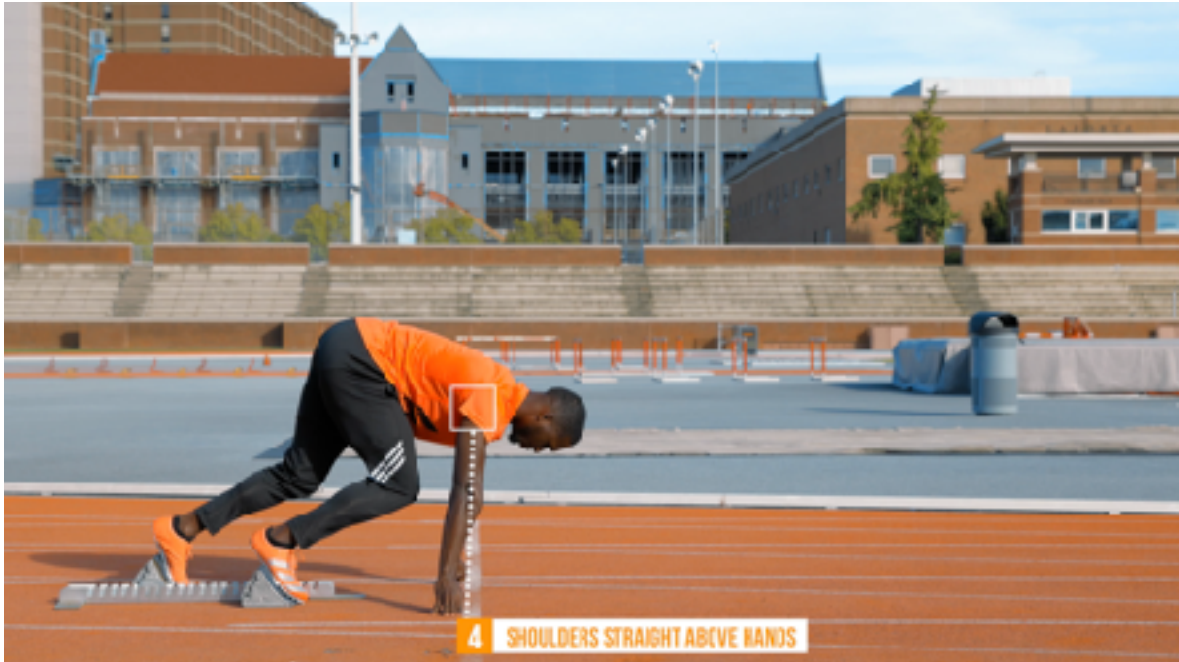


- 4) Blocks must be straight and centered

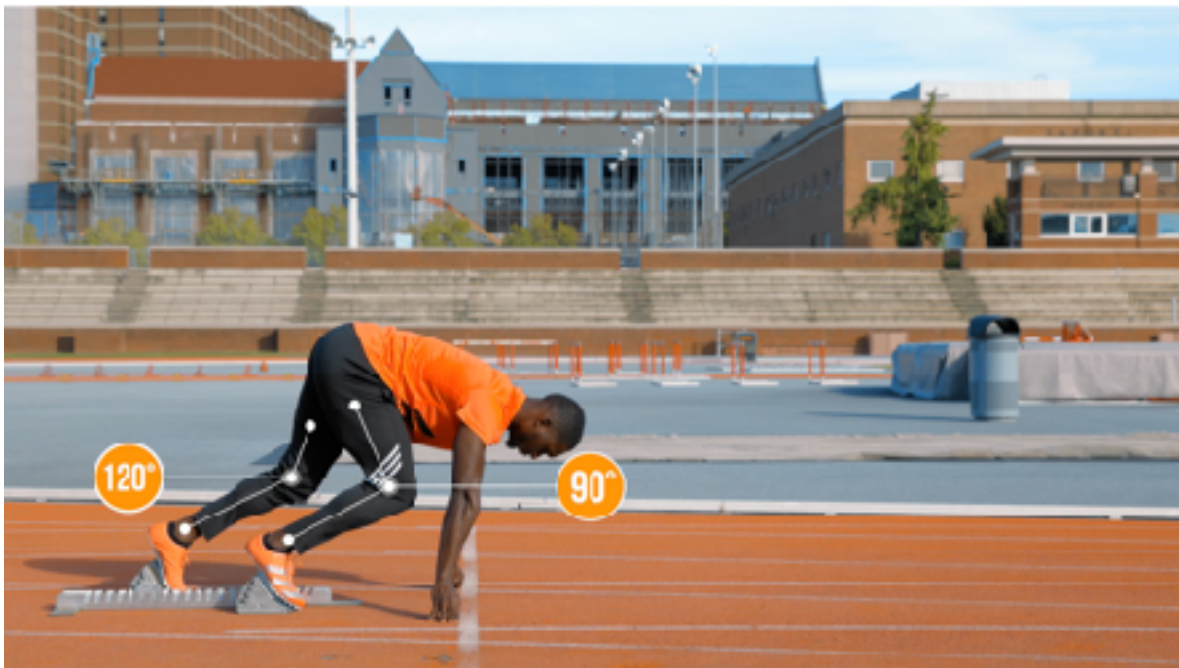


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- 5) Shoulders should be straight above the hands, Your thumbs and forefingers should be the only part of your hands on the track



- 6) Setting your pedals: comfort and correct angle of your legs and keeping power intact. Pedals should allow you to get the 90° angle for your front leg and the 120° angle for your back leg.





7) Your front leg drives 90% of your power, it pushes into triple extension, lining up your hips, knee and ankle. Your back leg only has 10% of the power, its job is to pull forward quickly to land on the track. It should land 2-2 1/2 feet in front of the start line underneath your hips that are still at a 45\* angle.

- Front/Power Leg at triple extension:



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- Back Leg in Blocks, push is low 10%, it should be pulling forward with the goal of getting to the track quickly, 2-2 1/2 feet in front of the start line, under the hips which are still at a 45\*

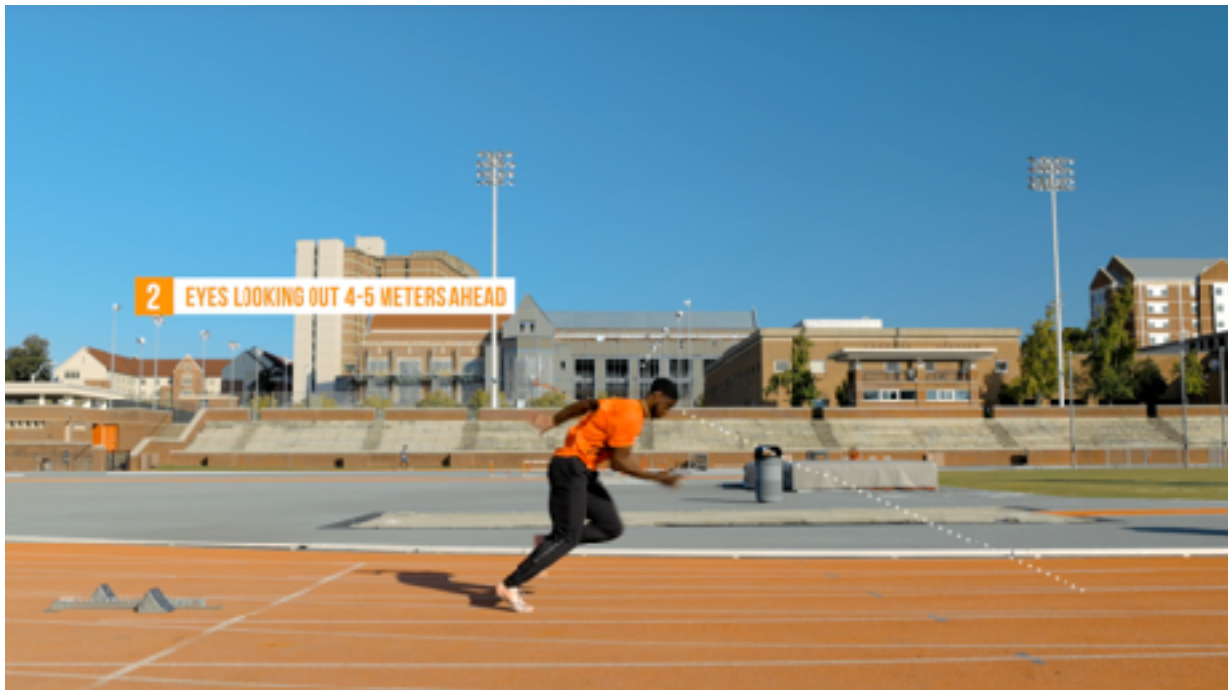


- Pulling ahead to strike track 2 -2 1/2 feet ahead of the start line



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8) Focus should be out 4-5 meters ahead of you



9) Maintain drive phase

