



*"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."*

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## NRXC HOW-TO GUIDES

### *[Strides]*

- Strides are short accelerations of 15-20 seconds or around 80-100 meters. They are generally run on easy days and meet preparation days.
- To perform a stride, begin running in a straight line (ideally, no turns during strides!) and accelerate to near top speed for 5 seconds, then hold your top speed for about 10 seconds, and decelerate for another 5 seconds.
- While strides are not all-out sprints, they are nonetheless run fast, at a high percentage of top speed (90-95%). A good, rough guide is somewhere between your 800m and mile race pace. *The key to running strides is to run as fast as you can while remaining relaxed with good form.*
- If possible, strides should be run on a soft surface such as grass or soft, artificial field turf. If we are at the school, run them on the grass or the football field.
- Don't start off too fast. Ease into the first rep and get faster from there.
- *Strides are NOT a fitness workout.* You will not get in better shape by running strides faster. The purpose of strides is to teach your body what it feels like to have fast turnover in your legs while remaining relaxed. If you do them properly, you will get faster—not because you are in better shape, but because you have been teaching your body how to coordinate its muscles to run fast and relaxed.
- *Absent injury, do not skip strides. They are an incredibly important part of our training year round. Without ancillary work like strides, our aerobic training can lead us to become conditioned to run sluggish and slow.*
- Here are some good videos explaining the benefits of, and/or discussing how to properly run strides:

<https://www.youtube.com/watch?v=SuSA9t0wM1Y>

<https://www.youtube.com/watch?v=4uAqIRNlmbg>