

RUNNING MECHANICS

RUNNING MECHANICS IS THE KEY TO EVERY SPORT

Examine Running Mechanics and why it is the key to every sport. Look at the mechanics of distance running, sprinting, and acceleration, as well as the drills and training used to improve running mechanics.

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Fred has over 25 years of coaching and training experience and holds a BS degree in Exercise Physiology. He is also a Certified Strength and Conditioning Specialist, Health and Fitness Instructor and a USA Track & Field Certified Level III Endurance Coach and Level II Sprints, Hurdles and Relay Coach.