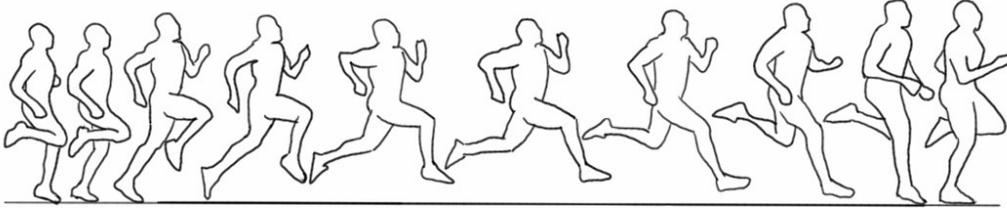


# The 7 Phases of Running

On average, there are SEVEN phases of running. Touch...Four...Pass...Off...Extension...  
Extension...Extension.

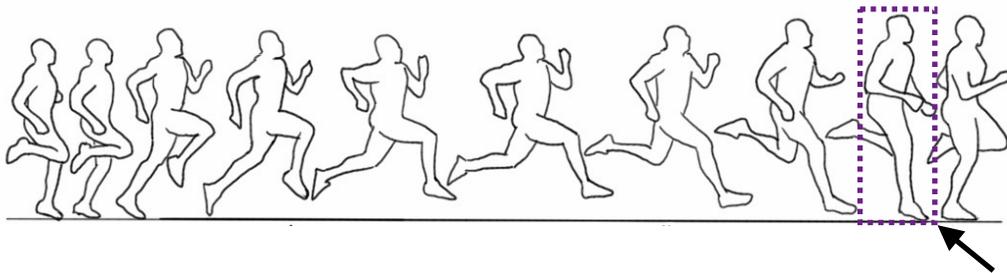


Obviously, there are more than seven little stick figure guys here. I didn't draw this picture, but whoever did had an overly complicated explanation for the phases of running. So with a little photo shop magic we (I) got rid of the excess baggage and I'll break it down for you more simply.

So let's take it from the top. On average there are SEVEN phases of running. Elite sprinters can do SIX.

So what is a phase? When you're watching video and you push pause but you continue to click forward and the video plays but in slow motion that's called a *frame*. A running *phase* is what you're doing in each *frame*. In other words, it's what your body position is as you click through the video.

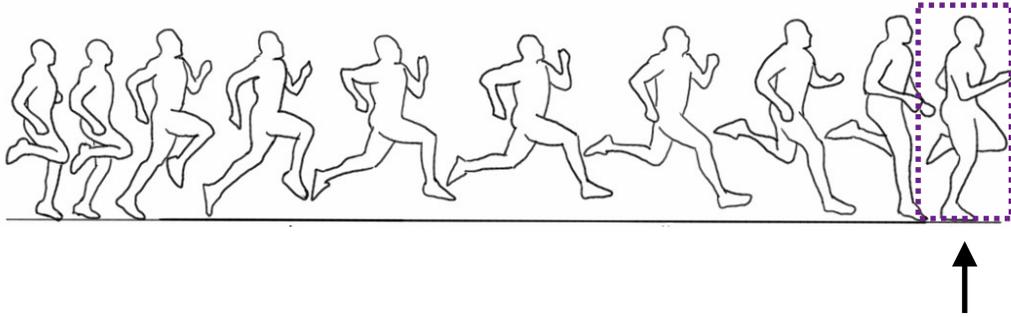
Okay. The **first phase** is called touch. It's when your foot is TOUCHING the ground. This, I hope was obvious to you.



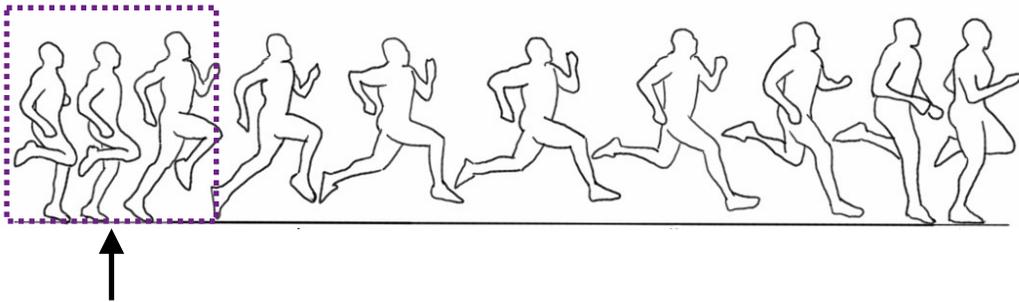
That highlighted box, is the touch phase. The reason it isn't the first stick figure isn't important.

The **second phase** is called FOUR. It's named this because on video the position of your legs will resemble the number four.

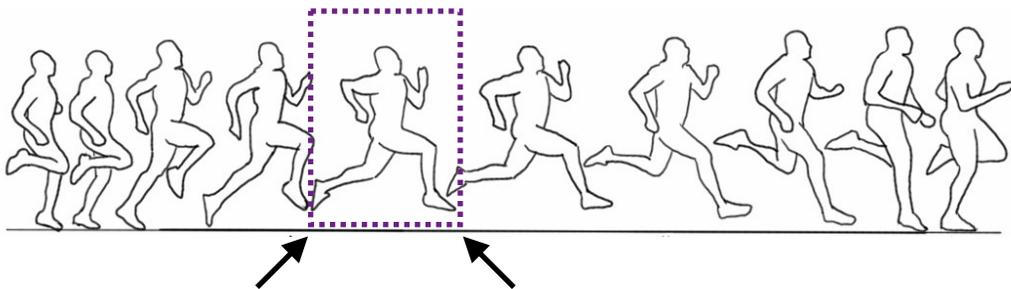
## The 7 Phases of Running



The **third phase** is PASS. It is called this because in this phase the foot of one leg should be PASSING the knee of the other leg. It should not take THREE frames to do this. If it does, it means that you're being really lazy about pulling your knee up.

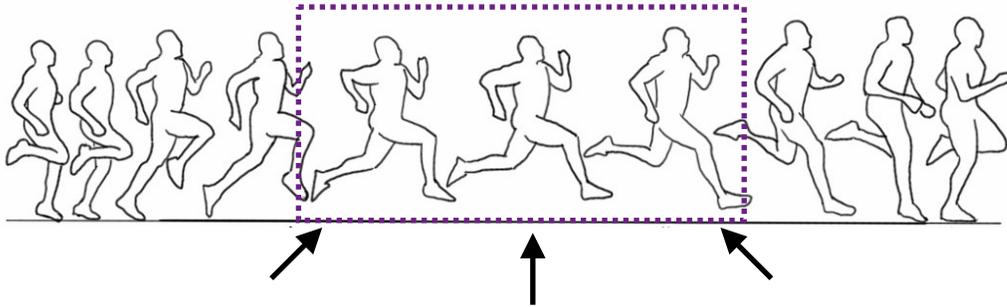


The **fourth phase** is called OFF. This is because at this point in your stride you are actually not in contact with the ground at all!



The **fifth through seventh phases** are referred to as EXTENSION, it's called this because your leg extends in order to reinitiate contact with the ground.

# The 7 Phases of Running



Practice: Check out a video of me sprinting from 2012 and see if you can identify the phases. Once you've done that...

Have someone film you sprinting at close to 100%. Watch the video back in slow motion by using an app like Dartfish Express and see if you can identify the phases.

If you realize that it's taking you too long to progress through the phases you've identified a problem that will dramatically decrease your times if you can correct it!