

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. B (1)

Topic Name: Sprints

Lecture No.: 45

Lecture Title

Sprints

Summary

Sprinting is a type of running in which the participant runs the entire distance at near maximum speed. The course for sprint races is usually marked off in lanes within which each runner must remain for the entire race. All-important international races at 200 meters and 220 yards, as well as 400 meters and 440 yards, are run on an oval track. The sprint technique takes the form of a checklist, for each phase of the sprint, of points for the coach to monitor. The information provided here is for athletes using starting blocks