



Summary

Running is involved in all kind of sports and it has been a natural part of men's existence. It also breeds a competitive spirit which manifests itself in everyone from Olympic competitors to fun runners. An understanding of mechanics and physiology of training in running are essential for the study of running events. International Association of Athletics Federation, the world governing body of athletics has selected eight running events and the relay races to be included in the athletics programme of the Olympic, Continental and Regional athletics competitions. The events are 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, Marathon and 4x100 and 4 x 400m relays.