

The Value of Stride Efficiency

(And How to Get it)

By: Sonja Friend-Uhl – ACSM CPT and USATF Certified Coach

Most of us are coming off of Marathon or Half-Marathon training/racing and are rich in stamina and endurance. Our turnover, speed, or "stride efficiency" however, is sub-par at best due to the focus placed on slow-twitch muscles for our distance races.

The truth is whether you want to be a better marathoner or a 5k ace, you need to develop stride efficiency for both. The best runners in the world have a stride rate of 180 strides per minute or better. What is yours?

Here are some proven protocols to develop your stride rate (speed) and biomechanics:

The factors in developing good turnover are more anaerobic and bio-mechanical.

- The primary method of developing speed or turnover is through Repetition Training.
- The elements of appropriate Repetition Training include:
 1. Intensity that equals your Mile race pace or faster.
 2. Duration of 30 seconds to 2:00 (150m - 600m on the track)
 3. The rest interval between each rep is 2-4 x the amount of time it took to complete the rep (full recovery).
 4. Frequency of one -two sessions per week.
- Types of Turnover Training:
 1. Track Repeats of 150 - 600 meters
 2. Hill Repeats of 30 seconds - 2:00 (on TM or ground)
 3. Fartlek (Speed Play on the road or trail)
 4. Accelerations or Striders (after a regular run)
- Plyometric Drills are also a great way to develop better turnover and Stride Efficiency. Some of the best:
 1. Bounding
 2. Squat Jumps
 3. Single Leg Hops
 4. Butt Kicks
 5. High Knees

Just one or two of these sessions per week can improve your stride efficiency by 1/4 of an inch (think of what that can do for you over 5k or even better 26.2 miles!) Do these workouts early in your training season and they will benefit you all the way to your peak race.

Good Luck!
-Coach Sonja

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