

# Luke Gunn - GPAN workshop 22 October 2022

## Luke's tips

### For getting good running posture

- Imagine top of your head being pulled up
- Inhale deeply through nose so your chest takes on good posture
- Roll your shoulders back

### For upper body

- Let your arms follow the same rhythm as your legs
- Arm angles at the elbow should follow the angle of your knee - as that knee angle opens and closes your elbows should do the same
- Range of arm swing should also follow your legs
- Make sure it is opposite arm and leg (left leg forward and right arm forward)
- Shoulders relaxed and down

### What not to do

- Don't look down at your feet
- Don't let your toes drop down to the ground - focus on hitting that midfoot 'sweet spot'
- Don't have same arm and leg forward at the same time

### Other tips

- Drills can be a little and often - you can include them in warm ups
- Understand what you 'feel'
- Ask your coach what they 'see' - they can film with a phone so you can both see and discuss the same thing
- You can both 'hear' the same thing listen for the rhythm
- Look for good resources
  - Places like Altis and Athletics Hub (available to qualified coaches) are good
  - Steve Magness a good source
  - Use a qualified personal trainer for strength and conditioning programme - only people with relevant qualifications can call themselves a PT
  - Likewise with physio - which is not the same as sports therapist etc
  - Qualified coaches
- Use supershoes sparingly in training - risk your feet and lower legs 'detrain'
- Be conscious of your use of social media such as Strava and others - can be really helpful, or a hindrance, and, as above, be aware of who you pay attention to (do people commenting on what you are doing know what you are doing and why) - acknowledge it is mostly 'the best version of their situation they are presenting'

# Drills

- A walk and progression (reactive footstrike)
  - [https://drive.google.com/file/d/1dM8RHpZ7LPsV4q0EM\\_5H10d1cbcobAqj/view?usp=sharing](https://drive.google.com/file/d/1dM8RHpZ7LPsV4q0EM_5H10d1cbcobAqj/view?usp=sharing)
  - <https://drive.google.com/file/d/1M4E53kEe6QNVyOGKGqid4ETuAmOvVOJO/view?usp=sharing>
- A walk and A walk with switch - <https://www.facebook.com/watch/?v=566203527295509>
  - A couple on these are foot striking ahead of where it ideally should be
  - Has a different skip progression
- B walk & B skip (but move your arms):
  - <https://youtu.be/CWJ3Otu9ztE>
- A skip and B skip
  - <https://www.youtube.com/watch?v=A7r6yCpmSrA>
  - <https://drive.google.com/file/d/1TAcg2d0-X6VX4NM08yHIQOS-KKD-Aacm/view?usp=sharing>
- Straight leg scissor bounds - go to 17:13 at (plantar flexed or plantar flexion means 'toe up' or 'laces up') <https://player.vimeo.com/video/258068242#t=17m13s>
- Ankle dribbles go to 21:40 at <https://player.vimeo.com/video/258068242#t=21m40s> or see <https://youtu.be/gq3aVUdntrE?t=574>
- Rudiments - <https://drive.google.com/file/d/1T9sWHr0Zs84s9xDgU1OwmCAx3ggA8inx/view?usp=sharing>

## Context for drills

Here are a few videos from Altis that set the context well (plantar flexed or plantar flexion is 'toe up' or 'laces up'). Danny Mackey is coach to elite athletes including Olympic 1500m medallist Josh Kerr.

- Danny Mackey on why technique matters in endurance <https://altis.world/do-mechanics-matter/>
- Danny on some fundamentals - <https://altis.world/what-are-good-mechanics/>