

Improving Speed –Jeff Bolender, Cedarville University  
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1. Acceleration-

- a. Lean forward
- b. Push foot into ground
- c. Drive knees up

2. Posture- (strong but relaxed)

- a. Stand tall (lean at ankle- “fall into” next stride)
- b. Chest out
- c. Chin up- head still
- d. On balls of feet

3. Arms-

- a. Vigorous arm swing
- b. Big arm swing to small
  - Don't cross midline of body
  - Hip pocket/eye socket
  - Hand switch
  - Seated arm swing
- c. Arms mimic opposite leg action

4. Legs-

- a. Heel up under butt
- b. Knee up at 90%
- c. Toe up
- d. Knee over toe