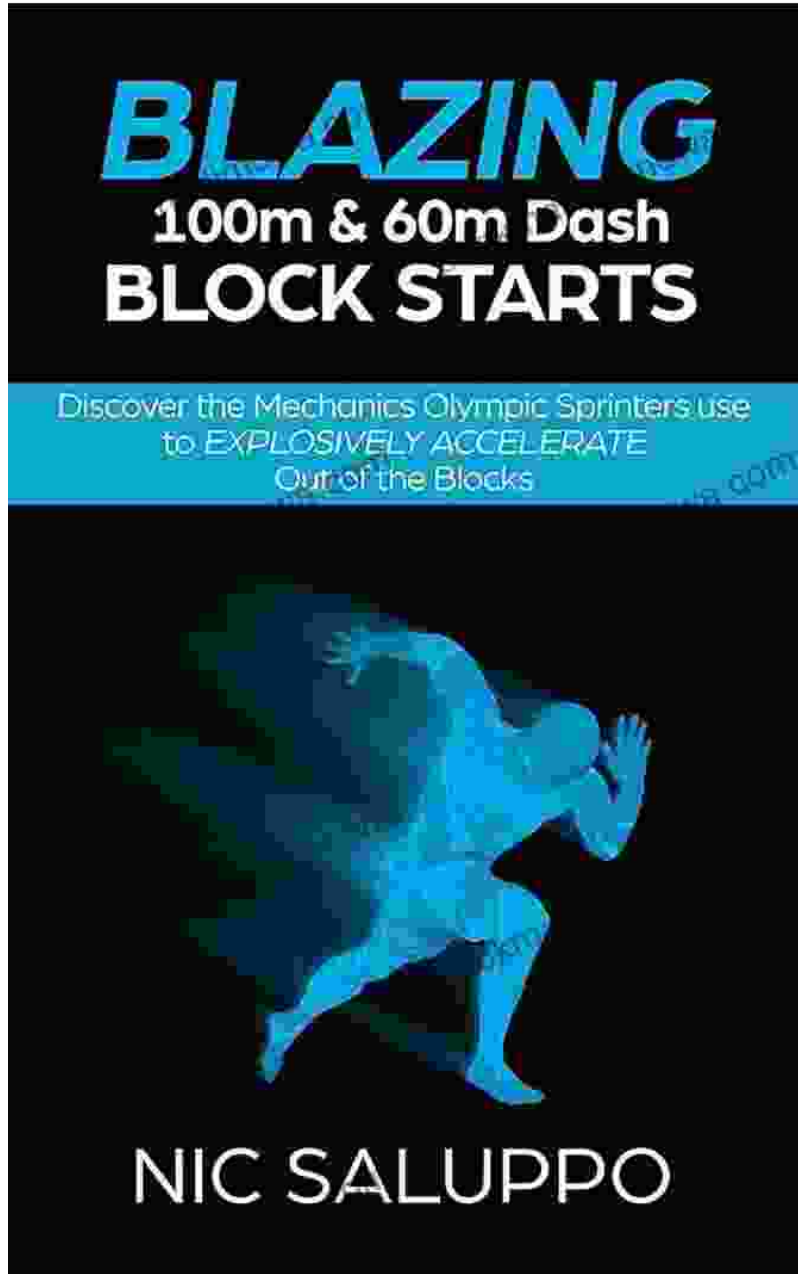
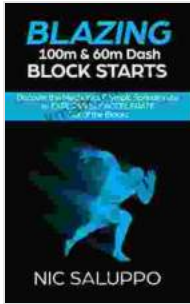


Blazing 100m 60m Dash Block Starts: The Ultimate Guide to Explosive Starts



Blazing 100m & 60m Dash Block Starts: Discover the Mechanics Olympic Sprinters Use to EXPLOSIVELY ACCELERATE Out of the Blocks (block starts, block



start ... block starts) (Speed and Explosiveness)

by Nic Saluppo

★★★★☆ 4.4 out of 5

Language : English

File size : 1017 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 110 pages

Lending : Enabled

Item Weight : 7.7 ounces

Dimensions : 4.96 x 0.79 x 7.68 inches

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Unlock Your Sprinting Potential

Prepare to ignite your sprints like never before! Blazing 100m 60m Dash Block Starts is the definitive guide to mastering the crucial technique of block starts in short-distance running.

Whether you're a seasoned sprinter seeking to fine-tune your starts or an aspiring athlete looking to unleash your full potential, this comprehensive resource will empower you with the knowledge and skills to launch yourself out of the blocks and dominate the track.

Delve into the Science of Explosive Starts

Blazing 100m 60m Dash Block Starts takes a deep dive into the biomechanics and physics behind explosive block starts.

You'll discover:

- The optimal body position for maximum power and efficiency
- The science behind the "push-off" and how to generate maximum force
- The role of the "drive phase" in maintaining momentum and speed

Master Every Phase of the Block Start

This book breaks down each phase of the block start into detailed, step-by-step instructions.

1. Pre-Set Phase

- Establishing the correct foot positioning and body angles
- Creating optimal tension and balance

2. Set Phase

- Maintaining a stable and explosive position
- Reacting to the starting signal with lightning speed

3. Drive Phase

- Converting stored energy into explosive forward motion
- Maintaining a powerful stride pattern

Train Like a Champion

Blazing 100m 60m Dash Block Starts not only provides theoretical knowledge but also offers practical drills and exercises to help you hone your skills.

These drills cover:

- Strength development for explosive starts
- Improving reaction time and coordination
- Developing optimal running form

Achieve Your Sprint Dreams

With Blazing 100m 60m Dash Block Starts as your guide, you'll possess the knowledge and tools to transform your sprinting performance.

You'll be able to:

- Explode out of the blocks with blistering speed
- Gain an edge over your competition
- Fulfill your sprinting dreams and reach your full potential

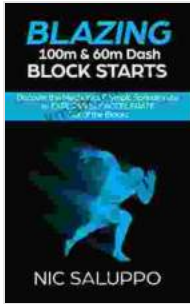
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Don't miss out on this opportunity to ignite your sprinting journey. Free Download your copy of Blazing 100m 60m Dash Block Starts today and start blazing trails on the track!

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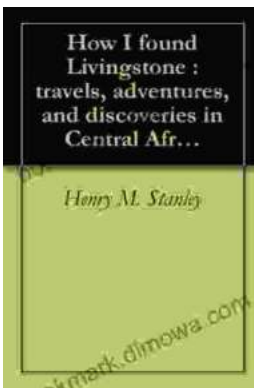
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