

# Running Re-education



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Jonas is the head coach and founder of Speedworks and also consults with the fastest players in Premiership Rugby and Football in all aspects from position specific speed skills to accelerated rehabilitation protocols.

## Quick Takeaways

- Hip flexion should always be moving in the opposite direction and with the same timing as hip extension. Flexion/extension should not be happening when the other one has stopped
- Pogo's should be taught with whole foot contact to allow hip strength to contribute to force production rather than just ankle
- Attacking the ground during foot contact increases reactivity of the whole system and RFD
- Good stiffness/reactivity allows early and aggressive projection
- Speed training does not have to be isolated into separate sessions. Basic concepts can be taught at lower intensities to allow incorporation into warm up/training
- Straight leg scissors are a great way to practise running drilling without eccentric strain on hamstrings



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## Key Learnings

**1** The three main components required for efficient running and speed training are:  
Projection, switching and reactivity

**2** Rate of acceleration is enhanced by creating larger forces in the first part of ground contact. This can be taught and improved in maximum velocity running training

**3** Working on drills ie pogos & standing switches prior to running allows the athlete to understand and refine key biomechanical concepts prior to having to apply them to running, resulting in improved outcomes of the running session.