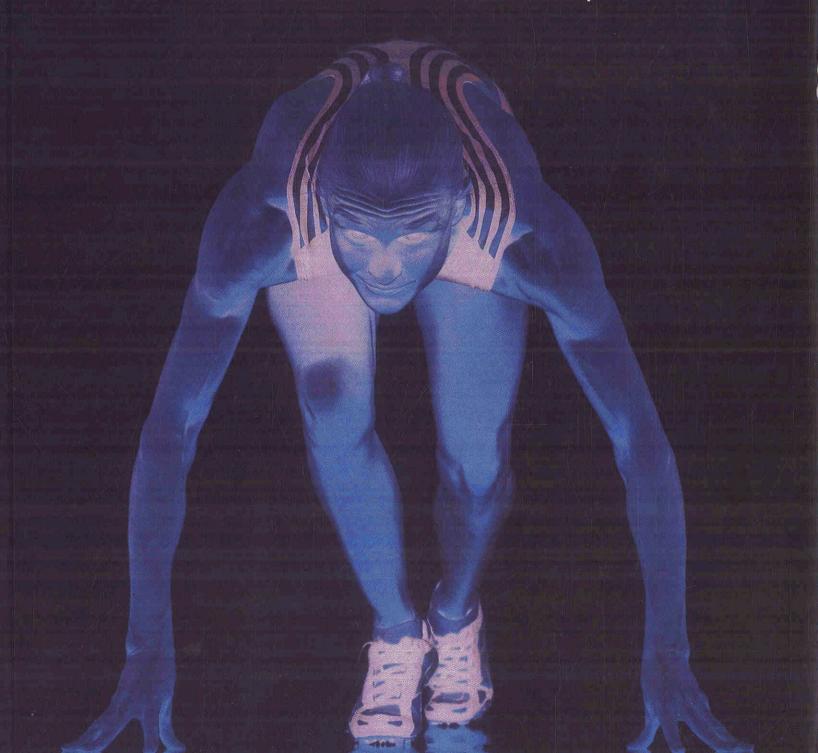


## Running

Biomechanics and Exercise Physiology Applied in Practice Frans Bosch and Ronald Klomp



## Contents

Foreword Introduction							
1	Anatomy of the locomotor apparatus and basic principles of motion						
	1.1	-	ination and running: mechanics or biomechanics?	1			
	1.2	Struct	ure and ways in which joints can move	2			
		1.2.1	Hip, back, and pelvis	3			
		1.2.2	Knee	7			
		1.2.3	Ankle and foot	8			
	1.3	Gener	ration of power at muscle level	11			
		1.3.1	Force and speed at sarcomere level	11			
		1.3.2	Force and speed of contraction at muscle-fiber level	19			
		1.3.3	Slow and fast muscle fibers	21			
	1.4	Struct	ture and differentiation of muscles, joint moments, and passive-				
		tissue	function	24			
		1.4.1	Different muscle structures	24			
		1.4.2	Passive tissues and their function	28			
		1.4.3	Rise delay, prestretch, and elasticity	33			
		1.4.4	Moments in the joint	36			
		1.4.5	Important muscles for running	37			
		1.4.6	Summary	49			
	1.5	Elasticity and reactive muscle action		49			
		1.5.1	Elasticity in the foot	50			
		1.5.2	Elasticity in the Achilles tendon	51			
		1.5.3	Elasticity in the hamstrings	52			
		1.5.4	Elasticity in the iliotibial tract	52			
		1.5.5	, , ,	52			
	1.6	How	biarticular muscles work	53			
			Biomechanical aspects	53			
		1.6.2	Magnitude versus direction of force at push-off	56			
			Localization of body mass near the hip	59			
		1.6.4	Knee extension	61			
		1.6.5	Summary	61			
	1.7		running is regulated	62			
		1.7.1	Afferent and efferent innervation: locomotor and sensory				
			systems	62			
			Myotatic and Golgi-tendon reflexes	64			
			Sensors in the joint	68			
			Comparison of motor patterns	69			
			Stumble reflex	69			
	1.8	Anato	omy and training	71			
2			n of energy	75			
	2.1 Introduction			75			
2.2 Energy			··	78			
		221	Enzymes	79			

		2.2.2	Adenosine triphosphate (ATP)	83		
			Resynthesis of ATP	84		
		2.2.4	Metabolism of fat	99		
	2.3	Capacity and power				
		2.3.1	Training the creatine-phosphokinase reaction	104		
		2.3.2	Training the lactic anaerobic reaction	105		
		2.3.3	Capacity of the aerobic pathway	105		
	2.4	Cardi	orespiratory system	106		
		2.4.1	Respiration	106		
		2.4.2	Diffusion of gases	108		
		2.4.3	Transport of oxygen and carbon dioxide in blood	109		
		2.4.4	Capillary exchange of gases	114		
	2.5	Maxir	num oxygen uptake	115		
		2.5.1	VO <sub>2 max</sub> as a predictor of running talent	115		
		2.5.2	VO <sub>2 max</sub> as a guide for training	116		
			VO <sub>2 max</sub> to determine optimum training intensity	116		
3	Run	ning te	echniques	119		
	3.1	Intro	duction	119		
	3.2	High-	speed running	122		
		3.2.1	Posture of the trunk	123		
		3.2.2	Electromyography	126		
		3.2.3	Description of the running technique	127		
		3.2.4	Summary	150		
	3.3	Start and acceleration				
		3.3.1	The start phase	169		
		3.3.2	The acceleration phase	172		
		3.3.3	Arm action during the start	177		
		3.3.4	Errors during start and acceleration	177		
		3.3.5	Summary	178		
	3.4	Constant low-speed running		181		
		3.4.1	Technique and performance	181		
		3.4.2	Some aspects of running techniques	183		
		3.4.3	Summary	187		
4	Trai	raining and adaptation 1				
	4.1	Intro	duction	189		
	4.2	Princ	iples of training	189		
		4.2.1	Background	189		
		4.2.2	Biological laws	191		
	4.3	Deriv	ed principles of training	199		
		4.3.1	Types of workloads	199		
		4.3.2	Variations in types of training	200		
		4.3.3	Periodization and cyclic organization	200		
	4.4	Adap	tation	207		
		4.4.1	Cardiovascular adaptation	208		
		4.4.2	Respiratory adaptation using aerobic workloads	212		
		4.4.3	Metabolic adaptation using aerobic workloads	213		
	4.5	Mean	s and methods of training	222		
		4.5.1	Workload characteristics	223		

		4.5.2	Training methods	224
		4.5.3	Overreaching and overtraining	232
		4.5.4	Monotony during training	233
			, 0	
5	Run	ning te	chniques in practice	237
		Introd		237
		5.1.1	Sensory system and coordination	237
			Condition and coordination	238
			Principle of overload	239
			Transfer of training	240
			Economy of training	241
	5.2		components of running	242
	3.2		Function of the ankle and foot	243
			Technique and reactivity	263
			Coordinating the hamstrings	283
			Frequency and reflexes	296
			How the pelvis and trunk move	302
	5 2		ant-speed running	307
	3.3		Avoiding long-axis rotation	309
		5.3.2	Emphasis on reactivity	
	<b>.</b> 4		to start and accelerate	314
	3.4			321
			Basic components of the start and acceleration	321
			Total pattern of running: the start and acceleration	330
		5.4.3	Errors during the start and acceleration	330
6		_	aining for runners	333
	6.1		luction	333
			Definition of concepts	334
		6.1.2	Description and definition of different forms of power	
			training	338
	6.2	,		346
		6.2.1	Biomechanical aspects	346
		6.2.2		350
	6.3		gth training individual muscle groups	353
		6.3.1	Erector spinae	353
		6.3.2	Hamstrings	357
		6.3.3	Triceps surae group (soleus and gastrocnemius) and small	
			lower-leg muscles	364
		6.3.4	Abdominal muscles	364
		6.3.5	Quadriceps femoris	373
		6.3.6	Gluteus maximus	373
		6.3.7	Iliopsoas	377
		6.3.8	Small gluteal muscles	378
	6.4	Stren	gth training for muscle chains working together	380
	6.5	Stren	gth training for patterns of movement resembling running	387
Al	out t	he auth	nors	393
Re	ferer	ices		394
Index				401
			V	·