

Middle Distance Running



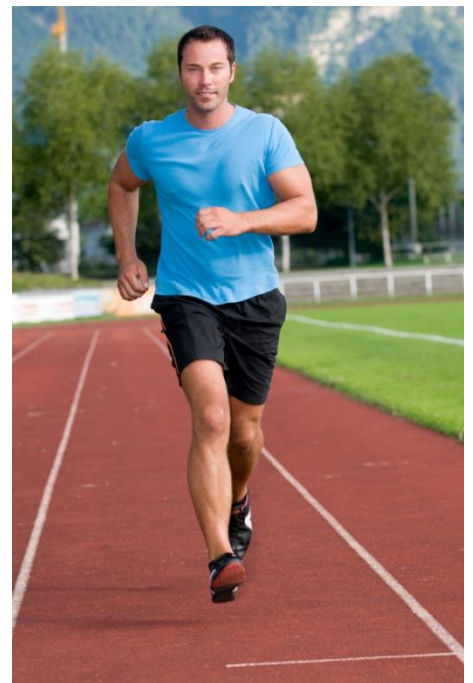
In the last few years opinions as to which races are considered middle-distance races and to which are to be considered distance races have changed. The 440 is now considered a sprint race rather than a middle-distance race, and due to the present great emphasis on quarter-mile speed and speed work, the mile is considered by most coaches as a middle-distance race.

Middle-distance races include all races over 440 yards through the mile. The two most popular middle-distance races here and other places are the 880 yard run and the mile run.

Because of the great increase in the number of performers, the American records in most middle-distance races have improved rather slowly.

Strategies

The strategy of middle-distance running is more complex than any other racing on track. The athlete must analyze the opponent as well as him or herself. The athlete must also learn their opponent's customary techniques. Then the athlete can adjust a situation to his or her capacities and limitations. For example, if an opponent has great strength and very little speed, the best chance for winning would probably be to let him set a pace, and then try to out-sprint him. However, if he has outstanding speed, but less strength, it might be possible to win defeat him or by setting a fast pace during the body of the race; to take the energy out of him.



Middle-distance races are fun and challenging.

HAVE FUN!!!