

## **SPRINTS**

In sprints, the essence is speed. Sprinting is the name given to short distance running in which the runner tries to maintain full speed for the whole race. The two main races for sprints are the 100 meter and the 200 meter. Recently, runners have become so good at the 400 meter that the 400 meter is no longer considered a middle distance, as it once was, but a sprint. At the college level, the 800 meter is now being considered a sprint as well!



Sprinters have to be fast but natural talent alone is not sufficient to be a winner. Sprinters must learn special techniques and practice constantly in order to win. Sprints can be broken down into three parts: the start, the stride and the finish.