

## **Topic: Drills to Improve Running Economy**

Running economy is a frequently forgotten aspect of a proper training program, mainly due to lack of technical knowledge. Along with VO2 max and lactate threshold, economy is one of the three building blocks of running. Using your energy in the most efficient method possible is a fundamental part of speed progression. Simply put; the more fluid and graceful you are, the less oxygen you will be utilizing as you run.

Running components that will improve through the drills include:

- Stride rate
- Foot strike
- Posture
- Arm motion

Economy is not something that can be mastered in a single work out. It takes time and thousands of correct strides before the form will become automatic and subconscious.

**Location:** St. Joseph's Catholic Academy (901 Boalsburg Pike, Boalsburg, PA)

**Time:** 6:30 - 8 p.m.

**Date:** Monday, Mar. 19

**Speakers:** Artie Gilkes & Rebecca Donaghue

**Suggested Donation:** \$5 -10\*

### **Speaker Bios**

#### **Artie Gilkes**

Artie is one of America's top up and coming coaches. He is able to personalize each athlete's program to maximize their strengths and improve their weaknesses. His coaching philosophy and beliefs have been molded through his rigorous self-study of many coaches and athletes and his own personal training. He is a fierce competitor who is able to have his athletes dream big, then attack and achieve their goals.

#### **Rebecca Donaghue**

Rebecca is a professional runner who is one of America's top distance runners and most successful high school coaches. As a competitor, she excels on an international stage. As a leader and mentor to the young athletes, she's a terrific role model for healthy lifestyles and achieving your goals.

*\*The donations support the Krush Program and its athletes. The Krush Program is a training group of athletes who are chasing their running dreams whether it be the Olympics, a new personal best, or running their first race. We greatly appreciate your support.*