The image features a series of thin, black, overlapping lines that form various geometric shapes, including triangles and polygons, scattered across the upper and left portions of the frame. The lines are thin and black, creating a complex, abstract pattern.

增加步幅

Two thin, dark grey lines cross each other on the left side of the slide. One line is nearly vertical, and the other is nearly horizontal, intersecting in the middle-left area.

**SPEED = CADENCE
X
STRIDE LENGTH**

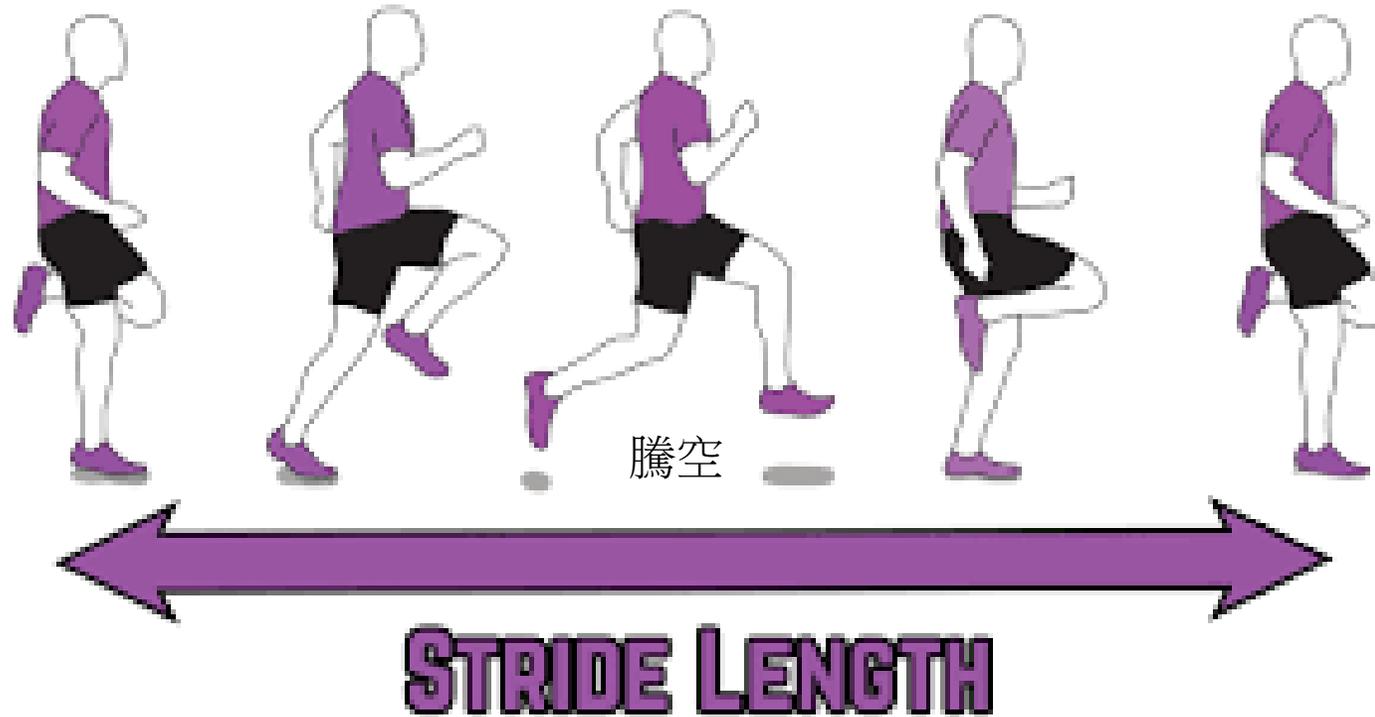
跑步的速度
= 步頻 X 步幅

步幅的定義



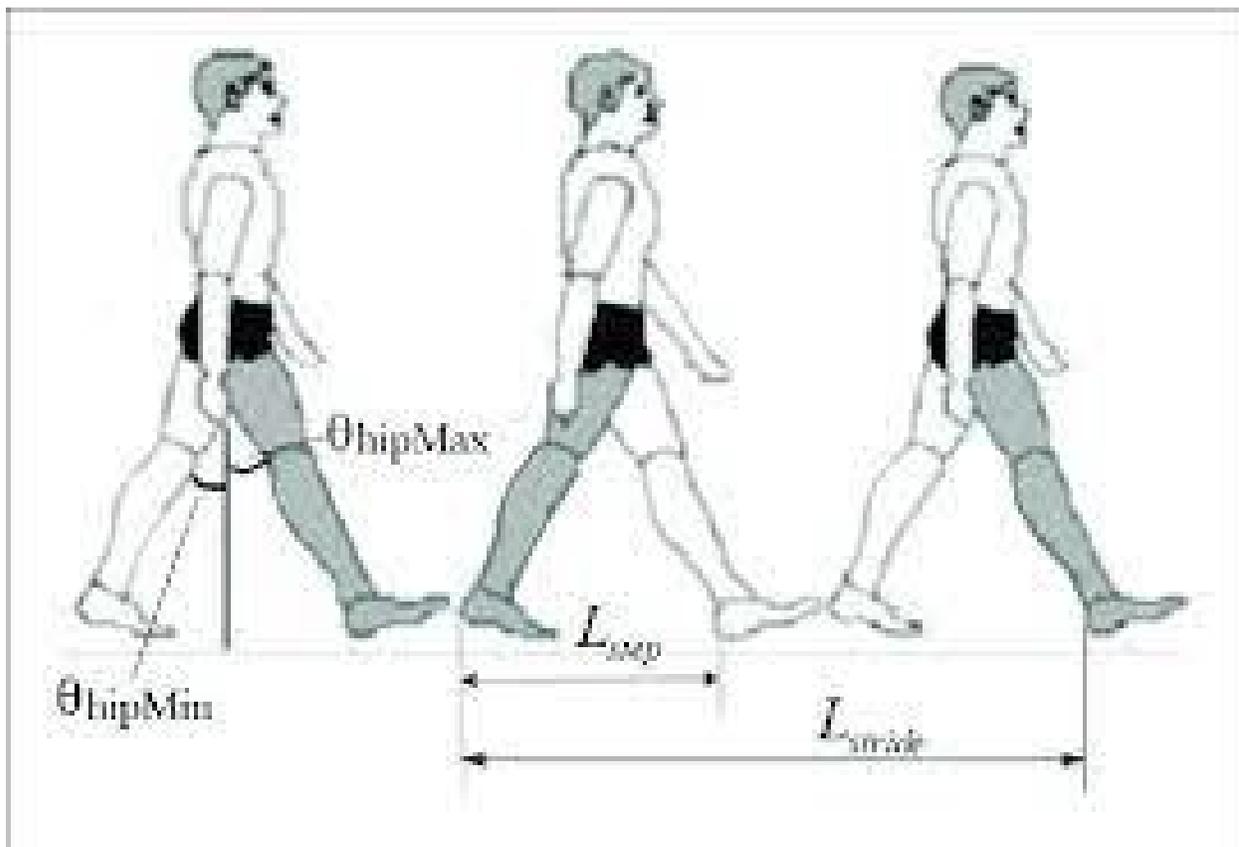
跑步是一個兩足連續[蹬地→騰空→着地]的過程

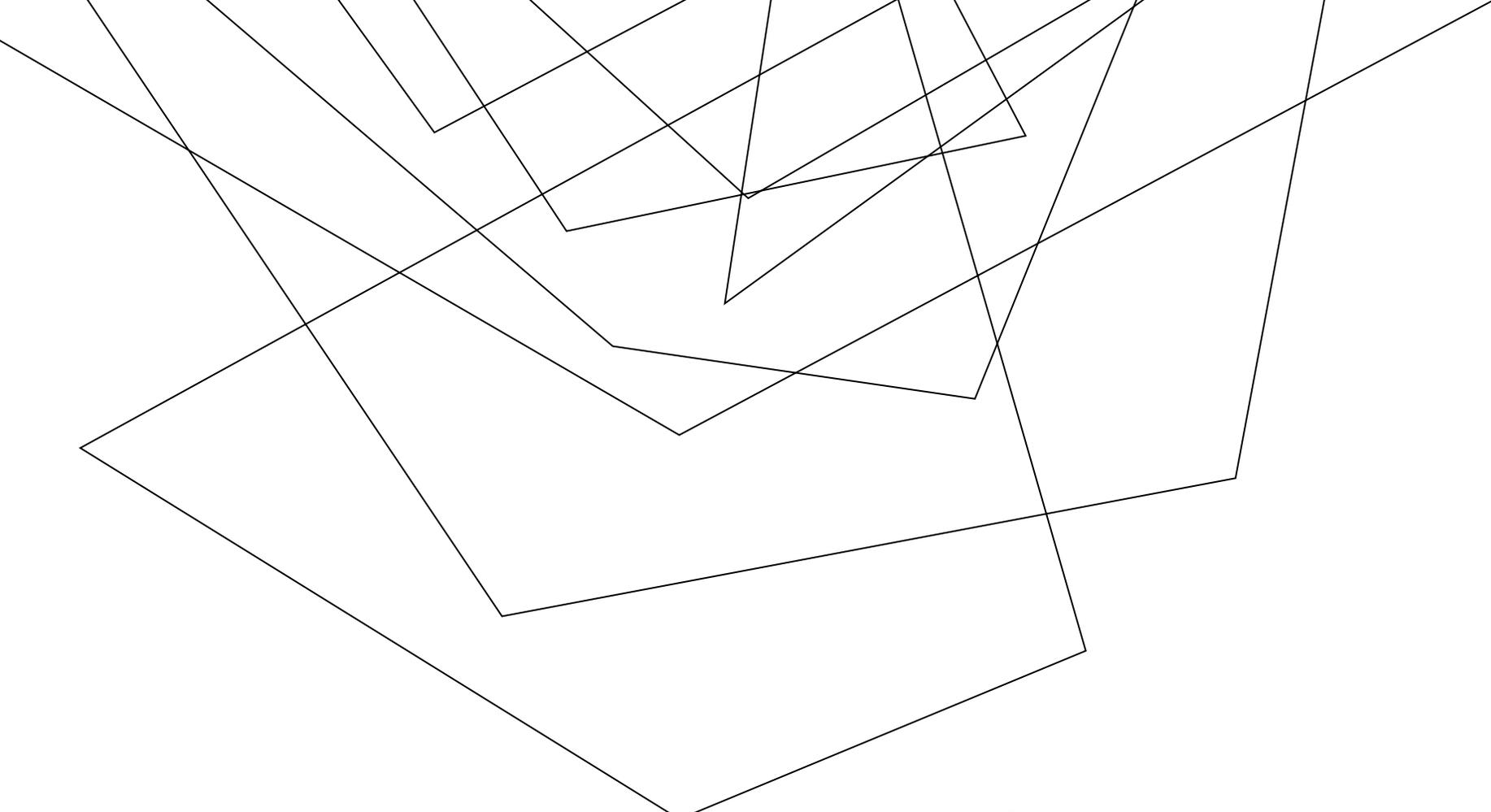
步幅= 兩足着地之間的距離



走路的步幅

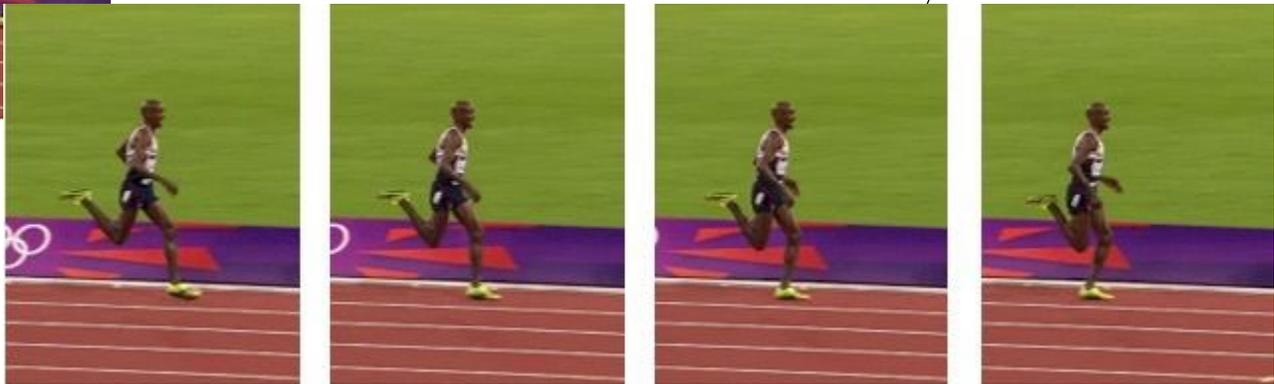
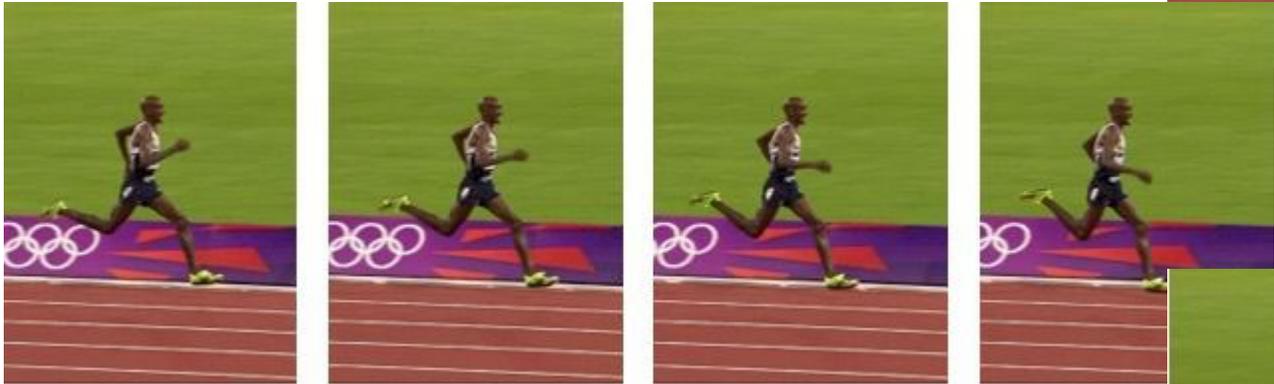
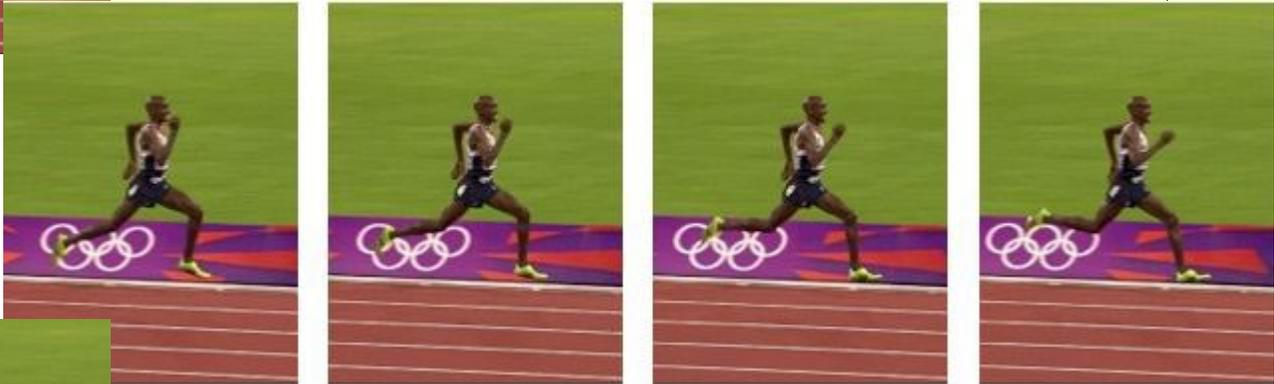
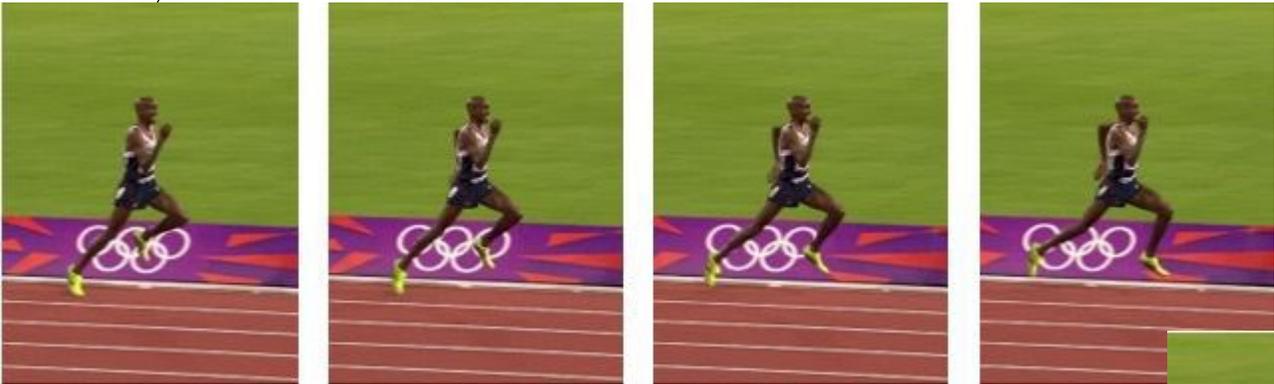
缺少了騰空這一部份



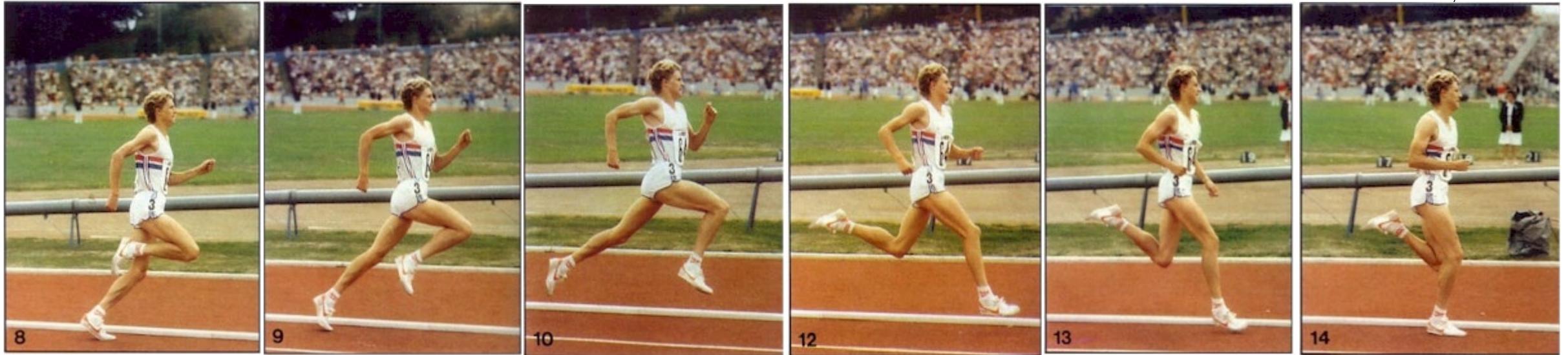


跑步~連續跳躍

MO FARAH RUNNING STYLE



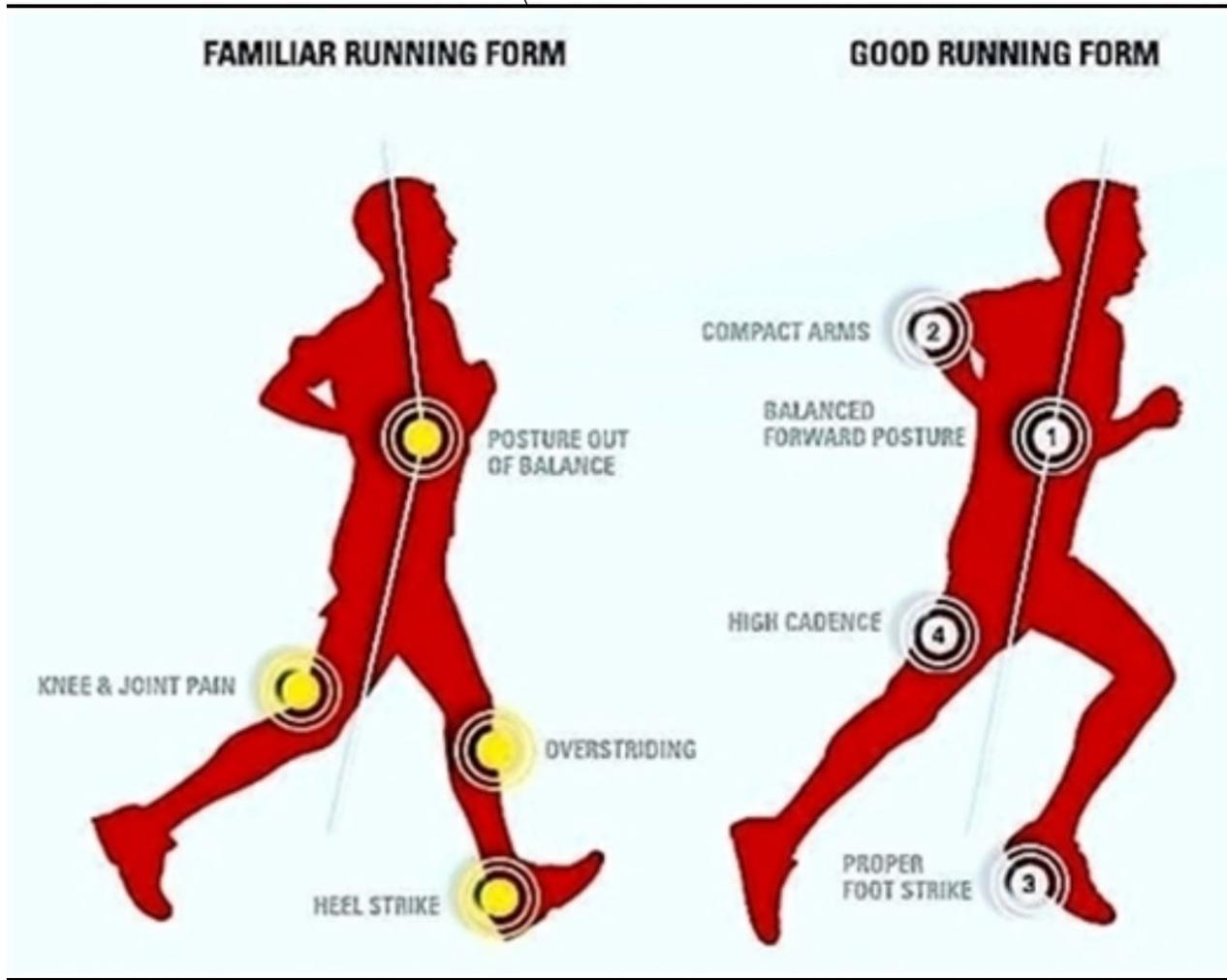
STEVE CRAM RUNNING STYLE



步幅過少的原因

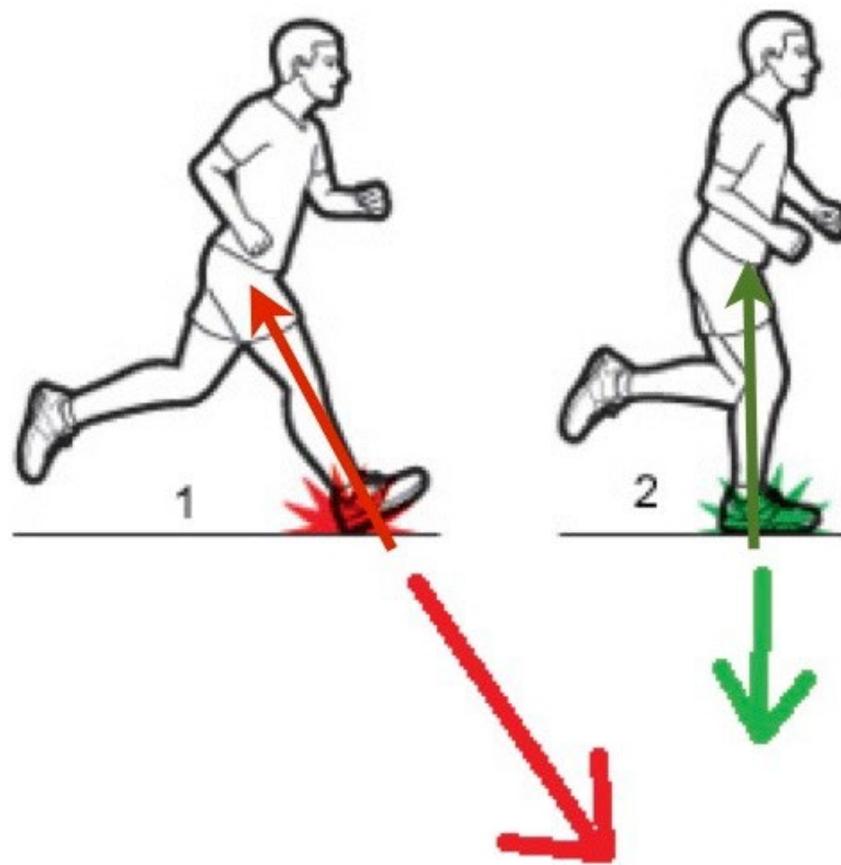
- 技術因素
- 髖關節力量
- 髖關節柔韌性
- 緊張，過分用力

技術因素



1. 慣性的利用
2. 制動
3. 用力時間和有效性

制動



髌關節力量和柔韌性 動作緊張，過分用力

差異重點:送髌動作

Figure 2.



後蹬角度較少，向上跳躍為主，
重心上下移動較多



後蹬角度較大，重心向前動力
較多

增長步幅的方法

1. 改善技術
2. 假如你是屬於步頻較高，步幅偏小的跑者，你可能需要加入一些速度間歇、力量訓練等，或是改善下肢的柔軟度，從而讓步幅變大。

改善技術



力量訓練

1. 弓箭步

(Static/walking/jumping
Lunges)

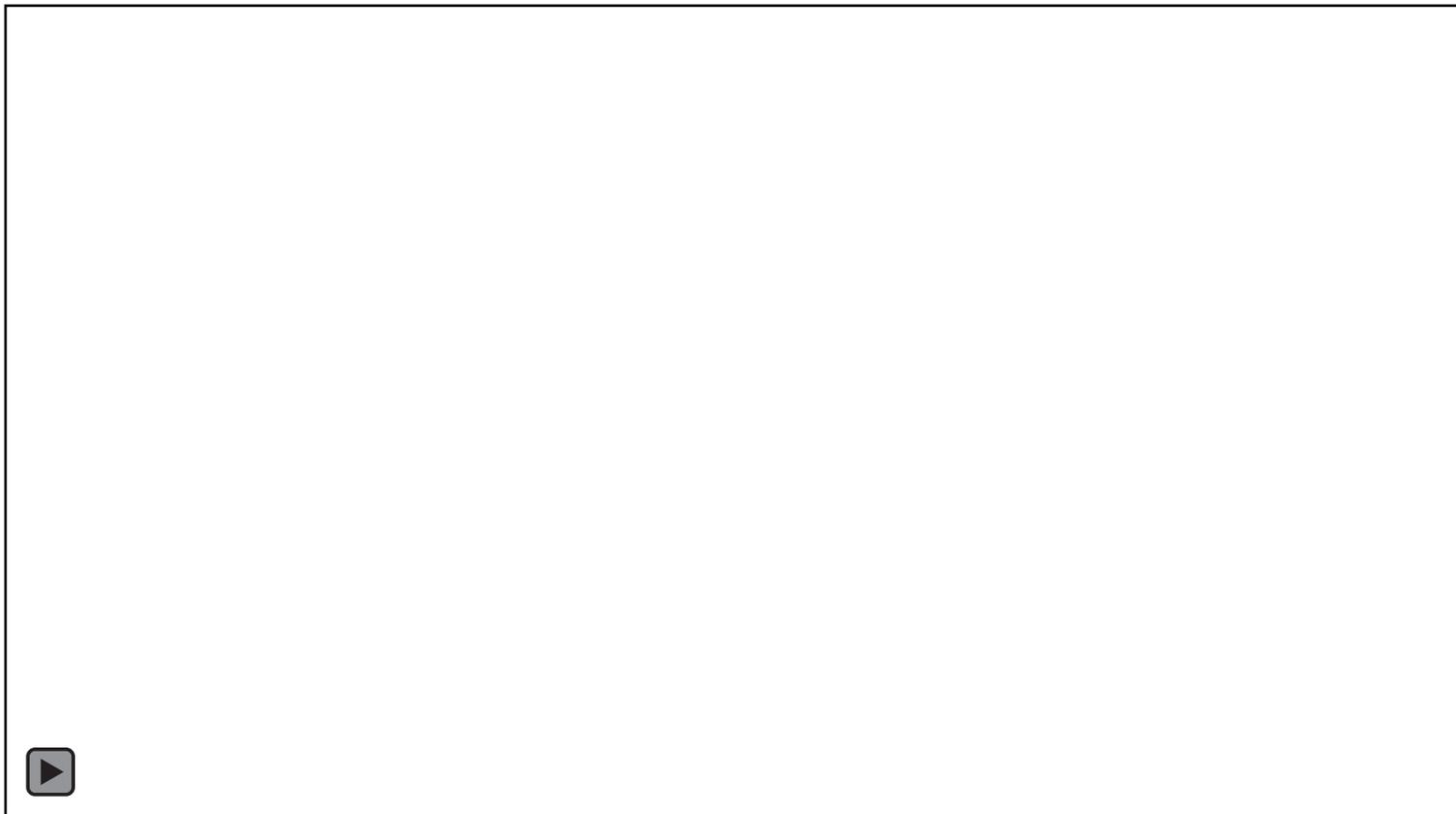
2. 彈跳 (Bounding)

3. 跳躍 (Skipping)

弓箭步 (STATIC/WALKING/JUMPING LUNGES)



彈跳 (BOUNDING)

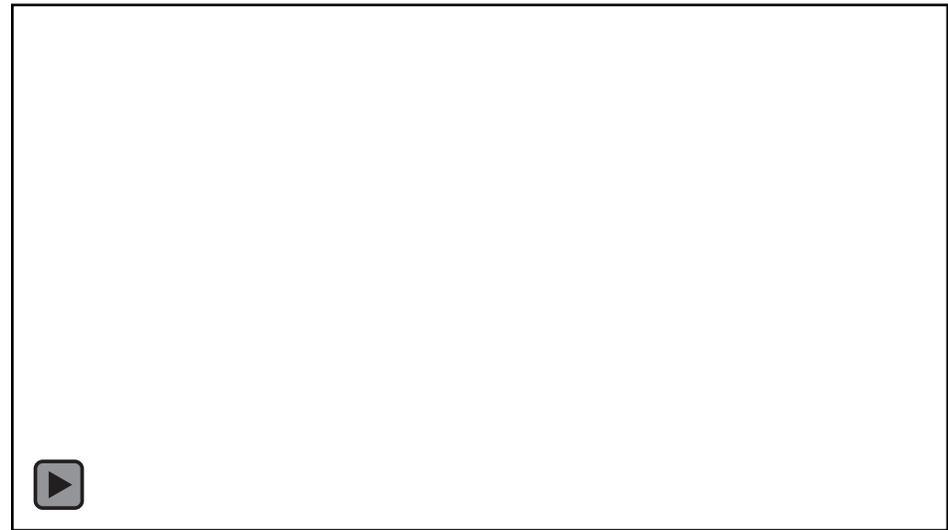
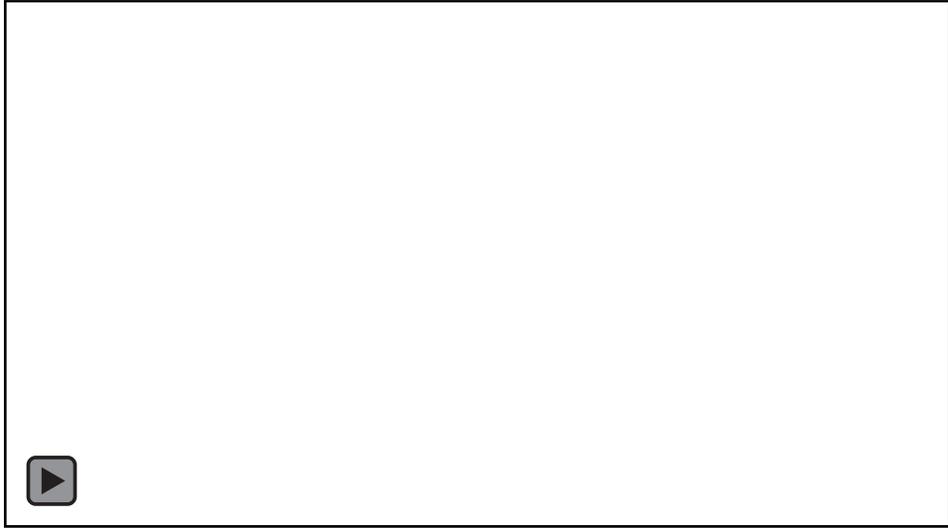


跳躍 (SKIPPING)



其他力量訓練





伸展

