TRAINING METHODS FOR LOW-LEVEL SHORT-DISTANCE RUNNERS

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I. Introduction

In the realm of competitive athletics, particularly among low-level short-distance runners, the significance of tailored training methods cannot be overstated. These athletes often face unique challenges that necessitate effective strategies for performance enhancement, differentiating them from their elite counterparts. Understanding the quantitative aspects of training—such as the volume and intensity of workouts—remains critical, as evidenced by research highlighting how elite runners distribute their training across various intensities and volumes throughout the year (Haugen T et al., 2022). Furthermore, the integration of technical, physical, and nutritional preparedness plays a vital role in developing a runners efficiency and stamina, which is equally relevant to low-level athletes (Shing WT, 2009). By examining these facets, this essay aims to illuminate the optimal training approaches that can facilitate improvement and foster a more substantial engagement in the sport among short-distance runners.

II. Overview of low-level short-distance running and importance of appropriate training methods

To effectively engage in low-level short-distance running, it is essential to recognize the crucial role of appropriate training methods in optimizing performance. Unlike elite athletes who might engage in extensive training regimens, recreational and novice runners benefit from structured, focused practice that enhances their techniques and physical abilities. This entails establishing a foundation of endurance, speed, and recovery strategies tailored to their fitness levels. Furthermore, incorporating principles from research, such as those discussed in studies on elite distance runners, can provide valuable insights into effective training distributions, including low-intensity running sessions and race-pace adaptations leading up to competitions (Haugen T et al., 2022). Additionally, attention to technical, physical, and nutritional preparations can significantly impact performance, making them vital components of a comprehensive training framework (Shing WT, 2009).

To effectively enhance speed development in low-level short-distance runners, a multifaceted approach to training techniques is essential. Key components include improving running mechanics, strength training, and aerobic conditioning. Proper running technique allows athletes to maximize their efficiency and reduce resistance, which is crucial for sprinting. Research indicates that muscle strength and power are vital in accelerating and sustaining higher speeds over short distances, emphasizing the need for tailored strength programs that focus on explosive movements and plyometrics (Quoc LH, 2024). Furthermore, integrating specific periodization methods into training regimens can optimize performance by managing volume and intensity throughout different mesocycles

(Haugen T et al., 2022). This structured approach not only aids in speed development but also mitigates injury risks, ultimately enhancing overall performance for low-level runners striving to improve their short-distance capabilities.

III. Drills and workouts to improve acceleration and maximum velocity

To enhance acceleration and maximum velocity, low-level short-distance runners must engage in targeted drills and workouts that foster biomechanical efficiency and muscular strength. Key exercises include hill sprints, which develop explosive power through the added resistance of an incline, and plyometric drills, such as bounding and jumping, that improve muscle elasticity and reaction time. Furthermore, incorporating sprint interval training—short bursts of sprinting interspersed with recovery—can significantly bolster anaerobic capacity and race-pace endurance. According to recent findings, the effectiveness of these training methods is influenced by a combination of training principles and athlete-specific factors, necessitating individualized programs that account for the athletes current fitness level, motivation, and specific goals (Quoc LH, 2024) (Haugen T et al., 2022). Such strategic programming not only enhances performance but also emphasizes injury prevention, making it vital for sustained athletic development.

Effective conditioning and strength building are crucial components in the training regimen for low-level short-distance runners. A balanced approach that emphasizes both explosive strength and aerobic capacity can significantly enhance performance. As evidenced by research focusing on middle-distance events, mechanical power generated through rapid muscle contractions is vital for sprinting and maintaining high speeds during races (Akramov Z O‘tkirvich et al., 2025) . Moreover, incorporating core strength exercises not only improves stability but also enables runners to execute techniques with greater efficiency, ultimately leading to improved athletic performance (W Yao, 2022). This dual focus on explosive power and core stability allows athletes to optimize their training, ensuring they are well-prepared to sustain high-intensity efforts. Consequently, designing a training program that integrates these elements can facilitate substantial improvements in running performance for low-level short-distance runners, enabling them to reach their full potential.

To effectively enhance muscular strength and endurance in low-level short-distance runners, a combination of resistance training and specific running drills is essential. Circuit strength-endurance training, which emphasizes sustained and progressive overload with minimal rest, has been shown to improve key performance metrics such as running speed and step length, crucial for short-distance events like the 800 meters (Hassoon EK, 2025). Additionally, incorporating core strength exercises significantly bolsters stability, allowing runners to execute techniques with greater movement efficiency. This improvement is vital for developing not only explosive power but also overall athletic performance (W Yao, 2022). By integrating both circuit training and core stability exercises into their regimen, low-level runners can achieve enhanced muscular endurance, positioning them for better performance outcomes in competitive settings.

IV. Conclusion

In conclusion, the training methods for low-level short-distance runners must be tailored to meet their unique physiological needs while considering their varying levels of experience and fitness. Fundamental principles, such as incorporating low-intensity sessions and gradually increasing race-pace running, have been validated by prominent research in distance running (Haugen T et al., 2022). While much of the focus in training literature tends to spotlight elite athletes, it is essential to adapt these insights into practical strategies for lower-tier runners (Haugen T et al., 2021). Emphasizing a balanced approach that includes aerobic conditioning, strength training, and recovery will not only enhance performance but also promote longevity in the sport. Ultimately, creating an inclusive training environment that accommodates the diverse profiles of these athletes will encourage more effective training outcomes and foster a lifelong engagement with running.

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