

STRIDE CHECKER(TA1695)

Components:

(1) 30 Meter/ 98' long nylon stripe and (1) carry bag

Attachment Instructions:

Stretch along the ground in a linear fashion. No attachment to ground.

General Use Instructions:

Athlete runs along the strip so coach can view stride length.

Sample Workouts:

Run along Strip multiple times, allows for coach to see if stride length is diminishing. Athlete should try to have one step per "color"

Do a 10-15m running "fly-in" to check for maximum stride length.

Disclaimer:

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