

# Athletic Run

## Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



## Skills (S)

1	Sprint start	10	Handing over baton timing
2	Driving of knees	11	Communication between relay runners
3	Driving of arms	12	Driving in on the bend
4	Head straight	13	Positioning at the start of a race
5	Slight lean of the body	14	Positioning during the race
6	Stride length	15	Attacking at the end of a race
7	Heel placement first	16	Running bends
8	Speed of leg drive	17	Pacing over distance
9	Moving before baton received (crawling)		

## Tactics (T)

1	Order of relay runners
2	When to attack
3	Strategic positioning
4	Pacing

