



## Sprint: development of technical skills and progression in the training of young sprinters

Door Renaud Longuèvre

Ronde 1



Ronde 2



Deze  
workshop is  
Engelstalig

### Inhoud

This presentation is designed to support coaches in making informed decisions. We will focus on the technical fundamentals in relation to the various phases of sprint racing.

1. Starting basics using the starting blocks.
2. The primary acceleration phase (0–10 m).
3. Common mistakes to avoid during the secondary acceleration phase (also known as the transition phase).
4. The key parameters that need to be developed to optimise 'top speed': amplitude, frequency, foot cycle, hip work and intermuscular coordination.

### Over Renaud

**Sprint National Coach – TeamNL (since November 2024)**

#### Professional Background:

- **2018 - 2024:** High Performance Director, *Israel Athletics Federation*
- **2017 - 2018:** Director of Sports, *French Ministry of Sports*
- **2013 - 2017:** General Manager, *French Athletics Team*  
In charge of the monitoring of High Olympic Potential athletes; management of the national managers
- **2009 – 2012:** Sprint & High Hurdles Manager, *French Athletics Federation*
- **2003 – 2009:** National Coach, *INSEP (National Institute for Sport, Expertise, and Performance)*
- **1997 – 2003:** Regional Technical Advisor, *Ile-de-France Athletics League*
- **1996 – 1997:** Sports teacher, *Sport and youth direction of Essonne*
- **1994 – 1996:** Club coach

