**Clinic Corner – Sprints**

Relay exchange technique

<https://trackandfieldtoolbox.net/relays/relay-exchange-technique?utm_source=sendfox&utm_medium=email&utm_campaign=relay-exchange-technique>

Acceleration from Blocks

<https://trackandfieldtoolbox.net/sprints/acceleration-out-of-the-blocks-drill-progression?utm_source=sendfox&utm_medium=email&utm_campaign=acceleration-out-of-the-blocks-drill-progression>

Pushing out of blocks

<https://trackandfieldtoolbox.net/sprints/pushing-out-of-the-blocks?utm_source=sendfox&utm_medium=email&utm_campaign=pushing-out-of-the-blocks>

Running the curve

<https://trackandfieldtoolbox.net/sprints/running-the-curve?utm_source=sendfox&utm_medium=email&utm_campaign=running-the-curve>

Max Velocity Out of Blocks

<https://trackandfieldtoolbox.net/sprints/max-velocity-out-of-the-blocks?utm_source=sendfox&utm_medium=email&utm_campaign=max-velocity-out-of-the-blocks>

200M strategy

<https://trackandfieldtoolbox.net/sprints/200-meter-strategy>

Hamstring Injury Prevention

<https://coachesinsider.com/track-x-country/hamstring-injury-prevention-and-sprinting-with-josh-ireland-uw-whitewater/>

Sled Pulls

<https://trackandfieldtoolbox.net/sprints/sled-pulls-for-acceleration?utm_source=sendfox&utm_medium=email&utm_campaign=sled-pulls-for-acceleration>

100 M sprint drill

<https://coachesinsider.com/track-x-country/fast-relaxed-fast-100-yard-sprint-drill-with-jj-riese-colorado-state-univ/>