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O. Girard, F. Brocherie, K. Tomazin, A. Farooq,
J.-B. Morin



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Changes in running mechanics over 100-m, 200-m and 400-m treadmill sprints

Girard O^{1*}, Brocherie F¹, Tomazin K², Farooq A³, Morin J-B⁴

¹ *ISSUL, Institute of Sport Sciences, Department of Physiology, Faculty of Biology and Medicine, University of Lausanne, Switzerland*

² *University of Ljubljana, Faculty of Sport, Ljubljana, Slovenia*

³ *Aspetar - Orthopaedic and Sports Medicine Hospital, Athlete Health and Performance Research Centre, Doha, Qatar*

⁴ *Laboratory of Human Motricity, Education Sport and Health (LAMHESS), University of Nice Sophia Antipolis, Nice, France*

Correspondence address: Jean-Benoit Morin* - Laboratoire Motricité Humaine, Education Sport Santé, Université de Nice Sophia Antipolis, 261, Route de Grenoble, BP3259, 06205 Nice Cedex 03, France.

Email: jean-benoit.morin@unice.fr / Phone: +33 627 261 907

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ABSTRACT

Purpose: Compare alterations in running mechanics during maximal treadmill sprints of different distances.

Methods: Eleven physically active males performed short (100-m), medium (200-m) and long (400-m) running sprints on an instrumented treadmill. Continuous measurement of

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