

DATE 2018-06-29

Mia Johnsen

AGE 41 years WEIGHT 0 kg HEIGHT 0 m SHOES Hoka Arahi

STEPS/MINUTE

187

STEP LENGTH

1.07 m



INITIAL
CONTACT



MID-
STANCE



TAKE-
OFF



INITIAL
SWING



MID-
SWING



TERMINAL
SWING

06:00 min/km

05:00 min/km

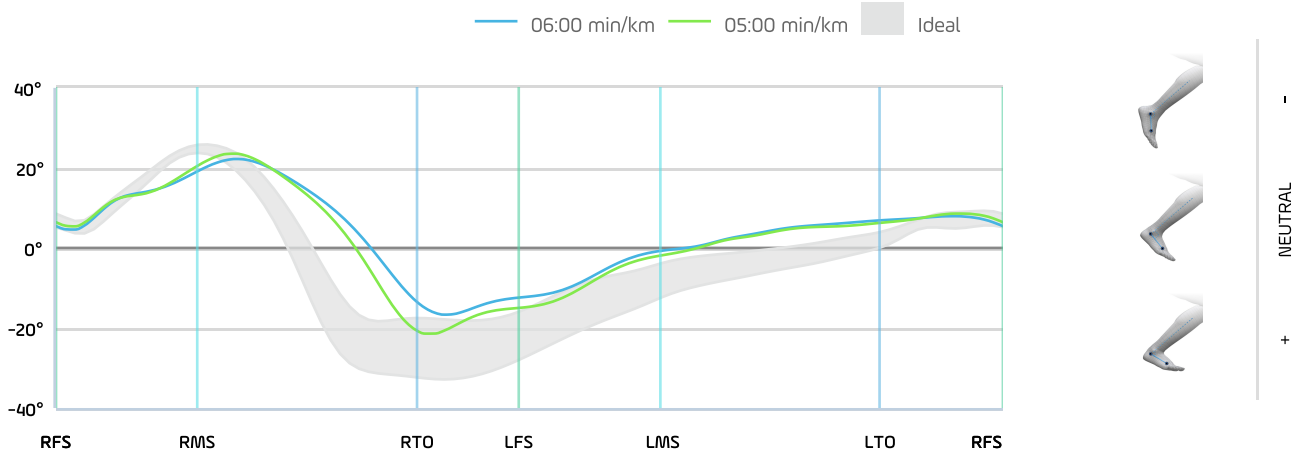
Ideal (03:55 min/km)

	06:00 min/km	05:00 min/km	Ideal (03:55 min/km)
Steps/minute	183	187	170
Step length (m)	0.91	1.07	1.32
Contact time (s)	0.26	0.24	0.21
Body flight time (s)	0.07	0.08	0.14
Flight time/Contact time	0.29	0.34	0.65
Foot position at foot strike (cm)	13.6	16.5	13.8
Vertical pelvis movement (cm)	6.9	6.8	10.2
Knee angle at foot strike (°)	19.0	20.6	16.1

Sen afvikling

I dit ankelled bliver du "hængende" for længe hvilket gør at der kommer høj belastning på led/sener/muskler i underbenet/foden. Du skal tænke på at "spærke" hurtigere af med anklen, lige så snart du har rullet henover midten af foden, uden at "hænge" for længe i standfasen. Dette vil gøre kontakttiden kortere og aftage belastningen på muskler og sener.

Parameter: Foot angle: Right



EXERCISES



Elevated Calf Raises

Stand on the edge of a step. The stairs or a bench may be used as well. Let your heels hang free, feet about hip-width apart. Raise your heels and push up until you are on your toes. Return to the starting position and repeat. The exercise can be done with or without support.

3 SETS 12 REPETITIONS



Medium high knee bounce

Jump with medium-high knee lift. Place the foot somewhere between the heel and the entire foot.

3 SETS



Single-leg high knee drill

Work rhythmically and lift one knee, while the other leg is kept straight. Keep a good posture throughout the exercise.

3 SETS



Walk with high knees, feet under body

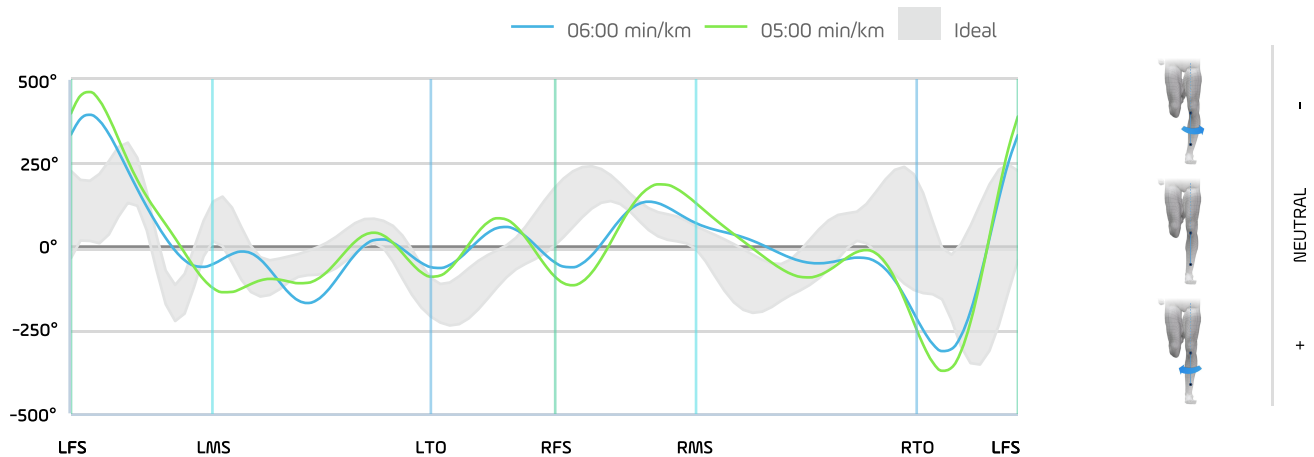
Walk with pointed high knees and toes pointing up while you keep a good posture. The foot should strike the ground somewhere between the toes, the entire sole of the foot and below the body.

3 SETS 10 REPETITIONS

Indad rotation ad underben

Ved landing på dit venstre ben rotere du underbenet indad, hvilket skaber en rotation af knæet og kan overbelaste dette område. For at forhindre dette får du her nogle øvelser. Disse må du meget gerne udføre med en elastik rundt om knæene (så de presset indad). Dermed skaber du den modsatte bevægelse af hvad du "plejer".

Parameter: Velocity of tibial internal-external rotation: Left



EXERCISES



One Leg Jump in Circle, Both Ways

Stand on one leg on a mat with your hands in your side. Do a 90 degrees jump on the mat and continue jumping till you have jumped all the way around yourself. Then jump 90 degrees in the opposite direction and continue till you have jumped all the way around yourself again.

3 SETS 12 REPETITIONS



Squat 1

Stand with your feet shoulder-width apart and arms straight in front of you. Bend your knees 90 degrees and push back up. Keep your back straight and look straight ahead during the entire movement. Alternatively, the deep position may be held for a few seconds before pushing back up.

4 SETS 15/20 REPETITIONS