

# **The influence of sample technical indicators on the results in the 4x100 m relay men's event**

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## **Abstract**

*Background.* Knowing the contribution of technical indicators in specific training techniques can determine performance optimization in the 4x100 m relay event.

*Aims.* The study aims to emphasize the importance of increasing specific training technique efficiency in order to optimize performance, by analyzing technical indicators specific to some runners from club teams and national representatives.

*Methods.* A comparative analysis was performed on individual and collective performance of some runners from club and representative teams, both nationally and in large scale competitions. Data were obtained both from private sources – individual records – and public sources.

*Results.* The analysis of the data obtained highlights some minimum requirements to optimize individual and team performance by shifts: a) start technique, speed acceleration technique, running the bends, right arm coordination (handing over - taking over); b) acceleration capacity, flying start, speed endurance, ambidexterity (handing over), stability of nervous processes (not anticipating leaving at the control sign); c) acceleration capacity, flying start, speed endurance, running the bends, ambidexterity (handing over), stability of nervous processes (not anticipating leaving at the control sign); d) acceleration capacity, flying start, speed endurance, left hand coordination (taking over), stability of nervous processes (not anticipating leaving at the control sign), mental balance, good finish.

*Conclusions.* Highlighting the role of technical indicators, of specific technical training to optimize sport results, requires a reassessment of the importance of this component, which must find its rightful place in the training process.

**Keywords:** training, technical indicator, performance.