

Improve running performance

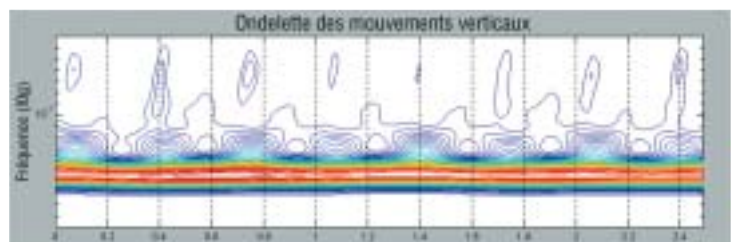
What you want :

- *To assess your running technique*
- *To measure your training progress*
- *To manage training according to period of fatigue*

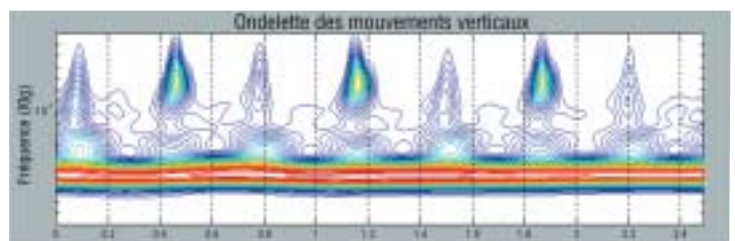
Locometrix allows you :

- **To measure stride qualities and defaults :**
 - braking at heel contact
 - dropping during stance phase
 - duration and intensity of propulsion
 - stance and flight durations
- **To evaluate running economy**
 - vertical displacement
 - energy cost of loading and lateral displacement
 - braking and propulsion balance
 - stride regularity

Smooth stride



Sharp stride



- **To control training after an injury by determining the speed limit beyond which there is an aggravation of the lesion.**

