

Scene 1: Before the start

SHOT 1 Scene 1 · 0:00–0:04



Establishing · Static

Empty promenade before sunrise. City lights still on.

AUDIO Ambient: waves, distant traffic

CUT TO ,

SHOT 2 Scene 1 · 0:04–0:08



CU · Static, low angle

Laces pulled tight. Stride logo on the shoe catches the first light.

AUDIO SFX: laces, breath

CUT TO ,

SHOT 3 Scene 1 · 0:08–0:14



EWS · Drone rising

Twelve runners gather at the start as the sky turns orange.

AUDIO Music starts: soft pulse

CUT TO ,

Shot 4 · The group runs toward camera



ACTION Twelve runners run straight at camera along the promenade. The sun breaks the horizon behind them. The coach is front and centre.

DIALOGUE None. Music and footsteps only.

SHOT SIZE	WS (wide)
LENS	Wide zoom, 24mm
DURATION	6 seconds
CAMERA MOVEMENT	Tracking backwards on gimbal, spotter behind the operator
LIGHTING	Backlit by the sunrise, bounce from the reflector for faces
BLOCKING	Runners in a loose V, the coach centred, keep lead room ahead of them
WARDROBE	Own training kit, Stride shoes, no other logos
PRODUCTION DESIGN	Clean promenade, no bins or signs in frame
AUDIO	Music bed + ambient footsteps (wild track)
MOOD	Energetic, hopeful, warm

Copy and paste these onto your frames



Camera: pan / truck



Camera: tilt / pedestal



Camera: push in



Camera: pull out



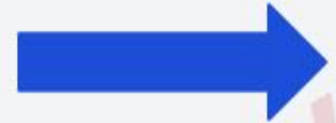
Subject moves



Subject turns



Camera orbits



Zoom / focus

Colour key: dark = camera movement · red = subject movement · blue = lens (zoom, focus)

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