

4 SIMPLE STEPS TO GOOD FORM



#1 POSTURE



- * Feet straight ahead, knees soft.
- * Head level with eyes looking forward.
- * Stretch and reach to the sky, elongating spine.
- * Relax arms to sides at a 90° angle.
- * Keep arms & shoulders relaxed.
- * Use compact arm swings, avoid crossing the body's center line.

#2 MID-FOOT



- * Contact ground midfoot first.
- * Entire foot lands softly and under hip line.
- * Run light, avoid pounding.
- * Landing on midfoot promotes a balanced running position minimizing friction (braking).

#3 CADENCE



- * **Cadence target = 180 steps/min.**
- * To find cadence: Jog for 1 min. counting number of times your right foot hits the ground. Goal is 90 foot strikes per foot (180 total).
- * 180 cadence promotes short, quick strides and midfoot strike.

#4 LEAN



- * Lean from the ankles without bending at the waist.
- * Keep weight slightly forward and flex at the ankles.
- * Use gravity to help generate forward momentum.
- * Reset posture, then lean tall into a jog.

COMMON RUNNING FORM

VS

GOOD RUNNING FORM



Slouching posture, heel striking, overstriding & bending from the waist lead to inefficient effort and many common injuries.



Tall body alignment, midfoot strike, high cadence & a forward lean ensure an easier run, increased efficiency, and greatly reduce the chance of injury.

Experienced runners: Train these four elements of good form running gradually. A 10 mile run is not the time to change your gait. Practice these elements in short bursts and on your shorter runs to significantly reduce your chances of injury.

If you are unable to run pain free stop your run and bring your questions into the office.

Have a great run!