FOUR SIMPLE STEPS TO GOOD FORM

1) POSTURE
- Stand tall
- Point toes forward
- Reach to the sky to reset your posture
- Run with your head up and keep your gaze directed ahead of you

2) MIDFOOT
- March in place prior to your run to reinforce the proper midfoot strike
- Heel striking and overstriding cause braking
- Landing on forefoot can strain calf & achilles

3) CADENCE
- Aim for a cadence of 180.
- To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- Run light, and avoid pounding

4) LEAN
- Lean from ankles without bending at waist
- Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- Use gravity to your advantage instead of excessive muscle force

COMMON RUNNING FORM VS GOOD RUNNING FORM

Overstriding, heel-striking, & bad posture cause braking and torque, which equates to inefficient running & leads to many common injuries.

Quick strides, mid foot strike, & good posture prevent stress that causes strain & injury, while also making running more enjoyable & efficient.