

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.