

Four Simple Steps to Good Form Running

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



Slouching posture, heel striking, overstriding & bending from the waist

lead to inefficient effort and many common injuries.

VS

GOOD RUNNING FORM



Tall body alignment, midfoot strike, high cadence & a forward lean

ensure an easier run, increased efficiency, and greatly reduce the chance of injury.

Aaauuwww, zo dus niet !

("hiellanders" genoemd; met gestrekt been landen op je hiel, niet doen!)

