



Four Simple Steps to Good Form Running

#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.