

Running Technique

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Reduce injuries and achieve your best running results with the following technique tips:

General –

1. Run tall with good posture, shoulders down and relaxed
2. Look ahead, not down
3. Breathe in and out through mouth
4. Take quality breaths, not shallow
5. Lean forward very slightly, keep chest open, don't bend forward
6. Practice running drills every week to perfect running gait

Upper body –

1. Arms should be bent at 90 degrees at the elbow
2. Swing arms from shoulder. Barbie arms!
3. Drive elbows back and forth so hands swing to waist and then up to chest
4. Don't twist body side-to-side, but all low for a rhythm release
5. Arms pump forward and back and do not cross the mid-line
6. Keep shoulders down and relaxed
7. Lift sternum and ribs, no slouching!

Lower body –

1. Stay light on feet
2. Hold cadence/leg turn over of 170-180 steps/minute at all times
3. Try to land mid-foot rather than heel strike
4. Think of re-bounding off the ground rather than landing. Light on feet, not heavy!
5. Push off the ground, using glutes to propel forward
6. Drive knees up and forward, lift heels behind you, avoid shuffling
7. Run with very little vertical displacement, think duck on water

Technique changes take time. Be patient, allow your body to slowly make biomechanical adjustments, incrementally over each run.

Be a conscience, thoughtful runner. Visualize yourself as the runner you want and know you can be.

Try these running drills. Add them in one run per week to practice breaking down your running gait and use them as active range of motion.

Drills:

Do each drill for about 20-40 steps and for 1-3 sets

A's: Builds knee drive and helps to feel foot placement under bum and hip

- Start by walking first
- Step high with knee
- Heel is under the sit bone/bum, foot is flexed/toe up
- Walk through and step the same way lifting up the other knee
- Pump arms as if running, elbows bent at 90 degrees at all times or leave them at your sides
- After about 4-6 steps add the skip as you lift your knee
- Stay light on your feet and land on the mid/ball of your foot
- Stand tall, neck is long, eyes forward, don't drop chest

B's: Builds pawing motion you want as your leg pulls through on the way down and after contact

- Start by walking first
- Step high with knee
- After you lift the knee extend the leg out and then scoop it back to almost return to the same spot
- Walk through and repeat on the other side
- This looks like you're hoofing the ground. Get foot back under you fast
- You should be pulling back with your glutes and hamstrings
- Keep this drill at the walk phase for now, add in skip in 'A" drill, then hoof to make it dynamic
- Keep your arms at your sides or pump them as if running
- Stay light on your feet and land on the mid/ball of your foot
- Stand tall, neck is long, eyes forward

C's: Builds hip flexor and quad flexibility, teaches foot to cycle through quickly under hip after contact

- Run kicking your heels to your bum, feet are flexed, allow knee to come forward a bit
- Stay light on your feet and land on the mid/ball of your foot
- Stand tall, neck is long, eyes forward
- Stay low and quick, not too much bounce
- Keep chest open
- Pump your arms as if running

Lateral drills balance out the runners body from all the forward movement

Side shuffle:

- Stand sideways, feet parallel, on balls of your feet, knees bent
- Skip sideways so legs come together in the air
- Land again on the balls of the feet
- Travel sideways staying light on the feet
- Pump arms side to side to help you travel sideways or keep them bent and still
- Return back to start and switch sides or switch sides mid shuffle

Grapevine/carioca:

- Stand sideways, feet parallel on balls of feet, knees soft
- Step sideways crossing one foot over in front of the other
- Plant this first foot, then cross it again behind the other
- Travel sideways alternating crossing in front and behind
- Return back to start and switch directions
- Allow your upper body to twist freely as your legs cross over
- Arms are held out in front of chest
- Make sure steps are tight and light
- Do all one side or switch mid-grapevine

Backwards running:

- 1-2X/week run back wards mid run for 30-60 sec
- Find a flat, unobstructed surface that you feel safe to run without looking backwards like a soccer field or dirt playground
- Kick heels up towards the bum, reach back slightly as you run
- Stay light and quick on your feet

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