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.

#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.