

## Proper Running Form

### Head Position

Look ahead naturally and not down at the ground (it's not going anywhere). Keep your chin parallel to the ground and eyes looking forward. To help eliminate "bobble head" syndrome, focus on object that are 10-20 feet ahead.

Exercise: chin to chest and a deep breath in then chin parallel to ground and deep breath in

### Shoulders

Shoulders should be loose and relaxed and in the "down" position. Tightening your shoulders not only creates tension in your neck but it takes energy away from your legs! Shoulders should not dip from side to side.

### Arms

Legs and arms must work together and not fight forward progression! Hands should be loose or lightly clenched (pretend to be holding onto a potato chip). Elbows should be held close to your waist and bent at approx. 90 degrees. Your arms should move smoothly from front to back and slightly cross the front of your body. Pretend there is a line dividing your body in half, your hands should not cross over that line

Remember ~ no flailing arms, a waste of energy.

### Torso

If your head and shoulders are in the proper upright position your torso will also follow. Maintaining that upright posture will allow you to maximize the amount of oxygen you can pull into your lungs.

Exercise: slump forward and take a deep breath ~ then stand tall with chin up, shoulders down and back and take a deep breath

### Legs

Slight knee lift, short stride and your foot should land directly below your body ~ but.... Just do what is comfortable for you, you'll get it! The most important thing here is to lift your legs just high enough to avoid any tripping hazards. You should not hear any scuffing of your feet across the pavement or track.

### Ankles / Feet

Don't be a toe runner (sore calves all the time) or a heel striker (sore back all the time). Hit the ground softly striking somewhere between your heel and mid-foot and then roll forward and push off with your forefoot. You should not hear your foot slapping the ground. Good foot strike and push off should be almost silent!

Good luck.