

RUN INJURY FREE

A Focus on Proper Form

HEAD

•••Neutral at all times

*Don't allow your eyes to gaze up or down and keep your head from jetting forward. Where the head goes will dictate what happens with your overall posture.

SHOULDERS

•••Keep your shoulders back and down

*Due to the increase in "desk jobs" our upper back (thoracic spine) tightens up and rounds. Your upper back is one half of the engine to your posture; therefore, keeping everything inline is key.

POSTURE

•••Remain tall and upright as if there is a glass of water on your head and you don't want it to fall.

*Any break in the waist will decrease the use of free energy (gravity) and create undue stress in the lower back. Keep your midline engaged and stable.

PULL

•••Use your hamstrings to capitalize on muscle elasticity.

*Your hamstrings are your prime movers in running. The rate of pulling is in harmony with cadence (how quickly you get your feet off the ground). As you begin to lean more (using gravity) your cadence must increase to match your lean. Pulling at a rate of 90 BPM is minimum for all runners to stay safe and remain efficient.



NOSE

•••Train yourself to breathe through your nose

*By focusing on nose breathing you'll slow down the sympathetic response (flight-or-fight), the response that releases cortisol. Deep diaphragmatic breathing will keep you relaxed and running strong.

ARMS

•••Quiet at all times

*Pumping your arms will not increase your speed. Your arms should service your posture and remain by your sides relaxed as you lean forward using gravity, the true govern of speed.

HANDS

•••Relax your hands and imagine you're holding an egg

*Expend as little energy in the muscles that are not required to do the work.

FALL

•••From your general center of mass

*To run faster your body must lean and harness gravity. Established movement is initiated by moving our general center of mass forward of our point of support leg. Usain Bolt runs the 100m dash with an 18.8 degree lean.

FIGURE 4

•••The faster you get in and out of the "figure-4" determines efficiency

*Good runners pull their feet straight up as if there is a string attached under their hips. This nice upright "S-like" body position is the aim.

GROUND REACTION (FEET)

•••Runners create unnecessary force when they land out in front of their general center of mass and heel first verses on the ball of the foot

*There is a right way to run and how you land is a big predictor of injuries as well as speed.