

# Proper Running Form

With

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# ***PROPER RUNNING FORM***

Why teach how to run?:

- Most of us are running differently than 40 years ago
  - Shoes have changed the way we run
- In every sport athletes strive for efficiency
  - Run naturally with less injury





# Proper Running Form

## 4 STEPS

1. Good Posture
2. Lean from the ankle
3. Land with your feet under you (midfoot)
4. Short Stride, quick cadence

1

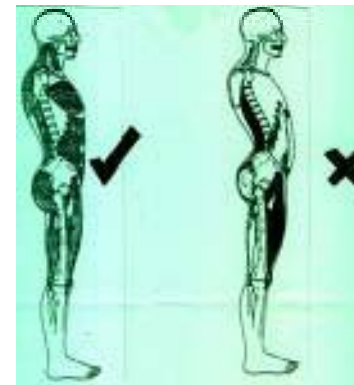


## ***GOOD POSTURE***

- Toes should point forward



- Don't lean at the waist
- Pelvis under you



1



## ***GOOD POSTURE***



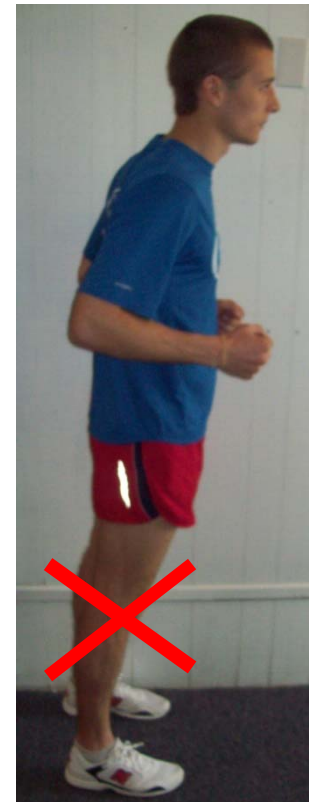
- Head level
  - Your head is the size and weight of a bowling ball 8-10lbs.
- Arms to your sides shoulders back
  - Put your arms over your head and take a deep breath, breathe out and let arms fall naturally to your sides

2



## ***LEAN FROM THE ANKLE***

- Slight bend at the knees
- Rock back and forth until you feel like you are going to fall.



3



## **MIDFOOT LAND**

- Land with a bent knee
- Don't over stride



- Land with your feet under you, not in front of you.

4



## ***SHORT STRIDE***

- Avoid a heavy toe-off
  - Can cause calf and Achilles injuries
- Take a short stride  
(95 strides per foot per minute)
- Flick your heels toward your butt
- Lift with hip abductors

