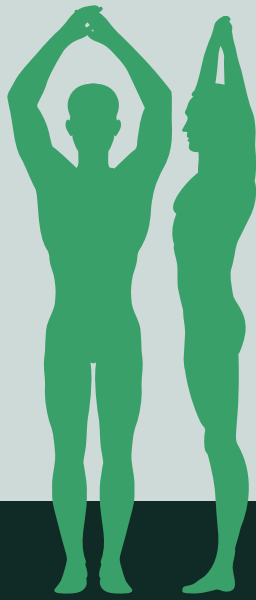


4 Steps To Good Running Form

1



Posture

1. Stand tall, avoid hunching
2. Engage core muscles
3. Keep your head up and look forward

2



Foot Strike

1. Depends on type of surface
2. Focus on midfoot or forefoot
3. Heelstrike can be hard on joints
4. Try jumping jacks to improve foot strength

3



Stride & Cadence

1. Run light to reduce impact on joints
2. Optimal cadence is 180 steps per minute
3. Cadence can be affected by fatigue & terrain
4. Try interval training for efficient strides

4



Relax

1. Keep shoulders relaxed
2. Try not to make a fist or grip tightly
3. Avoid gritting teeth
4. Try breathing exercises