

# IDEAL RUNNING TECHNIQUE: KEY POINTS

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**Foot Strike:** A shallow heel strike, think of the foot as a ball and transfer the weight via a heel-roll action onto the forefoot as quickly as possible. This reduces impact stress and utilizes the power from elastic recoil in the tendons. Avoid excessive angle at heel strike. At push off the weight is on the forefoot and the heel kept low to the ground to avoid overuse of the calf and Achilles.

**Foot Strike Placement:** Foot should land underneath hips (under the center of gravity) and is moving backwards before striking the ground. This reduces braking, impact stress and vertical bob. Makes it easier to fire the glutes and places the foot in the perfect position for push-off.

**Cadence:** Ideal is around 90 steps per foot per minute at ANY running speed.

## Posture:

- Straight body with hips aligned (should be able to see your shoelaces).
- Level pelvis by engaging the lower abdominals, this reduces the chance of running in the bucket position. (Fishbowl)
- **Think tall**, straight spine, opens the chest.
- Level chin and eyes looking ahead approx 10m, (prevents lean from waist)

**Arm Swing:** Arms determine Running Rhythm, this will affect cadence. Get the arm cadence correct and the legs will follow.

- Relaxed shoulders
- Arms bent at approximately 90 degrees
- The body acts as the centerline. Arms swing forward until your elbow reaches your body and then swing backward until your hands reach your body.
- Relax the hands
- Arms swing forward in a straight line; they should not swing across the body as this will result in torso rotation.

**Driving Power at Push Off:** Fully engage the glutes with some help from the hamstrings to propel yourself forward whilst driving forward with the arm and opposite knee. Aim for a slight knee bend at foot strike through to push off. Having a sore butt after running is a good sign 😊

**Recovery Leg:** Use the hip flexors to drive the knee forward, this will result in the lower leg and heel gliding through and up towards the buttock (small lever lower leg recovery). Foot should be in cocked position (toes up). This prevents running in a plod/shuffle mode and improves cadence. The foot is then forced back to the ground so that is moving backwards prior to foot strike.