Run Form

Good form is essential to efficient running.

* Proper form saves energy and minimizes impact on joints.
* This becomes important over long distances and over the length of the training program.
* Improper form aggravates conditions and can result in injury.

Form basics

* Erect posture, head upright chest open.
* Relax arms & upper body (no clenched fists).
* Lean forward slightly from ankles to gain forward momentum.
* Pick feet up as opposed to pushing off.
* Foot should land mid- to forefoot and **under the body.**
* Arms bent at 90°, keep swing in straight line forward thumbs upward and in line with arm pits.
* Don’t swing arms across the center line of your chest.
* Ankle, hip, shoulder and ear in line.
* Cadence should be approximately 88-92 bpm (count 1 foot)

Train yourself in good habits!

* This becomes very important late in races when form tends to go downhill as you get tired.
* Improper form magnifies pounding and leads to wasted energy.
* Practice checking your form at regular intervals during a long run.
* Do cadence drills regularly.
* Strengthening and core exercises help you maintain good form

Walk Form

Everyone should work on his/her walk form and speed during mid-week trainings – it will help with your overall time.

Here are some tips to proper walk form:

1. *Posture is similar to run.* Shoulders relaxed, head in neutral position, eyes forward, hands relaxed (picture holding a butterfly).
2. *Unlike running, it’s okay to strike with your heel*. Heel or flat foot strike is normal in walking. In order to speed up your walk, roll on your foot and push off with the ball of your foot. This will increase your pace, but because this form uses different muscles, start gradually.
3. *Engage your core.* This will help keep your back straight, eliminating back soreness and fatigue. Don’t lean forward!
4. *Avoid a long walking stride.* Maintain a relaxed motion and short stride to reduce stress on the knees, tendons and muscles of the leg, feet, knees or hips. If you feel pain or aggravation in these areas, shorten your stride even more. Many beginners find that they can learn to walk fairly fast with a short stride. When in doubt, walk more slowly and gently.
5. *Don’t lead with your arms.* Minimal arm swing is best. Swinging the arms too much can encourage a longer walk stride, a slower pace, and can cause aches and pains quickly. Arm swing rotation can also aggravate hips, shoulder and neck areas. You want the legs to set the rhythm for your walk. When this happens you are more likely to get into the “zone” of the right brain. Arms should swing at a 90-degree angle, not up towards your ears or across your body. Arms should not be straight down by your side.