

Running Form Matters!

The manner in which you run is important in preventing injuries. We will start at the top with your head and work our way down.

- Your **head** should be in a neutral position looking straight ahead. Try to avoid looking down at your feet.
- Keep your **shoulders** relaxed and down. As you start to tire you may feel your shoulders start to rise and tighten. If you notice this happening shake your arms/shoulders out to release some of the tension. In addition, your shoulders should remain level as you run and not shift up and down with your stride.
- Next is your **arms**. Your elbows should be bent at a 90 degree angle and should swing in a front to back motion between your waist to lower chest. Try not to cross the mid-line of your body with your arm swings. Gently cup your hands, working to keep your hands tension free.
- Make sure the **trunk** of your body is strong and your back is straight. Don't start to hunch over as you tire, focus on keeping your core strong. This allows your lungs to function at their best. If you feel your self start to slouch take a deep breath in and straighten up as you exhale.
- **Knees** can cause many problems for runners. Try to land with a soft bend in your knee to lessen the impact of the landing.
- Finally, the **ankle and foot** are another common problem source. Try to have your feet land directly under your body. As your foot lightly lands, the area between your heel and midfoot should hit the ground first followed by a soft roll onto the ball of your foot and toes. Keep your ankle flexed as you roll forward and push off as you roll towards your toes. Running should be springy and quiet, try not to let your feet slap the ground.



head neutral

shoulders down

arms at 90 degrees

back straight with a
strong trunk

land with a soft
bend in the knees