

Resources on Running Form

Overview: (originally from roadrunnersports.com)

Foot strike: Mid-foot to fore-foot

Foot should land below your hips, not out in front of you

Calves and shins: dorsiflexion.

Knees: drive, lift.

Waist: Straight, neither leaning forward nor backward. Forward lean should come from your ankles.

Arms: Keep elbows at 90 degree angle. Arms should clear the torso both in front and in back with each stride. Forward-backward motion, any side-to-side motion is wasted. Hands should pass the body at the beltline.

Shoulders: Swing from the shoulders, not the elbows. Relaxed, loose, and low—not high or tight.

Head and neck: Keep your gaze focused about 20 meters ahead of you and only glance down when necessary. Side to side motion is wasted.

Running posture: <https://www.youtube.com/watch?v=vKNI8II2B-k>

1. **Run tall**
 - Keep the body upright
 - Keep the head up and the chin parallel to the ground
 - Lean forward slightly
2. **Face forward**
 - Align head, knees, feet and hands to face forward
 - Eliminate unnecessary, counterproductive, and energy-wasting movements
3. **Stay relaxed**
 - Relax muscles not directly involved in the running stride such as jaws, shoulders, and hands

Arm movement: <https://www.youtube.com/watch?v=30dgc4YaHc>

1. Move opposite arms and legs in sync while running
2. Pump arms **forward and backward, not across body**
3. **Swing arms from shoulders**, not elbows
4. Elbows at 90 degree angle, can vary from 70-120 throughout the arm swing
5. Hands pass body at **hip height**
6. Swing arms powerfully through **full range of motion**
7. Keep shoulders and hands **relaxed**

Leg movement: <https://www.youtube.com/watch?v=wQx-0ZByhWA>

1. Take off and land on midfoot or balls of feet
2. Run lightly on feet, don't pound
3. Foot and knee pointed forward
4. Avoid leg collapse
5. Push off quickly, then lift foot toward butt
6. Drive knee forward and upward
7. Feet should land beneath the hips