

RUNNING FORM

Improving running form is a relatively simple process that anyone who devotes some time and effort can improve upon. Where many make a wrong turn is expecting that by simply doing a single or series of running drills that the drill alone will improve their running form. A drill is simply a tool to bring AWARENESS to how you run.

The key is to carry running form awareness with you on every training run.

WARM-UP

- 10-15 minutes Jogging to gradually warm up your body
- Dynamic warm-up movements of your choice or 1 round of drills at a very easy effort

POINTS OF EMPHASIS

- Great posture with Vertical alignment
- Pelvis tucked under your shoulders
- Light on your feet
- Relaxed - Relaxed - Relaxed
- Move both in forward and backward directions to condition soft tissues and build balance

ROUTINE

- Perform each drills over a distance of 25 - 50 meters.
- Move out in the forward direction then return to starting point traveling in the backward direction.
- Each drill is to be done for 3 - 5 repetitions at speed which you can movement fluent at.

Jog in S-Shape	Jog in large arching s-shapes. Focus on strong ankles, knees, and hips.	VIDEO
High Knees Butt Kicks	Alternate between 4 high knees and 4 butt kicks. Focus on maintaining vertical posture, i.e. avoid leaning forward or back.	VIDEO
Carioca	Focus on twisting hips so that they are switching close to 180deg.	VIDEO
High Feet	Pull your heel up to the crease where your hamstring reaches your glute. Relax your ankles (this is high feet not high knees).	VIDEO
Skipping	Focus driving knee and opposite arm in unison. Work for height in this drill.	VIDEO
Bounding	Work to cover long distance in each bound while maintained a tucked pelvis.	VIDEO
Run at 3 Speeds	Coordinate the previous 3 starred drills into fluent running form at 3 different speeds.	VIDEO