



EvolutionPHYSIOTHERAPY

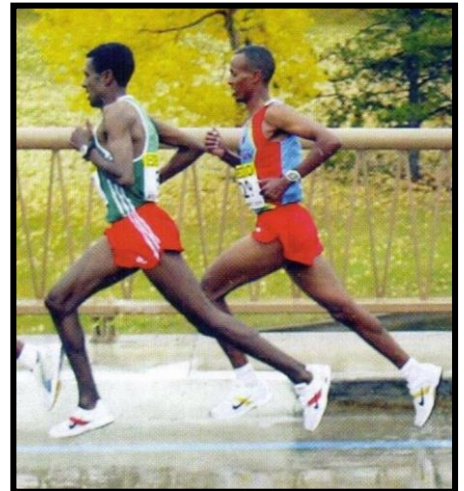
EFFICIENT RUNNING FORM

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THE BASICS...

from jogging to running (5mph-10 mph)

- Running should be smooth and quiet.
- **Cadence** is always **180 (+/- 10)** foot strikes/min. (Regardless of **speed** and **height** of a runner)
- Stride length is short (many injuries come from over striding).
- Ideal landing position is with your foot underneath your hips. (Over striding creates a breaking force as the foot lands far in front of your body.)
- Do not force landing on your toes, just a relaxed foot.
- Use forward **LEAN** as your gas pedal. Slower speeds require *minimal leaning*.
- Keep your shoulders back: pump arms backward, relax on the way forward but do not let your elbow go past the midline of your body.



GENERAL TIPS...

- Always work on your cadence first! **Focus on changing 1 thing at a time!!!**
- Take your time to progress your mileage. 10% increase/week.
- Do 80% of your weekly mileage at a slow and easy pace. Listen to your body, it will tell you if something hurts! Speed kills therefore progress speed work very carefully.
- Make core strength a priority! Think of tightening your abs when you run.
- Improve your turnover with running drills (A-B-C-D, jump rope)
- **Get Fit for Running** by improving your core and leg strength – the building blocks for good running form.
- **Get Flexible for Running** by improving your hip and ankle mobility.
- **If pain persists for more than 1 week, and hopping on 1 leg becomes difficult and painful, it's time to consult your Health Care Professional.**

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FORM



MILEAGE



SPEED

