

Here are some examples and explanations for proper running form. Remember, if you have proper form, you will be able to run faster, more efficiently, and less injury prone.

It is also important that you remember to do this on every run, especially when you are tired. It is really easy to fall back into bad habits. You need to be thinking about your form throughout your run. For instance, I am always thinking about my stride and whether I am running tall every so often when I run. I then try to correct myself if I don't feel like I am doing it.

Please understand that changing your form is going to feel weird because it is not your natural form. The more you do though, the more likely it will feel normal and slowly it will become your form.

1. Running Tall - When you run, you should be straight up making a straight line from your head to your hips to your feet. If you are not sure what I am talking about, stand like you would normally stand and then take a deep breath. You should feel your body straighten. That is how you should run. Leaning too far forward or backwards makes you use more energy and reduces your ability to use your power. You can't get the most out of your arms or your legs when you are leaning.
 - a. Check out this video for tips on running tall: <https://www.tempofit.org/technique-running-tall/>
2. Arms. You want your hands to be at your hips and your elbows locked in a 90 degree angle. When you swing your arms, it should be at the shoulders with your arms and hands going straight forward and backward. What many of you do is that you keep your hands up by your armpits and swing your arms across your body. This takes away from any strength you may have in your shoulders and forces your body to twist side to side making you waste more energy.
 - a. Check out this video: <https://www.youtube.com/watch?v=0WBRoMiwmeq>
3. Your Stride: Many of you are heel runners, meaning that your heels are the first to touch the ground when your foot strikes. This is most like because you are overstriding. You want your foot to strike the ground below your hips not in front of your hips. Overstriding usually causes injuries and makes you run slower. This is because you are essentially "hitting the breaks" which puts more pressure on your joints and shins while also slowing you down. In order to fix your stride, many of you will have to shorten your stride which means you may be taking more steps. This is going to feel really weird. But the more you do it, the better you will get. If you are not sure if you are overstriding, get someone to record your normal running form and then see where your foot is landing in regards to your hips. Be sure you don't change your form when being recorded or the video will be useless.
 - a. Check out this video: <https://www.youtube.com/watch?v=NhXSuyklE48>
 - b. Drills to help with foot strike: <https://www.youtube.com/watch?v=Rt9hgtFzZk0>