Four Simple Steps to Good Form Running

**#1 POSTURE**
* Feet straight ahead, knees soft.*
* Head level with eyes looking forward.*
* Stretch and reach to the sky, elongating spine.*
* Relax arms to sides at a 90° angle.*
* Keep arms & shoulders relaxed.*
* Use compact arm swings, avoid crossing the body’s center line.*

**#2 MID-FOOT**
* Contact ground midfoot first.*
* Entire foot lands softly and under hip line.*
* Run light, avoid pounding.*
* Landing on midfoot promotes a balanced running position minimizing friction (braking).*

**#3 CADENCE**
* Cadence target = 180 steps/min.*
* To find cadence: Jog for 1 min, counting number of times your right foot hits the ground. Goal is 90 foot strikes per foot (180 total).*
* 180 cadence promotes short, quick strides and midfoot strike.*

**#4 LEAN**
* Lean from the ankles without bending at the waist.*
* Keep weight slightly forward and flex at the ankles.*
* Use gravity to help generate forward momentum.*
* Reset posture, then lean tall into a jog.*

**COMMON RUNNING FORM VS GOOD RUNNING FORM**

- **Slouching posture, heel striking, overstriding & bending from the waist** lead to inefficient effort and many common injuries.
- **Tall body alignment, midfoot strike, high cadence & a forward lean** ensure an easier run, increased efficiency, and greatly reduce the chance of injury.