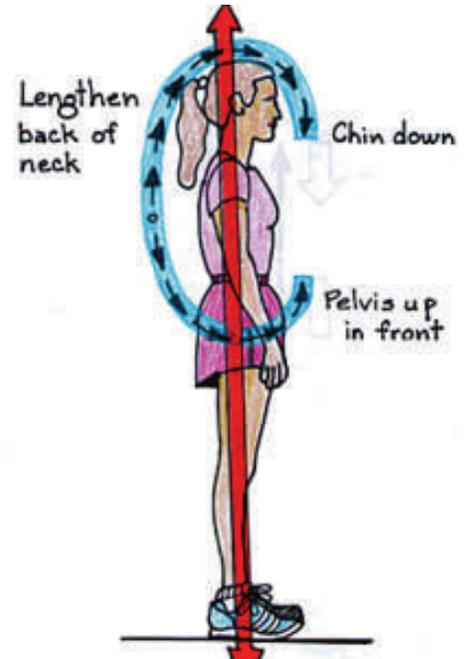


## 4-POINTS TO RUNNING BETTER

### 1. POSTURE/ALIGNMENT

- Starting at your feet, place feet about hip-width apart (under hips– not wider than hips). Center your weight in the middle of feet
- Grab the back of your neck and lift up– lengthening your spine (you should feel your rib-cage lift and your pelvis tilt slightly back, creating a bit of dorsal pressure on your low-back- or simply raise your arms overhead.
- Grab your waist and tilt your pelvis forward slightly, “Flattening the bowl”
- You want your ear, shoulder, hip, and ankle to be in alignment
- Needle-in-the-cotton ball; Your spine is your needle, straight and strong, which is what you need to focus on maintaining while running. The rest of your body is a cotton ball, relaxed and allowed to flow with your movement.



### 2. BREATHING

- The goal is to get your breathing in line with your movement; create a cadence.
- Breathing dictates that cadence; never move faster than you can breathe and you will always be in control of your intensity.
- Your cadence/breathing (synonymous) is the count that you determine that is in line with your foot contacts on the ground.
- That count will vary depending on your leg length, stride length, and pace. The longer your legs or stride, or the faster your pace, the shorter your count is for cadence. Shorter legs, stride, and or slower pace *usually* is a higher count cadence.
- It is always one breath in/out, just split up with your foot contacting the ground  
EXAMPLE: 2-count breathing; out (foot strike)-out (foot strike) -in (foot strike) -in (foot strike). Remember that the count can vary. Some people feel better doing a mixed count (3-in/2-out or vice/versa). You can also adjust your cadence to how you're running; when starting out slower, use a 3-count (out-out-out-in-in-in) but then when warmed up and your pace increases, your count shortens to a 2-count.
- It's a bit of trial and error, especially in the beginning. Keep varying it until you find a count that works for you.  
PRACTICE, PRACTICE, PRACTICE,



## 4-POINTS TO RUNNING BETTER

### 3. CONTROLLED FALLING

- Running is nothing more than controlled falling
- Once you're done your dynamic warm-up and ready to run, get into your running posture (point 1).
- From this posture, start to run in place to your cadence.
- Now running in place to your cadence and with your posture maintained, lean forward from your ankles until you begin moving forward (it's usually no more than 1"-2"). This allows gravity to now pull you forward, rather than typically using your legs to push you.
- The key is to remain in alignment (ear/shoulder/hip/ankle) like in the image here
- Keep your hips pulled in (alignment). Most wasted energy, injury, and not having fun running comes from "dumping" the hips. Keep that butt in!
- Running in this form allows you to use less of your legs, reduce injury, and run with enjoyment!
- Always keep your feet under or behind you. Lead with your head and keep your movement linear (not moving your arms across your chest)



### 4. RELAX

- Needle-in-the-cotton ball. Keep the posture strong, maintain that alignment using your core
- Allow your shoulders to relax. Allow your hips and legs to relax.
- The more you can relax, the better you will perform.
- Every time you go out to run, it's just practice. This is a process to become a better runner and this process never ends.
- The journey is the reward, now get moving!





**DO** ✓

- Keep your head up and looking forward.
- Keep your arms loose and elbows at a 90° angle.
- Lean forward slightly.
- Hit the ground with the midpoint of your foot and roll it forward to the toe.

**DON'T** ✗

- Hunch your shoulders.
- Bend at the waist.
- Lift your knees too high. Go with what feels natural.

**RUN BETTER!**  
with Progressive Fitness Coaching, LLC

