

4 STEPS TO GETTING STARTED

RUN FAST, EASY & INJURY FREE

1) POSTURE



- * Stand tall
- * Point toes forward
- * Reach to the sky to reset your posture
- * Run with your head up and keep your gaze directed ahead of you

2) MIDFOOT



- * March in place prior to your run to reinforce the proper midfoot strike
- * Heel striking and overstriding cause braking
- * Landing on forefoot can strain calf & achilles

3) CADENCE



- * Aim for a cadence of 180.
- * To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- * Run light, and avoid pounding

4) LEAN



- * Lean from ankles without bending at waist
- * Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- * Use gravity to your advantage instead of excessive muscle force

THINGS I CAN IMPROVE ON:

GETTING STARTED

FOR MORE INFORMATION VISIT WWW.NEWBALANCE.COM/GOODFORMRUNNING

- > Run barefoot indoors or outside for 20 meters right before you start your run. This will put you more in tune to your body's mechanics.
- > March in place prior to your run with your ankles flexed, landing on the midfoot to help reinforce a proper mid-foot strike.
- > Reset your posture throughout your run and also throughout your day. This will help realign your body into better upright posture.
- > Practice one new skill at a time. Try cadence first. Don't try to put all the new skills you've learned into practice at once.
- > Go to <http://jogtunes.com> to find music to set your cadence to.
- > Listen to your footsteps and try to reduce the sound of contact with the ground. This will help you run "light."
- > Video yourself (maybe on a treadmill) or come back to class. Seeing yourself on camera is the best way to learn
- > Do strength building exercises to help keep your feet and your whole body healthy.

