

Tips for your running technique

Improved running biomechanics (technique) will lead to...

- Injury prevention
- Running faster off the bike (triathlon)
- Increases running training capacity
- Accelerates recovery
- Increased speed

Principles of efficient running technique:

Forward Lean

- Straight line from ankle to ear
- Chest & pelvis aligned
- Slight lean forward

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- Should be 90+ per single leg or 180+ double leg per minute
- Will be improved by lean forward & push at the back

Vertical Oscillation

- Move forward not up & down
- Look for pelvis rise from highest to lowest point

Hip Extension

- Greater extension = greater force production
- Reduces braking phase

Arm & Shoulders

- 90 degrees or less
- Look 5m in front of you
- Neutral head position
- Rearward pull of elbow
- Swing within middle sector of body

Foot Contact

- Minimal braking/overstriding
- Under pelvis
- Consider which foot strike suits your body eg. heel strike, whole foot, lateral mid foot fore foot
- Check for supination or over pronation

Power Losses

- Direction deviations
- Core weakness
- Force application & timing
- Lack of coordination
- Pelvic/spine misalignment
- Lack of flexibility or strength in soles, quadriceps & gluteals

Adapted from McGee Running.



If you are interested in improving your running technique. Contact the coaches at Geelong Performance Coaching to organise a one on one running technique analysis or come along to one of our squad running sessions. Video analysis and full report will be provided upon request.

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