

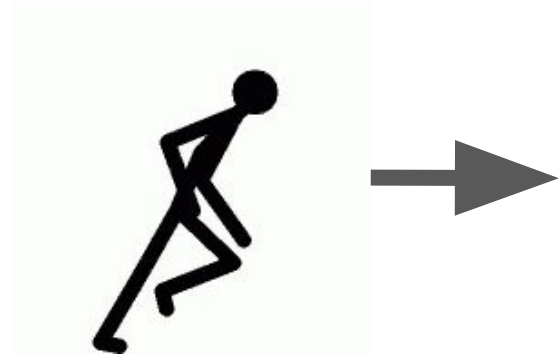
Form and Dynamics

In This Presentation

1. Why is good form important?
2. Elements of good form?
3. How to improve form?

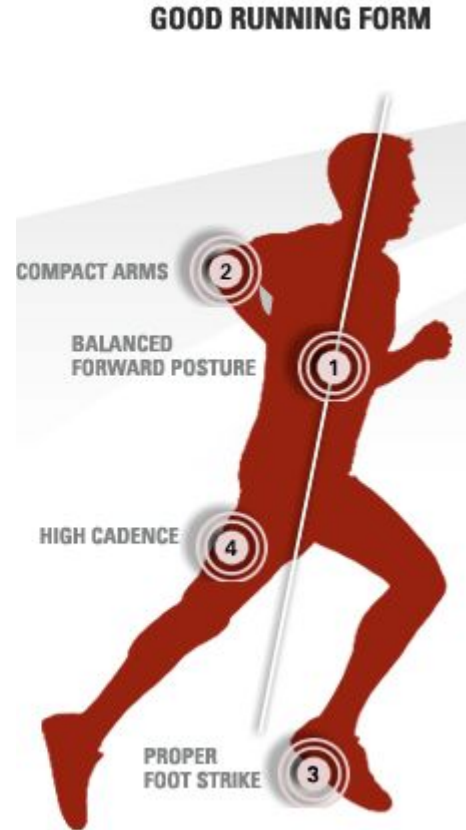
Why Is Good Form Important?

- **More efficient**
 - Use less energy to run same speed
- **Be faster**
 - Generate force in the most forward way possible
 - Limit vertical motion and horizontal motion
- **Prevent injury**
 - Human muscles and structures designed to run
 - Good form means using muscles, tendons and ligaments the way they were supposed to be used



Elements of Good Form

1. Posture
2. Core
3. Arms
4. Foot Strike
5. Cadence



Posture

- Upright
- Slight lean forward
 - Chest in front of hips
- Run tall, shoulders/chest not collapsed
- Not slouched



Core

- In the words of Blake Z - “Core is everything a towel would cover on a woman”
- Need strong core to not “collapse”
- Strong core to keep stable and not rock
- Strong hips, glutes for stability
- Become more upright with stronger back and shoulders



Arms

1. Used to propel yourself
2. Make a triangle
3. Don't cross your hands over center line
4. Relax shoulders