

Tips for Running Efficiency

Try to run on your midfoot (balls of your feet)

Start slow, will increase stress on Achilles tendon
Think about running soft
80% of runners are heel strikers

Don't bounce (vertical displacement)

Increase stride length
Decrease toe off (quiet calves)
You want all movement linear or straight forward

Don't cross midline with arms

Picture a straight line from your nose down to the ground

Don't cross midline with legs/feet

Insides of shoes shouldn't cross each other

Shoulders should be relaxed, elbows at 90 degrees

The faster your arms swing the faster your legs go

Don't let your hip drop in stance phase

Places increased stress on IT bands
Causes other compensation patterns
Emphasize gluteal strengthening

Don't turn foot outward on swing phase

Increases lateral forces
Can cause increased pronation of foot

Walk and run with feet straight forward (1-2 toes showing is OK)

Look from straight behind
Increased toes, increases pronation and knee valgus (Knock Knees)

Try to have minimal trunk rotation

From sideviewing, you can see the front of the chest
Emphasize core/abdominal strengthening

Keep a neutral pelvis position

Keep waistband level
One degree of anterior tilt decreases stride length by one inch

Keep cadence around 90

Count right or left foot contacts per minute
Can use a metronome for audio feedback

It takes 6-8 weeks to change neuromuscular patterns

Start short and increase length of drill or new patterning

Increase stride frequency

This is also called turnover rate
Increase hamstring activation in swing phase, decreases lever length

Increase stride length

Increase hip flexion (Hip flexors are the most important muscle for running)
Still landing on midfoot 6-8 inches in front of center of mass
Don't over extend, this will cause a braking effect

Have knee space during running

Should be able to see space between your knees

Most of us learn best through visual feedback. You can run with a mirror in front of a treadmill or you may want to videotape yourself and review it at slow speeds to see what your movement patterns look like. Videotape from the front, side and back.

If you have further questions please email me at brian@mcwilliamstraining.com