

## 7 Key points for good running technique

**Running technique requires constant refinement, here are some key points.**

1. Brief surface contact: Run in the air, not on the ground. When landing, think of a short sharp tick.
2. Small range for leg movement: A smaller range will conserve energy. A more efficient action is when the rear leg doesn't move too far backward and the front leg isn't lifted too high.
3. Holding the trunk upright: Keep the hips directly under the shoulders with the back held stretched. This helps the abdominal muscles work and stops over rotation of the shoulders.
4. Keeping the foot in as neutral a position as possible: A 90 degree angle at the ankle joint is optimal. Get this as soon after push off as possible and maintain until you land at the front.
5. Optimal arm action: A greater backward swing than forward swing is optimal. The elbow should drive back to the rear and upwards in time with the scissor leg action
6. Optimal vertical displacement: It sounds strange, but a higher vertical displacement (without long ground contact time) leads to longer flight time and faster running.
7. Rapid linear pendular motion of the swing leg: After push off, the leg should be brought rapidly forward as linearly as possible. This means hip and knee bend together. Rather than the heel kicking up towards your bum.

All the exercises and drills you see on the videos should help achieve 1 or more of the above points.

Every runner is different, but bear these points in mind.

**Based on the work by Frans Bosch**