

# RUNNING

# FORM

© DAREBEE

darebee.com

## neck

Keep straight, relaxed and balanced over your shoulders. That way the neck muscles do not get tired and start cramping.

## head

Point it forward. Do not look down at your feet nor tilt it back too far to look at the horizon. Perfectly balanced it requires hardly any extra energy to carry.

## arms

Pump them back and forth like pistons, elbows bent and fixed in place. This helps you maintain momentum.

## hands

Lightly clenched. It allows any sweat to evaporate but stops too much precious, oxygen-carrying blood reaching the fingertips which means there's more to go round where you need it - heart, lungs, legs, brain.

## back

Keep it relaxed, straight. It stops cramps from happening at the bottom of the spine.

## knees

Unless you're sprinting uphill do not raise them too high. Move them forward, rather than upwards, try to flatten their trajectory as much as possible to save energy and gain time (and speed).

## legs

Stride out, rather than up. Keep a flat trajectory that gives you as much ground as possible for each stride.

## feet

Land lightly at the outer edge of the foot and roll forward pushing off the ball. Helps preserve momentum and saves energy and increases speed.

