



Bear Creek Running Company

101 Town Center Lane #115

Keller Town Center

Keller TX 76248

817-337-0950 www.bearcreekrunningco.com

brcmark@gmail.com



4 SIMPLE STEPS TO GOOD FORM

1 POSTURE



- > Stand Tall
- > Point toes forward
- > Reach the sky to reset your posture
- > As you run, keep your head up and gaze forward. Your arms should swing easily from the shoulders with elbows at about 90 degrees.

3 CADENCE



- > Aim for a cadence of 180 strides per minute
- > To find your cadence, count the number of right foot strikes for 20 seconds and then multiply by 6
- > Run light, and avoid pounding

2 MIDFOOT



- > March in place prior to your run to reinforce the proper midfoot strike.
- > Heel striking and overstriding cause braking
- > Landing on forefoot can strain the calf and achilles

4 LEAN



- > Lean from your ankles without bending at waist
- > Flexing at the ankles reduces unnecessary muscle strain caused by toeing off
- > Use gravity to your advantage instead of excessive muscle force

COMMON RUNNING FORM VS GOOD RUNNING FORM



Slouching posture, heel striking, overstriding & bending from the waist lead to inefficient effort, excessive body shock, braking forces and many common injuries.



Tall body alignment, midfoot strike, high cadence & a forward lean ensure an easier run, increased efficiency, and greatly reduce the chance of injury.