

Keeping pace: 8:15. A pair of HOKA® Bondi 8s seem to be doing most of the work, cushioning and arching, coaxing this stride to form perfection. Shoulders stacked above the hips. Tightness in the core, minimizing rotational oscillations. Relax the shoulders, loosen the sweaty palms, keep the crown tall and the lungs open. Uphill, the horizontal cadence turns vertical: Focus on the upward mobility of the knee drive. Stay light in the balls of the feet. Downhill: Don't initiate movement from the heels. Slow down and use this moment as active recovery.

*So few run like this.*

*To cover the distance you  
must protect yourself.*