

HOW TO *Run*



Look ahead

Keep your shoulders low and loose

Slide your arms forward and back, not across your chest

Unclenched fist, fingers resting on palms

Keep your elbow bent at 90 degrees, floating between your chest and waist

Keep your torso upright

Knee should be slightly flexed to bend naturally on impact

Leg should land underneath your body, not in front of it

Your feet should land underneath not in front your body