



STANDARD CHARTERED KL MARATHON RUNNING CLINICS SUMMARY

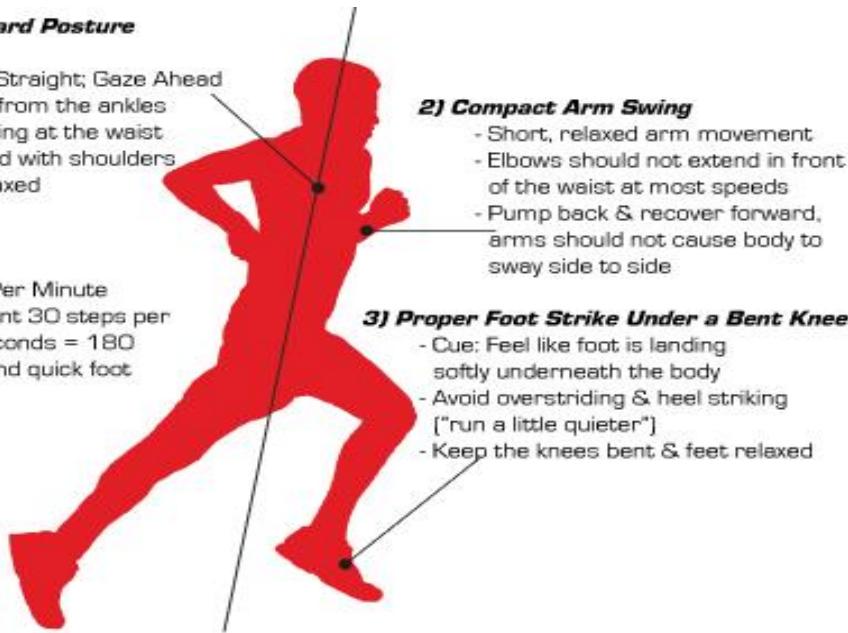
CLINIC 2 – RUNNING TECHNIQUE

1) Balanced Forward Posture

- Stand Tall & Straight; Gaze Ahead
- Slightly Lean from the ankles without bending at the waist
- Chest forward with shoulders back and relaxed

4) 180 Cadence

- 180 Steps Per Minute
- Strive to count 30 steps per leg in 20 seconds = 180
- Light, soft, and quick foot placement



2) Compact Arm Swing

- Short, relaxed arm movement
- Elbows should not extend in front of the waist at most speeds
- Pump back & recover forward, arms should not cause body to sway side to side

3) Proper Foot Strike Under a Bent Knee

- Cue: Feel like foot is landing softly underneath the body
- Avoid overstriding & heel striking ("run a little quieter")
- Keep the knees bent & feet relaxed

Lower body

a) Foot strike:

- 1) Not enough studies have been done and lots of people have differing opinions. My advice is run as normal and watch your running shoes. Remember to check your arches before buying a pair of running shoes (i.e. have you got high arches, flat feet or a normal foot arch?).

No doubt the thought is changing – feet have been weakened due to running shoes with too much stability and cushioning – all talk is now about going back to running barefoot. It is normally assumed that 'heel strike' causes injuries long term but there is not enough evidence to back this up! (Many of the top Kenyans heel strike on slow runs)



2) Whatever your foot strike – strengthening your feet will make you a better runner.

Tips:

- Strengthen your feet by incorporating barefoot running into your program (5-15 minutes go easy after every run).
- Calf raises on tip toes.
- Pick things up with your feet.

3) Try to run lightly. Imagine that you are running on broken glass!

b) Stride length:

Cadence is the number of strides you do, normally measured in a minute. (Perfect cadence is 180-184 for slow runs and between 180-205 for speed work and/or racing). As marathon runners, we don't want to over stride, but under striding will cause you to go slower.

c) Forward motion from the glutes:

If you lead your forward motion with your knees, then you will tend to 'bounce'. Try and run by leading your forward motion from your glutes/hamstrings; this will help you to stop bouncing (called 'vertical oscillation'). Try it. Lead with your knees and then with your glutes. See the difference!

Try to do hill work on a tread mill to learn how to do this if you cannot grasp this. Run on a treadmill and keep raising the inclination until you feel that your forward motion is being driven from your glutes area rather than your knees.

Upper body

a) Arm swing:

Your arms should swing through in the direction you are travelling, not across your body. If there is excessive lateral movement you will be twisting your whole body, through your shoulders and causing problems for your joints. The height at the front and back of the arm swing will depend on the speed you are running. **Allow your arms to swing like pendulums from your shoulder joints.** Hands should be about hip height on the swing.



b) Shoulder tension:

Relax the shoulders when running. Pinch the index finger and the thumb lightly together. This should prevent tensing of the shoulders.

c) Core:

Strengthen your core to help keep you upright and tall (with a slight forward tilt when running). Also, it prevents runners 'sitting' as they run which prevents good stride pattern.

TECHNIQUE FOR RUNNING UPHILL:

Take short quick steps (baby steps) as if riding a bicycle in low gear. (High Cadence)

1. Use your arms in a straight back and forward and up motion to help lift your legs.
2. Concentrate on relaxing your upper body and particularly the back of your upper legs.
3. Look where you are going and not down at your feet.

DON'T ATTACK A HILL OR OVERSTRIDE.

TECHNIQUE FOR RUNNING DOWNHILL (when training):

1. Same as with uphill, higher the cadence (baby steps). This will allow you to avoid heel striking which will ultimately put the brakes on!
2. Slight lean forward.
3. Concentrate on using the muscles in the backs of your legs to push you forward.

TECHNIQUE FOR RUNNING DOWNHILL (when racing):

1. If you are confident enough and have practiced it in training, then don't hold back when racing. Go for it! Lengthen out your stride to take advantage of the hill.
2. Land on your forefoot with your knees bent.
3. Let your arms swing to the sides and **across** your body to help keep your balance and to rotate your hips to improve stride length.
4. Concentrate on using the muscles in the backs of your legs to push you forward.
5. Remember, you can go a lot faster than you think and still be under control.