Pearls of running form

- Forward lean
- Mid-foot/forefoot strike NOT heel strike
- Minimal vertical displacement (no visible bouncing)
- Lightness under feet
- Imaginary straight line connecting ear, shoulder, hip and ankle (of extended leg)

Running drills

www.kinetic-revolution.com/three-essential-running-technique-drills/

- Ankle springs: Hopping in place on both feet with forefoot strike, knees straight but not locked, try to alternate feet and move forward like mini run
- Ankling: Mini run on forefoot, letting heel come down only briefly
- High knees: With partner supporting forward lean
- Butt kickers: Bringing feet back up behind you as far as your knees will bend like tyring to kick your backside



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