

ARM MOVEMENT

Why does arm movement matter for running?

Moving your arms during running is important to counteract the natural movement of your torso that would be created if you didn't move your arms. This helps to conserve energy and stabilises your body. This is why you move your arms and legs in opposite ways to each other. Running without using your arms actually uses more energy as you have to work harder to stabilise your torso.

What does good arm movement look like?

A couple of things to think about are below:

Shoulders

When we run we often end up tensing our shoulders which uses up unnecessary energy.

Here are a few ways you can focus on relaxing your shoulders while you run:

- If you feel your shoulders tensing up shake your arms out to reset them
- If you wear a sports watch that beeps every mile/ kilometre consciously relax your shoulders each time it beeps
- If your shoulders feel tense take a few deeper breathes and focus on releasing the tension in them
- Try to lower your shoulders and pull your shoulder blades together backwards to create a better posture rather than hunching them up to your ears

Direction of arm movement

Your arms should be swinging forwards and backwards rather than across your body. This consumes unnecessary energy and should be avoided.

Imagine having an invisible line down the middle of your body and don't let your arms/ hands touch it while you run. Focus on this for a short while at a time each run until it becomes natural.