

TECHNIQUE

Why does running technique matter?

Having a good running technique means that you will run in a more energy efficient way and minimise your risk of injury.

Changing your technique

There are many different things to consider with running technique and focusing on too many at once is likely to be difficult. Changing your technique should be done gradually – perhaps focus on it for a minute a time a few times during a run until you feel comfortable with your new running style. Then increase this time gradually and your new running style will start to feel more natural and automatic.

A couple of cues to think about are below:

Helium balloon analogy

Often when we run, especially when we are tired we tend to hunch over which leads to bad form and also makes getting oxygen into our lungs difficult (contributing to feeling more tired).

To correct this you can imagine a helium balloon coming out of the top of your head and pulling you upright. You don't want to be completely upright (research suggests a slight forward lean is ideal) but you shouldn't be hunched over either.

Imagining a helium balloon should make you more upright and help you lower your shoulders, which often get tense whilst running.

Bucket of water analogy

Maintaining a neutral pelvis position during running is important for good running form.

One way to achieve this is to imagine your pelvis as a bucket full of water. You are aiming to keep the water in the bucket when you run. Therefore tilting your pelvis too far forwards, backwards or sideways will lead to the water coming out of the bucket so you should try to avoid this.