

Chasing Extraordinary

A 'How To' guide for newbie marathoners

'Running Posture – 10 Point Check List'

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Like most, I imagine you began running by going out for a little jog about.

From there you may have learnt how to do some varied speed work to help you go quicker.

However, there is an optimal running pattern that you can create with your body that, when you've got it going on, will help you get faster, stronger and reduce injury risks.

First and foremost it's about posture!

Get your body into a great running posture, then watch and feel your running improve.

It's all about putting a little thought into your running.

To become a better runner, it's not always about all the miles you run. It's not always about increasing speed, adding tempo runs, doing more and more ...

It's actually about getting the foundations right.

I like to watch the change in runners when they're introduced to this technique.

At the start, I can literally hear knee joints screaming 'NO MORE' as I watch the majority of runner's land each running step on their heels with a straight leg.

Getting them to implement these 10 steps and change their body position and all of a sudden I see running steps being taken with beauty, ease and elegance and I hear the knee, ankle and hip joints give a communal sigh of relief.

So, let's get into this.

Here's a youtube video link in which I go through the full 10 steps (which are also written below).

<https://youtu.be/R2PgaKugYxg>

Follow along and before you know it, you'll be looking good, feeling good and running good.

Running Posture

Step 1 - *Stand with feet a little apart. Look down and notice where your feet are pointing.*

When running, your feet will land in the position that you naturally stand in.

Step 2 - *Pick up your feet one at a time and place them into a toe forward position (if needed).*

Our aim is to get you running with your toes pointing in the direction you want to go - forward.

Step 3 - *Raise your arms in the air, feel very tall, then lower the arms back to your side.*

The aim is feel very tall when your arms are up and keep that feeling as you lower your arms back down to your side. Relax your shoulders without slumping down and losing that tallness.

Step 4 - *Place your fingertips on the front protruding part of your pelvis (hip bone).*

This is the tilt point of your body.

Step 5 - *Engage your core.*

This simply means pull your tummy in towards your spine and imagine to stop weeing mid-wee.

Step 6 - *Drop your eyes and look towards your feet.*

Take a look by dropping your head and eyes only, not your body.

Can you see the midway point of your shoelaces - Yes or No?

If yes, then you're all good to go to Step 8.

If no, move on to Step 7.

Step 7 - *Tilt your body forward from your hip bone.*

Using the fingertips that you placed on your hip bone (your tilt position), slowly push back and lean the body forward from your tilt point until you can see the midway point of your shoelaces.

Step 8 - *Lift your head up and look out to the horizon.*

We're almost ready to move.

Step 9 - *Bend your arms up to 90° beside your body.*

(this will stop you face-planting when you take off).

Step 10 - *Fall forward leading with the chest.*

The aim is to fall forward until you need to take a step. Then ... keep taking those steps in a runny type styley.

Run to the tempo of 180bpm – that means your feet hit the ground 180 times per minute (use a metronome app on your smart phone to gauge this foot speed).

You're now running in a great running postural position. YAY!

I've listed 10 steps, but honestly, they won't take you very long to do – a couple seconds of preparation before you move.

Go through the quick running posture check list and you're ready to run:

- feet forward
- tall body
- engage core
- tilt from hip
- look to where you're going
- fall into running

Righto, you're now moving and looking pretty darn good with your running posture, but what usually happens during a run – especially the long runs you'll do when training for a marathon – is that your posture starts to wane.

So, have this check list ready in your mind.

You don't have to stop and put your body back into position.

Simply go through your checklist and make little tweaks to your body's position on the move.

'Create the day that creates your success'

~ Nikki Love

Keep in touch

I'd love to hear how you get on, so why not come on over and say howdy on:

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