

**RUNNING STYLE REVIEW:**

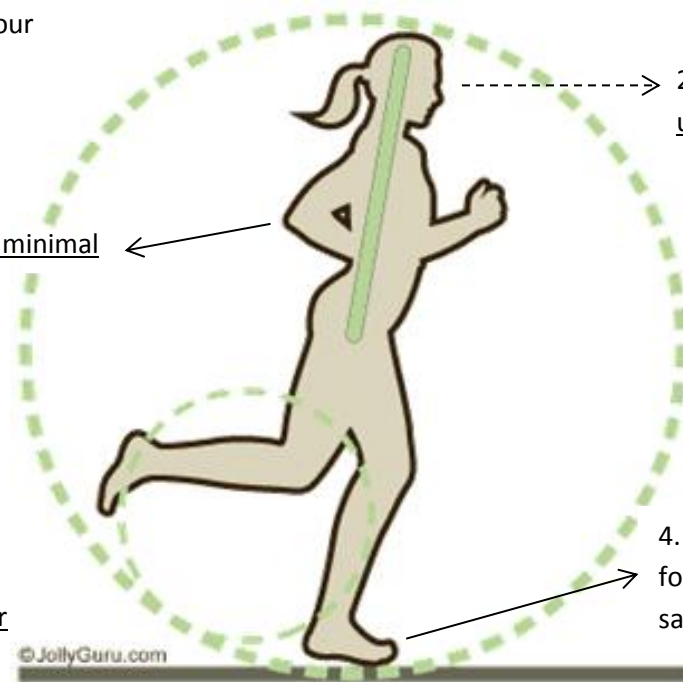
Film each other on your phone and we can have a chat. In the meantime, here are some simple ideas done bit-by-bit when you run.

**1. Run Tall**

- this helps to maximize your diaphragm for breathing.

**3. Keep elbow movement minimal unless driving uphill**

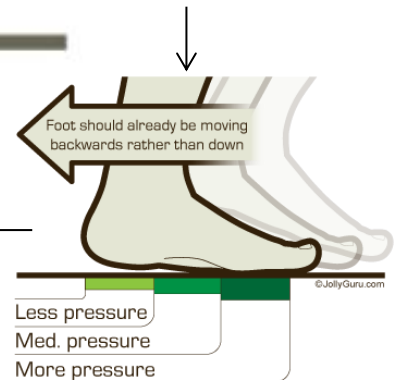
5. To increase your stride, bend your leg back further (using hamstrings) – this prolongs your time with your foot off the ground, hence lengthening your stride.



2. Don't let your horizon bounce up and down

4. Foot lands under hip: with forefoot landing before or at the same time as heel.

The smaller the foot angle (ideally zero), the less work your tibials (shins) have to do.



**TIP:** To pick up pace, increase your cadence or leg speed with faster hamstring bend and calf muscle contraction. *Don't step out further.*

Check YouTube for: Barefoot  
 Forefoot  
 Pose } Running ideas and follow the links

**Enjoy running... Don't hurt too much!!**