

HOW TO RUN CORRECTLY

AN INTRODUCTION TO FOREFOOT AND MIDFOOT RUNNING

CENTRE OF GRAVITY



HEEL STRIKING HAPPENS WHEN YOUR STRIKE REACHES TOO FAR OUT FROM YOUR CENTRE OF GRAVITY



MID-FOREFOOT STRIKING HAPPENS WHEN THE FOOT STRIKE IS BEHIND YOUR CENTRE OF GRAVITY

FOCUS OF TENSION



THE HEEL STRIKE STRAIGHTENS THE LEG FOR IMPACT THIS FOCUSES TENSION ON THE HEEL AND KNEE INCREASING THE RISK OF INJURY



MID-FOREFOOT STRIKE FOCUSES THE TENSION ON THE MUSCLES (DUE TO A BENT KNEE) REDUCING THE RISK OF INJURY

FOOT STRIKING METHOD



1) IN NATURAL STRIKE FORCED ONTO THE HEEL
2) INCREASED TENSION ON THE JOINTS
3) STRIKE IS POINT OF YOUR CENTRE OF GRAVITY



1) TENSION AND PRESSURE EQUALLY DISTRIBUTED AROUND THE FOOT
2) ENGAGES THE MUSCLES ON THE FEET STRENGTHENING THEM
3) STRIKE PLAYS NATURALLY THROUGH YOUR CENTRE OF GRAVITY