

Running Form

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The following photos and tips are compiled as a tool to help runners with their form, whether training for a marathon, 10K, 5K, or just a weekend hobby.

Little of this is “gospel” or written somewhere as “rules” of running. However, it is based on years of running, coaching runners, and watching runners go around and around a track.

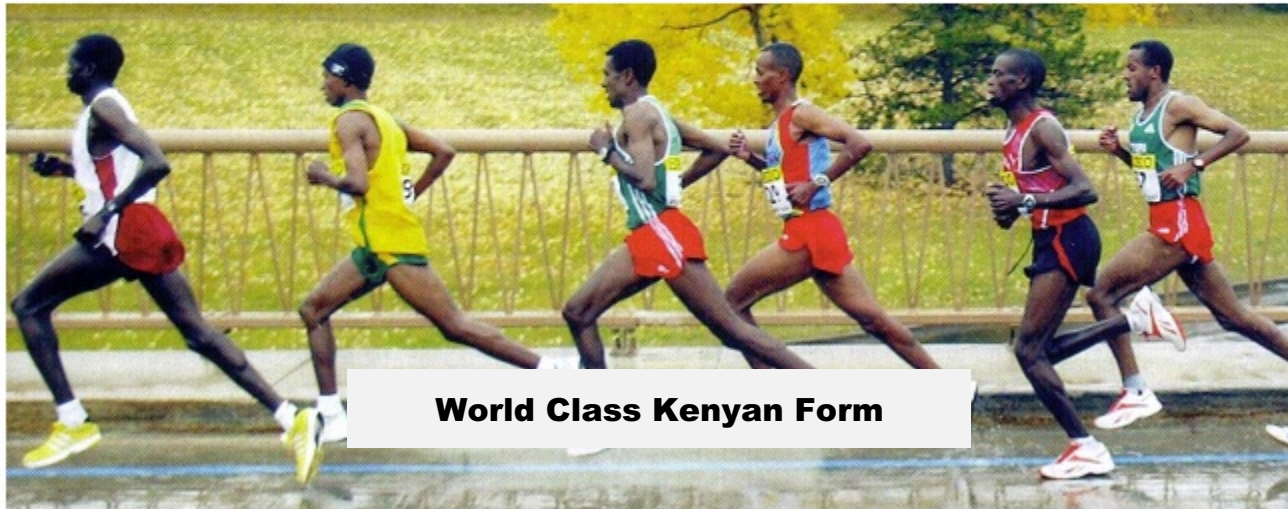
Apologies to the non-Kenyans in the photos (especially the Ethiopians) who are tagged with using “World Class Kenyan Form.” They would probably be offended.

Likewise, apologies to the runners who appear in the “improper form” examples. Surely they have corrected the problems by now.

**Paul Carmona, Coach
Twenty Six Two Marathon Club**

Classic Running Form

- All leaning forward
- Heads up
- Shoulders ahead of hips



- Note their elbow “drive” at the back - straight back
- Runners 1, 2, 3, 4 and 6 are all mid-stride, so we are not seeing their kick...but look at their excellent knee drive forward on their leading legs
- Runner 5 (dark shorts with red stripe, second from right) is in perfect “landing” pose - his center of gravity is AHEAD of his foot, so he can immediately push off

More World Class Kenyan Form



- Heads up, shoulders relaxed
- Excellent kick
- Landing on foot right below or slightly behind center of gravity

You don't have to be a Kenyan to achieve great form!



Here is the concept:
Foot, hips, shoulders
and head all aligned
in a forward position:



More examples of solid form, all with body position slightly forward, head up, elbow driving back, good kick, and outstanding forward knee drive.



And now, on the next page, take a look at some examples of improper running form...



Overstriding

-and by the way, this provides a good look at the quad muscles at work, and the iliotibial band (IT band) along the outside of the left leg

More overstriding



More overstriding, leaning back instead of forward, and a bit too much heel strike

And finally, two terrific photos of world class runners at work. Note how the same principles are all observed:

- forward body position
- head up
- shoulders relaxed and ahead of hips
- elbow drive at the back
- good arm swing
- excellent kick
- perfect knee drive at front



Even though Carl Lewis is a sprinter, and took HUGE strides in his Gold Medal wins, his fundamentals are the same...head up, forward lean, shoulders relaxed and ahead of hips, elbow drive back, good arm swing ahead, strong kick, and superb forward knee drive!

This one is a little too upright, which maybe is why she's in last place...

