

Running Form 101

Beginner 5k Program 2020

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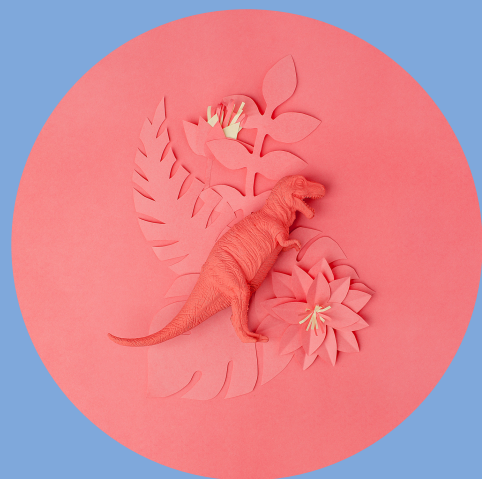
Posture and Posture Reset for Mid Runs:

- stand up straight
- arms up
- reset



2

- Try to find your natural rhythm.
- Wear appropriate shoes for your feet.
- Try for a midfoot strike, but everyone's "run" is unique to them- be like the playground.



3

No T-Rex Arms.



4

- Run light and keep your feet underneath you.
- Have a slight lean from your ankles, not your hips.
- Relax and have fun!