

Healthy Habits for Distance Running

FORM

At any speed, running form should be controlled and symmetrical on right-left sides to reduce injury risk and improve efficiency. The head, spine and hip should be aligned, with slight forward lean. Muscles of the abdomen, buttocks and legs should be activated, or in tension, to help support form, promote soft foot landings and reduce impact force during the whole run. Feet should not cross over in front of the body, helping prevent injuries in the legs and feet. The following cues will help you maintain efficient, safe running form.



HABITS

- **When tired during a run:** Take a break and walk a minute or two. Breathe and eliminate fatigue. Re-envision good running form and then re-engage back to running.
- **Avoid injury:** Do not outrun your endurance on long runs, as this is when form breaks down. Consider periodic breaks along the run or try intervals.