

Running Training

TIP # 2



Your body absorbs about three times your weight with each step that you run. Minimizing stress at impact and while the foot is on the ground is very important for injury prevention.

The following is suggested as safe and efficient running technique:

- Foot strikes the ground towards the forefoot
- Land with leg under the centre of gravity
- Short time of contact with ground
- Minimize vertical displacement
- Minimize useless muscles contractions
- Fast turnover - cadence

Running at a cadence of 180 steps per minute forces one to take shorter, lighter steps. Although there are more impacts they are significantly smaller. The quick step requires that your feet land directly under your body as opposed to over striding and landing on your heel. This lessens the impact forces. Increased turnover also means less time on the ground with each step which decreases the stress.

To figure out your cadence do the following test:

Once you have warmed up count how many steps you take with your one foot per minute and double that to work out your cadence. If your cadence is too low (below 170 – 180 steps per minute) try these few tips to increase it.

The easiest way to quicken your step is to run with a metronome (there are apps for that like iSmoothRun). You can also use sites like JogTunes, Cadence.FM or yourmusicyourcadence to find music with beats that match your desired cadence. Otherwise, monitor your progress with a 30-second cadence check every couple of miles.

Your cadence may change a bit when you run at different paces so measure cadence at different paces.

Practice increasing cadence on downhills and uphill with short strides as well.

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