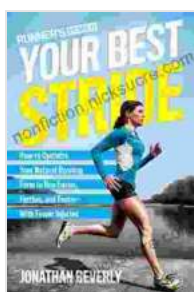


# How To Optimize Your Natural Running Form To Run Easier, Farther, And Faster With Less Effort

- **Improved efficiency:** Natural running form uses less energy than heel striking. This means that you can run farther and faster with less effort.
- **Reduced risk of injuries:** Natural running form is less likely to lead to injuries than heel striking because it puts less stress on the joints.
- **Improved performance:** Running with a natural running form can help you improve your performance by making you more efficient and less likely to get injured.
- **Start with a midfoot strike:** The midfoot strike is a key component of natural running form. Aim to land on the middle of your foot, not your heel or forefoot.
- **Increase your cadence:** Cadence is the number of steps you take per minute. Aim for a cadence of 180-200 steps per minute. This will help you to run more efficiently and reduce your risk of injuries.
- **Relax your posture:** Running with a relaxed posture is essential for natural running form. Don't tense up your shoulders or neck. Instead, keep your head up and your shoulders relaxed.
- **Practice:** The best way to improve your running form is to practice. Run regularly and focus on applying the tips above. Over time, your running form will naturally improve.

- **Calf raises:** Calf raises help to strengthen the calf muscles, which are important for a midfoot strike. To do a calf raise, stand with your feet flat on the ground and raise up onto your toes. Hold the position for a few seconds and then slowly lower back down. Repeat for 10-15 repetitions.
- **Hamstring stretches:** Hamstring stretches help to improve flexibility in the hamstrings, which are important for a high cadence. To do a hamstring stretch, stand with your feet shoulder-width apart and reach down to touch your toes. Hold the position for 30-60 seconds.
- **Glute bridges:** Glute bridges help to strengthen the gluteal muscles, which are important for stabilizing the pelvis and preventing injuries. To do a glute bridge, lie on your back with your knees bent and your feet flat on the ground. Lift your hips up off the ground until your body forms a straight line from your shoulders to your knees. Hold the position for a few seconds and then slowly lower back down. Repeat for 10-15 repetitions.



## Runner's World Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther, and Faster--With Fewer Injuries by Jonathan Beverly

★★★★☆ 4.6 out of 5

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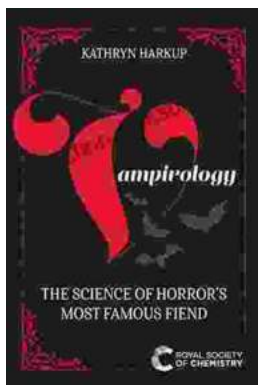
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