

****5 Essential Running Technique Tips to Improve Your Performance****

Running efficiently isn't just about speed—it's about form, posture, and technique. Follow these expert tips to improve your running efficiency, reduce injuries, and enhance endurance.

****1. Maintain Proper Posture****

Keep your body upright with a slight forward lean from the ankles, not the waist. This helps with momentum and reduces strain on your lower back. Imagine a string pulling you up from the top of your head.

****2. Relax Your Upper Body****

Tension in the shoulders and arms wastes energy. Keep your shoulders relaxed, arms bent at 90 degrees, and avoid clenching your fists. Swing your arms naturally, keeping movements smooth and controlled.

****3. Increase Your Cadence****

A higher cadence (steps per minute) reduces impact on joints and improves efficiency. Aim for 170-180 steps per minute. Shorter, quicker steps help maintain better control and reduce overstriding.

****4. Land Midfoot, Not Heel-First****


Landing on your midfoot (rather than your heel) helps with shock absorption and forward propulsion. Heel striking can increase impact forces, leading to injuries.

****5. Engage Your Core and Hips****

A strong core and hip stability improve running mechanics. Focus on engaging your glutes and core muscles with strength exercises to prevent fatigue and maintain proper form.

****Bonus Tip: Get a Running Form Assessment****

Every runner is unique! A professional running analysis can pinpoint specific areas for improvement and prevent injuries. DM me for a ****free consultation**** or to book a ****1:1 Running Form Assessment****!

 Got questions? Message me on WhatsApp: [\[Click Here\]](#)