

thepodiatrist.net.au

15 Cohoe Street
(cnr Ipswich Street)
Toowoomba Q 4350

p 07 4638 3022

f 07 4632 1441

e admin@thepodiatrist.net.au

Up and down hills

Slow up a bit on the up hills, you may need to shorten your stride length depending on the slope.

Don't try and go faster, move your arms more vigorously to help pull you up that hill.

On the downhill run with caution, don't over stride or go too quickly. Downhill running places massive stresses on your knees as your quadriceps are attempting to stop your body sliding across your knee joint.

Many runners who use hill training will walk down the hill while recovering to run up the hill once more.



Running style varies from person to person, depending on your body type and the distance and environment you choose to run. This highlights a few pointers on the latest style employed by the elite long distance runners of today that we can attempt to use as everyday athletes or if you are attempting to increase your fitness through running.

Posture

You should stand fairly straight, not leaning too far forward, twisted to one side or tilting backwards. You should be looking ahead at where you are going, not staring at your feet or the ground. Naturally on a trail run you might be checking out the ground and what is coming up next, if you value your ankles.

Foot contact

Studies show that good long distance runners contact with the midfoot. Slower runners contact between the midfoot and heel and fast runners contact a little further forward. Only sprinters or short to middle distance runners should contact the ground with the ball of their foot. While there may be exceptions to the rule, this is a good way for most beginning and intermediate runners to start out. It allows for better shock absorption, less stress on the calf muscle and Achilles tendon, and better forward weight transfer to the next stride. Your muscles will then be used in a manner that is similar to how you walk and this is the pattern of muscle firing and contact pattern which the muscles are accustomed to.

Hips and head

We suggest that your foot should be under the centre of gravity of your body when it strikes the ground. A line from your head through your hips should end up at your foot. Keep the head fairly straight and look ahead. Avoid twisting your body and making you unstable in your forward progression, gently twist from the neck if you need to turn.

Arm carriage

This is where you allow your arms to swing. Most importantly don't tense up and carry them stiffly with your shoulders hunched and your fists balled up and your elbows completely bent. Relax. Carry your arms at your side somewhere between your waist and chest. One arm swings forward while the other one goes backwards. This occurs opposite to the foot and leg motion. Don't waste too much energy with a massive swing a gentle arc is all that is required in middle to long distance running.

Stride length

Don't over stride, it is one of the biggest problems in long distance running and causes a host of overuse problems. Do attempt to have your foot strike under your body don't be reaching for more distance and rotating your pelvis forward to achieve this. This can cause Shin splints, Achilles tendonitis, ITB pain and hip flexor muscle pain.

Breathing

There are a number of breathing techniques employed by running enthusiasts. Some will be on a count system, breathing in and out on a 2 or 3 count pattern. In most cases your breathing will take care of itself, just keep breathing, deep and regular. Most runners are mouth breathers or at least nose and mouth breathers as it's impossible to inhale enough oxygen just breathing through your nose.