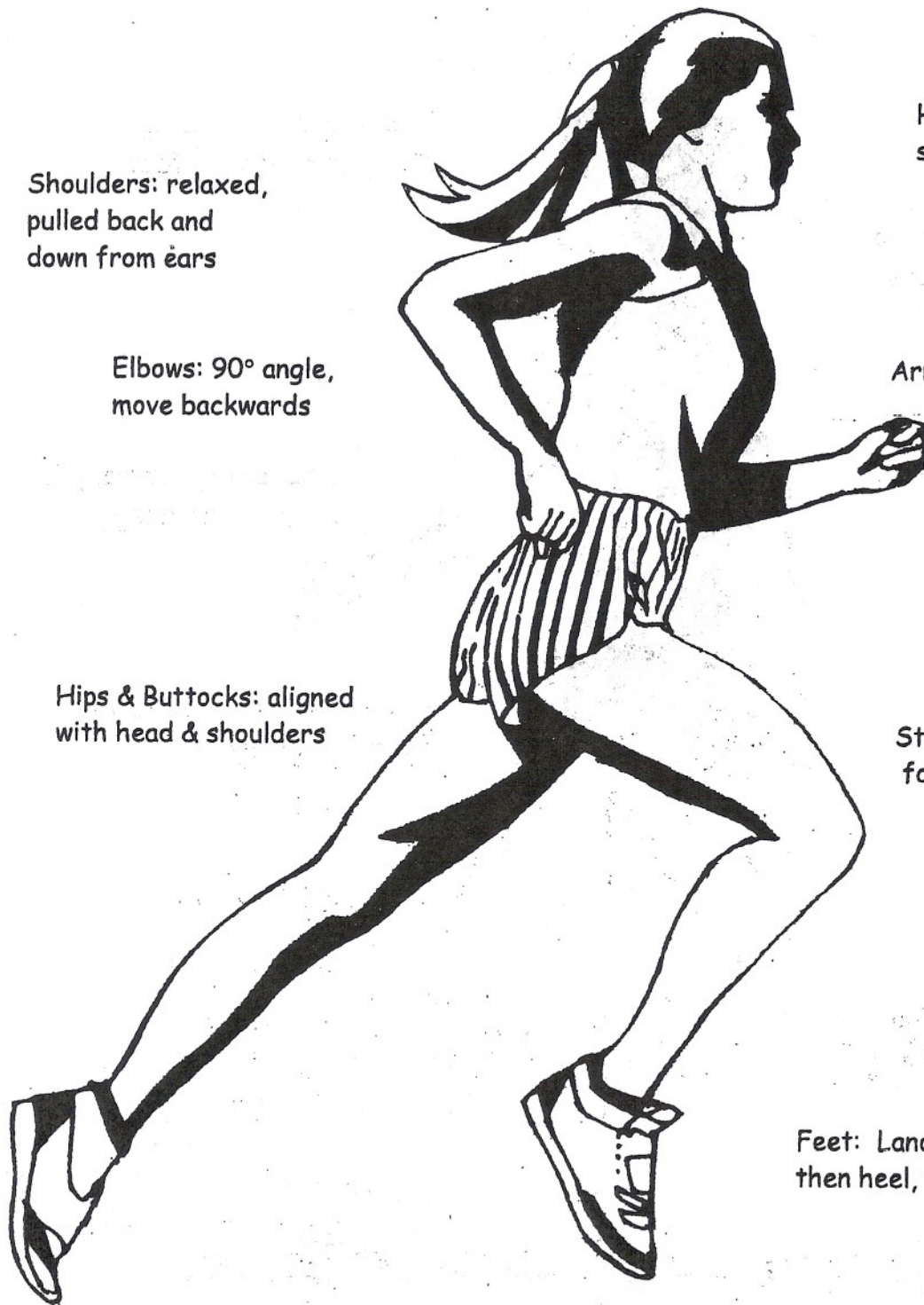


Proper Running Form



Shoulders: relaxed,
pulled back and
down from ears

Elbows: 90° angle,
move backwards

Hips & Buttocks: aligned
with head & shoulders

Head: level and gazing
straight ahead

Arms: swing naturally &
in rhythm with legs

Hands: loosely
cupped, unclenched

Stride Angle:
form a 90° angle

Feet: Land mid-foot,
then heel, toes push off