

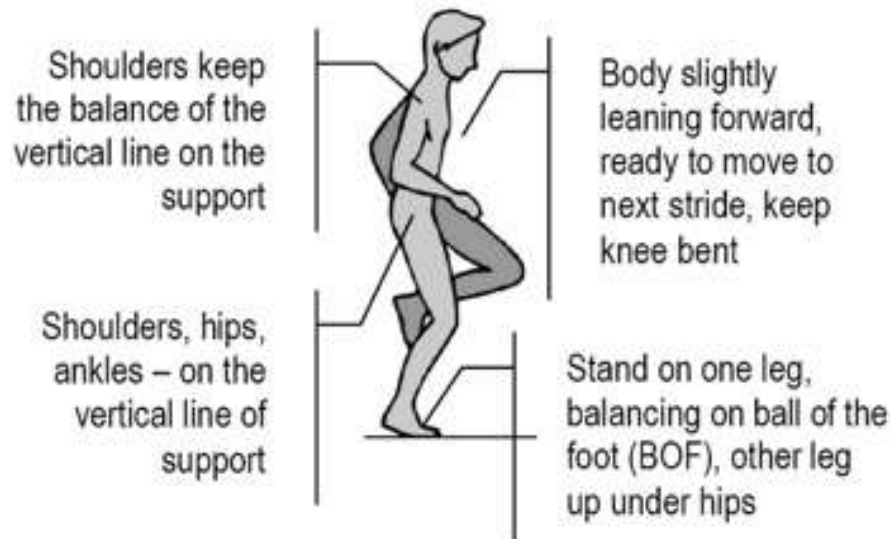
Triathlon Solutions

www.tri-soul.com

Running

Seven Elements of Athletic Movement (7 EAM) as it relates to running

Body Position – “Alexander Position while running”



www.poserunning.com

Eyes; level and viewing 20 meters out on the road

Mouth; Fish mouth (relaxed jaw)

Shoulders; Level and act as a counter balance to the hips

Core; center of gravity, allow hips to stay level with shoulders, primary source of all movement

Arm Action – Arms provide us balance & forward movement momentum

Hands (fists) = closed loosely with thumb gently pressed against the forefinger as though you are holding a coin. Fists swing on track with shoulders to keep the elbows from pointing out.

Swing of Arms = fists move approx 6" to front & 3" rear of the body's core (brush thumbs along outside of hips to ensure follow through of arms. Arms should not cross the midline of the body.

Detractors = avoid resembling a static (T-rex) position with arms.

Drills that build up a proper Arm Action: Supervised 100m strides

Leg Action – Leg Action help generate forward movement momentum

Movement = starts at the body's core

Hips = stay level with the shoulders

Strides = find a length that permits us to achieve a minimum of 45 steps every 30". Over striding creates a whole host of problems that waste energy (vertical displacement) and set us up for injury (especially knees). Big strides should be reserved for sprints that are 100 meters or less.

Foot strike = Land on the mid foot in such a way so the feet land under the core of the body. Feet should land quietly. Achieving quiet-sounding feet is a way to ensure you are optimizing the body's natural recoil and shock absorption.

Toe Flick = flick the toes back and let the momentum carry the heels to the buttocks

Drills that build up a proper Coordination: Majorette, High Knees, Butt Kicks

Breathing – communicates control to the rest of your body

Exhales = should be full and use the exhale time to think about your technique

Talking = sets intensity levels:

Level 1; can talk easily

Level 2; mostly single-syllable words

Level 3; struggle with single-syllable words nearly impossible (this is mostly where tri race pace is)

Level 4; can only grunt, completely focused on pace, and probably need to change level soon

Level 5; completely all out, can last 10-15 seconds, very rare in triathlon

Coordination – movement in such a way as not to disturb optimal body position

Drills that build up a proper Coordination: Majorette, High Knees, Butt Kicks

Smoothness – ease of movement provides less stress on joints and improves performance

Harsh movements disturb body position & make the muscles fatigue quicker

Relaxation – body and brain work better relaxed

- Muscles that are contracted flush out cells that carry O₂. Lack of O₂ makes the body sink
- Relaxed muscles perform better.
- Adopt a running manta, ex. "fast, fluid, relaxed"

7 Things I Did To Improve My Running

1. Stopped running in traditional "training" shoes (I only train/race in light-weight racing flats).
2. Embraced Evolution/Pose running technique.
3. Run barefoot on grass at least once a week.
4. I always wear Crocs to speed recovery.
5. Lost weight.
6. I run after bike rides more often.
7. I invested in a coach.