

Walk Run Well Clinic

3 Keys To Walking and Running

Posture - your alignment from head to shoulders to hips and all the way to your feet

- Simple Tips
 - Stand upright and tall
 - Keep your knees soft and bent
 - Head and eyes straight ahead
 - Shoulders relaxed and down
 - Quiet arms that move with you

Pulling - your use of the primary muscle groups that are meant for walking and running

- Simple Tips
 - Lift your heel off the ground
 - Think about lifting straight up
 - Keep your feet closer to your hips (walking)
 - Keep your feet under your hips (running)
 - Use the hamstring and glutes

Cadence - your foot speed, the rate at which you pick up your feet from the ground

- Simple Tips
 - Think quick feet and fast turnover
 - Walk cadence = 120+rpm
 - Run cadence = 180+rpm

My Initial Errors

Write down during the initial video analysis

1. _____
2. _____
3. _____

Final Reminders

- Changing your technique takes time and patience to make it feel natural
- Walking and running form is your first line of defense in preventing injuries such as plantar fasciitis, knee tendonitis, and lower back pain
- Practice the drills you learned for 5-10 minutes before every walk/run for the next four to six weeks