

Unskilled Jogger High Injury Rate

- 1. Posture**
Bent at the hip with upper body leaning forward
- 2. Rhythm**
Long, slow, sticky strides
- 3. Relaxation**
Tense upper body
- 4. Footstrike**
Heel striking

Unskilled Barefoot Runner High Injury Rate

- 1. Posture**
Bent at the hip with upper body leaning forward
- 2. Rhythm**
Long, slow, sticky strides
- 3. Relaxation**
Tense upper body
- 4. Footstrike**
Mid or forefoot strike ahead of the hips

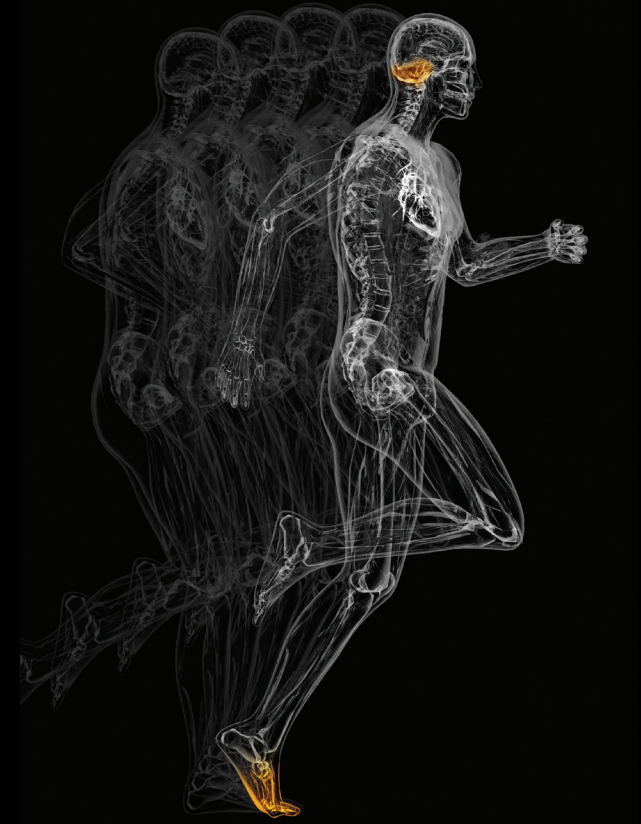
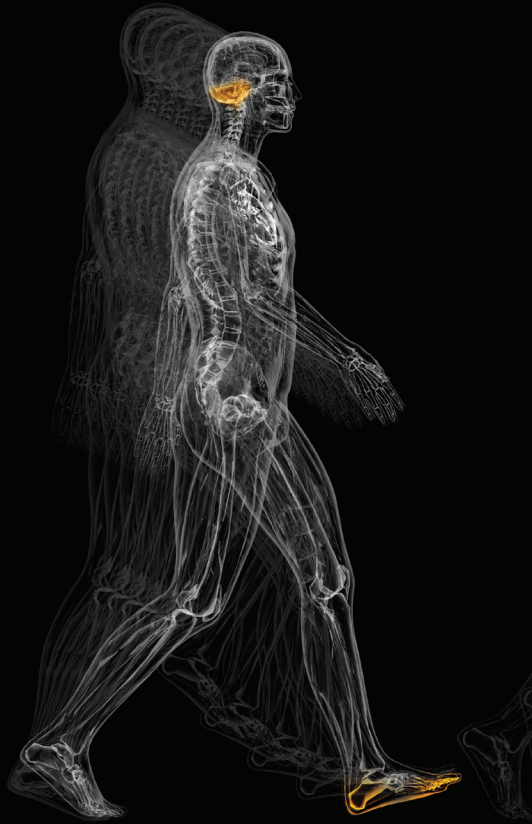
Skilled Barefoot Runner Injury Free

- 1. Posture**
Upright with torso leading the way and head looking towards the horizon
- 2. Rhythm**
Short strides with quick cadence (180 bpm) and elbows matching stride rate
- 3. Relaxation**
Upper body, shoulders, wrists, hands, feet and ankles all relaxed
- 4. Footstrike**
Mid or forefoot strike, directly underneath the hips, in line with the center of gravity

Walking

Running

Sprinting



Chi Running
Pelvis follows legs.
Hybrid between walking
and running.

Skilled Running
Forefoot strike, heel touch.
Pelvis follows torso.
Skilled running.

Pose Running
Forefoot strike,
heel does not touch.
Hybrid between
running and sprinting.