

A group of runners in motion, overlaid with a semi-transparent white box containing text. The runners are in various stages of their stride, and the background is a bright, hazy outdoor setting. The text is centered within the white box.

Running Technique Quick Guide

Learn how to improve your running form

TOP 8 ARTICLES ON RUNNING FORM

Thanks for subscribing to receive this free download which I've put together as a resource to help you improve your running technique, and learn to run more efficiently.

The following selection of links includes some of the most popular articles about running form on the Kinetic Revolution website...

- 1 THE RUNNING GAIT CYCLE EXPLAINED [VIDEO] << [CLICK HERE TO START](#)**
This is a great place to begin, and to get comfortable with common terms you'll hear when it comes to running gait
- 2 PROPER RUNNING FORM: SIX WAYS TO RUN MORE EFFICIENTLY**
In this article, you'll learn some simple and effective tips to help you run with better form
- 3 QUICK TIPS FOR RUNNING TECHNIQUE ASSESSMENT**
Learn what to look out for when you see a video of yourself running!
- 4 HEEL STRIKE vs FOREFOOT STRIKE**
Much debate exists when it comes to how your foot should land on the ground when running. Here's my take...
- 5 HOW TO ENGAGE YOUR GLUTES WHEN RUNNING**
Your butt muscles are a vitally important piece of the puzzle when it comes to running form!
- 6 SAVE YOUR CALF MUSCLES BY LEARNING TO RUN "FROM THE HIPS"**
Discover the link between tight hips and recurring calf and achilles problems... and what you can do about it.
- 7 HOW TO INCREASE YOUR RUNNING CADENCE**
Running cadence (or stride frequency) is an running important metric. Learn how to improve yours!
- 8 HOW TO RUN WITH RELAXED SHOULDERS**
If you get tight shoulder and/or a painful neck when running, this simple tip will help...

CHECK OUT THESE OTHER FREE TRAINING RESOURCES...

The Kinetic Revolution website has a ton of free resources to help you achieve your running goals, whatever level of runner you are, and whatever you're currently training for.

Here's a selection of some of the most popular training resources, as voted by our readers:



30 Day Challenge – Transform Your Running [FREE]



Marathon Training Plans [FREE]



Half Marathon Training Plans [FREE]

JAMES DUNNE

Founder of Kinetic Revolution

Having graduated from St Mary's University College in London with an honours degree in sports rehabilitation, James build a reputation for helping runners of all levels to overcome injury and return to full training stronger than ever.

James founded his own rehab and coaching business, Kinetic Revolution, back in 2010 with the dream of helping as many runners as possible. Through a combined approach of “real world” coaching and blogging about running injury prevention, rehab and performance training, he now works with runners worldwide.

Tens of thousands of runners now use his resources, and the Kinetic Revolution website to run stronger and remain un-injured in the pursuit of their running goals.

