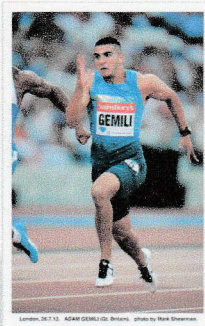


Speed

- Shoulders low and relaxed
- Fast arms elbow driving backward
- Tall posture and high hips
- Heel up and under buttock
- Knees up, toe up
- Land on front half of foot (ball of foot) and drive down and back



London, 20.7.12. ADAM GEMILI (GB, Britain) - photo by Mark Thompson



Endurance

- Tall posture with high hips
- Relaxed shoulders with efficient backwards driving arm action
- Rhythm guides optimal speed and efficiency
- Foot lands naturally underneath the centre of mass, moving down and backwards



Birmingham, 19.2.12. MO FARAH (GB, Britain) on his way to winning the 5000m - photo by Mark Thompson



Running Downhill

- Controlled
- Active foot adding force where required
- Arms active and used for balance
- Upright or leaning slightly forward
- High Hips
- Active recovery of rear leg



Running Uphill

- Positive backward drive of arms
- High hips
- Terrain guides optimum efficiency and pacing
- Foot lands naturally on forefoot
- Triple extension



Running Over Obstacles

- Shoulders low and relaxed
- Fast elbows driving backwards
- Tall posture and high hips
- Heel recovers under buttocks
- Knee up, toe up
- Centre of Mass remains low and over lead leg
- Land on front half of foot with active foot recovery guided by terrain

