



Grant Robison
2004 Olympian - 1500m

Running faster, more efficiently, and injury free is what runners strive for. With a focus on proper mechanics, **GOOD FORM RUNNING** aims to help runners of all ages and abilities achieve these goals.

As a participant in the GFR clinics you will receive:

- > Experienced coaches
- > Individualized film review
- > Instruction on the "4 points" of GFR
- > Informative handout with visual examples of key GFR topics.

4 SIMPLE STEPS

Posture - Midfoot - Cadence - Lean

1) POSTURE



- * Stand tall
- * Point toes forward
- * Reach to the sky to reset your posture
- * Run with your head up and keep your gaze directed ahead of you

2) MIDFOOT



- * March in place prior to your run to reinforce the proper midfoot strike
- * Heel striking and overstriding cause braking
- * Landing on forefoot can strain calf & achilles

3) CADENCE



- * Aim for a cadence of 180.
- * To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- * Run light, and avoid pounding

4) LEAN



- * Lean from ankles without bending at waist
- * Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- * Use gravity to your advantage instead of excessive muscle force

FAQ'S

Are you sure that GFR will work for me?

Yes. GFR has had an incredibly positive response and success rate. We believe the reason for that is the fact that GFR simply encourages you to move your body the way it was designed.

Since I'm changing my technique, will my muscles be sore?

You will very likely experience some soreness. Chances are you have been under-working some of the key running muscles. However if the soreness persists past a few runs, you need to reassess your mechanics.

How long does it take to master GFR?

Every individual is unique. If you run every day or if you are naturally in-tune with your body, changes can come within a few days. For some it takes six months, even a year. "Mastering" GFR requires practice, reassessment, and more practice.