

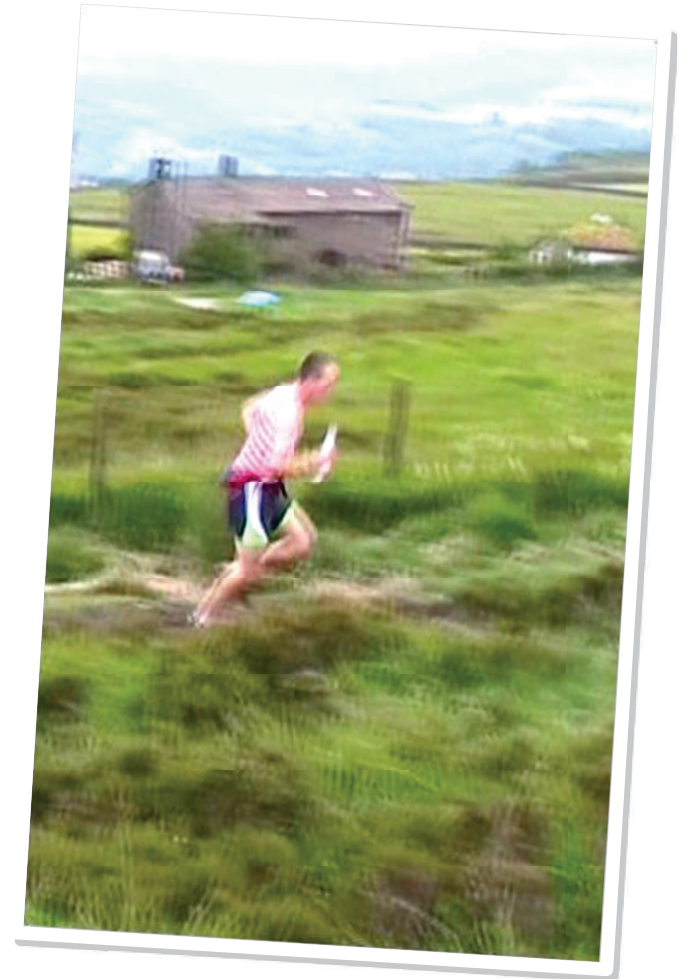
Endurance

- 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.



Speed

- Shoulders low and relaxed
- Fast arms, elbows 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.



Running Uphill

- Positive backward drive of arms
- Hips high
- Terrain guides optimum efficiency and pacing
- Foot lands naturally on forefoot
- Triple extension.



Running Downhill

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

