



5 Running Tips

1. **Target Cadence** = 180 steps/min
2. **Posture:** Keep good alignment with your head over hip over ankle, keep a soft knee without bending at the waist.
3. **Landing:** Let the ball of foot strike the ground below your hip, heel comes down softly after.
4. **Fall:** Keep weight (COG) slightly forward and lean from the ankles.
5. **Pull:** Quickly pull the foot from the ground directly under the hip.

Womack physical therapy run-class uses the acronym "CLASS" to help remember these 5 tips: Cadence, Lean, Alignment, Soft landing, Strike.