

FeistyFest Run Clinic with Coach Alison Freeman

The Goal: Improved Running Efficiency

More speed with less effort / less effort to run the same pace

What is Energy Return?

Energy return is the translation of the foot strike force into forward motion

- Good energy return lessens the stress on muscles and promotes durability, both in terms of injury resistance and fatigue resistance
- Poor energy return requires the muscles to absorb the foot strike force and contribute heavily toward forward motion, increasing fatigue

Running Posture

Be a spring, not a cushion

- A cushion bends at the hip, knees, and ankles, absorbing the foot strike force
- A spring stacks hips over knees over ankles, and lands with stiff but springy legs that return the foot strike force as forward motion

Cues for a hip-forward running posture:

- Run like Superman
- Head-shoulders-knees-and-toes (stacked joints)
- Wear your crown (by leaning from your ankles)

Cues for stiff legs:

- Pogo sticks for legs
- A-skips

Running Cadence

Higher cadence → less ground contact time → greater energy return

Goal: 174-180 steps per minute (higher for shorter legs, lower for longer legs)

- Use a metronome
- Run in place, then lean forward to start moving
- Cues
 - Run with grandma / Betty White
 - Time your arm swing to the metronome

Aim to increase your cadence by 4 steps per minute every few weeks

Remember: stride rate x stride length = pace, so reduce your stride length!