

Hansen Multisport

Running Biomechanics

Variations in form due to Terrain

Uphill

- Shorter stride
- More push off
- Increase knee raise



Downhill

- Longer stride
- Shift weight slightly backward
- Controlled contact w less arm movement
- Much greater forces running downhill
- Too much downhill can lead to greater injury risk
- Slowly increase amount

Verbal Cues while Running

- Relax
 - Face
 - Arms
 - Upper body
- Strong and Tall
- Extend the hip
- Left - Right - Left - Right

