

Proper Form For Uphill & Downhill Running, By FloTrack



Cues to Refine Efficiency Uphill:

- Stride length naturally shortens depending on grade
- Maintain flat running form as much as possible
- As severity increases run more on ball of foot
- Arm carriage is tighter, a bit higher
- Keep chin down slightly
- Stand tall: Avoid bending over at the waist

Cues to Refine Efficiency Downhill:

- Avoid over-striding (don't reach out front)
- Think about taking shorter strides and landing lightly on heels
- Avoid breaking your stride with heavy heel-strike
- Keep pelvis tucked forwards
- Feel as though your shoulders are leaning slightly forward (don't lean back)
- Think about hip extension in the back

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