

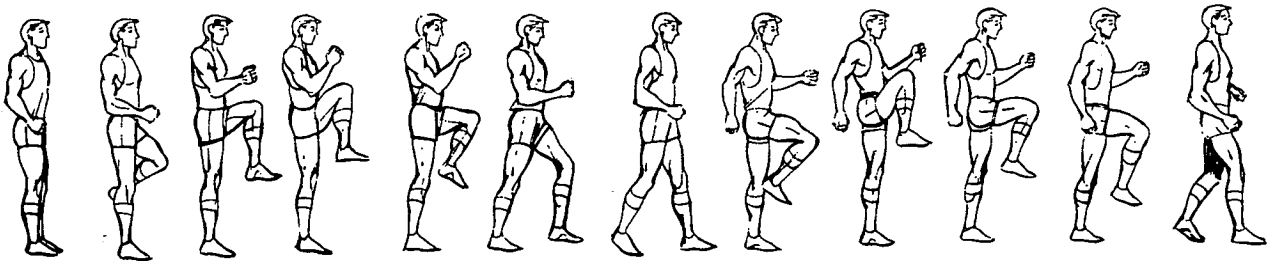
# COACHING THE CORRECT RUNNING TECHNIQUE

The slowest, but surest, method of adapting the correct running technique involves going from slow motion to rhythm and then to speed work. All coaches should use this method. In coaching beginners, use the slowest motion possible because it can be controlled by both the athlete and the coach.

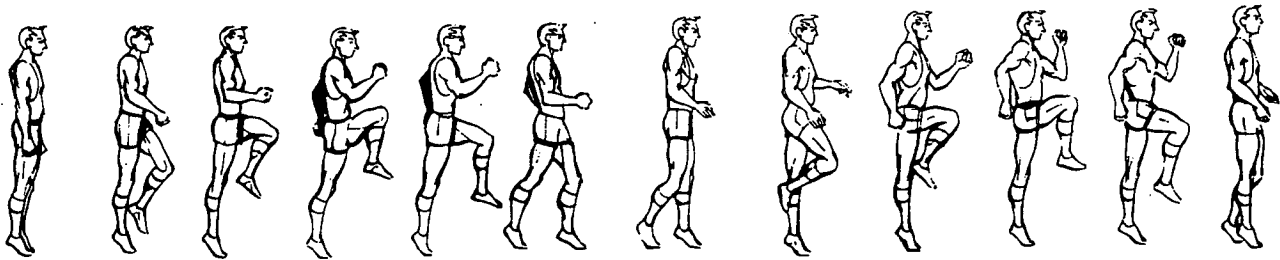
The first exercise should be **high knee marching** — keeping the head natural and looking forward. The arms work at a right angle forward and backwards and should not be higher forward than the shoulders. The fingers are slightly

curled. No head and shoulder rotation is allowed. The knee is lifted as high as possible. Completely straighten the rear leg. When on the toes with the completely straightened rear leg, the center of gravity will be at its peak. The body is leaning slightly forward without bending forward. After a good execution in slow motion, the athlete may try to do the exercise more actively or vigorously; making it possible to see the rhythm of the up and down leg action.

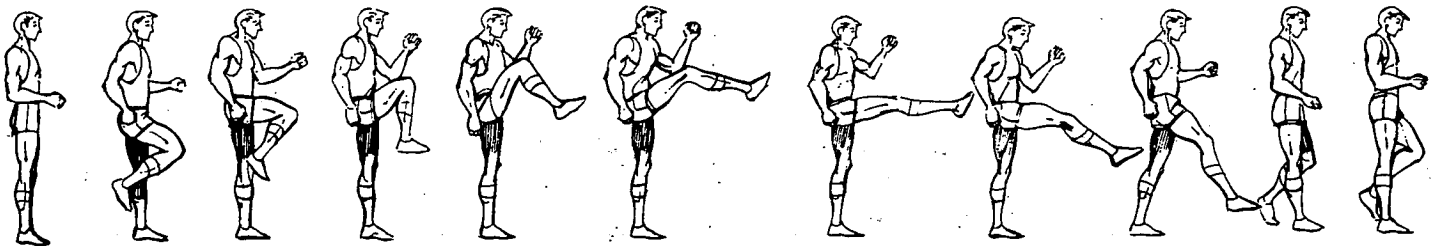
The next exercise will be the **high knee marching on toes with leg extension**. After lifting the knee, the leg is extended. This is followed by the same exercise with an active "leg down" action. The high knee and extension movement also is an excellent flexibility exercise which will assist in obtaining a long stride (active down action).



High knee marching form on flat foot for beginners



High knee marching form on toes



High knee marching form on flat foot with extension with one leg for beginners