

If you've spent a fair amount of time in the capital area, you may already be familiar with Playmakers, the influential running-goods retailer. But have you heard of Playmaker's Good Form Running system? Developed and refined by the experts, Good Form Running (GFR) encourages runners to adopt 3 physical adjustments that can help you move healthier, easier, and faster.

GFR is a running technique focused on simplicity. Developed by the founders of Playmakers, Curt Munson and John Benedict and former Olympic runner Grant Robinson, it is a product of years of teaching clinics, reading books and articles, studying running form philosophies, as well as numerous years of learning through trial and error. Instead of a complex biomechanical analysis, GFR focuses on 3 simple, essential steps focused on running light and easy. With simplicity as a primary philosophy, GFR has positively reached thousands of runners since 2006. In 2010, GFR partnered with New Balance, enabling GFR to rise to new levels of development and reach national and international audiences.

Ready to take the first step? Visit playmakers and attend a good form running class! They are an hour long, taught by certified Good Form experts, and totally free!

<https://www.playmakers.com/GoodForm/Classes.aspx>

If you can't make it to a class, check out these Playmakers videos and learn how to identify 'common form' versus 'good form' and how you can make the necessary adjustments:

<https://www.playmakers.com/GoodForm/GoodFormRunning/Videos.aspx>



3 Simple Steps to Good Form Running:

#1 Posture: Feet Straight, knees relaxed. Head level, eyes looking forward. Clasp hands and stretch, reaching to the sky and elongating the spine. Drop arms to the sides at a 90° angle. Keep the arms and shoulders relaxed. Use compact arm swings and avoid crossing the body's center line.

#2 Landing: Land midfoot first, not heel first. The entire foot lands softly under the hip line and not out front (overstriding). Run light, avoid pounding. Landing under the hips promotes a balanced running position and minimizes braking forces (friction). Increasing cadence (shorter, quicker strides) reduces overstriding. Aim for around 180 steps per minute, a metronome app can help get help you become comfortable at that cadence.

#3 Lean: Lean forward from the ankles without bending at the waist. Keep your weight slightly forward and flex the ankles. Use gravity to help generate forward momentum. Reset posture (step 1) and lean tall into a jog.

3 SIMPLE STEPS TO GOOD FORM

#1 POSTURE



Feet straight, knees relaxed.
Head level, eyes looking forward.
Clasp hands, stretch and reach to the sky, elongating spine.
Drop arms to sides at a 90° angle. Keep arms & shoulders relaxed.
Use compact arm swings, avoid crossing the body's center line.

#2 LANDING



Land midfoot first, not on heel.
Entire foot lands softly, under hip line, not out front (overstriding).
Run light, avoid pounding.
Landing under hips promotes a balanced running position minimizing friction (braking).
Increasing cadence (taking shorter, quicker strides) reduces the chance of overstriding.

#3 LEAN



Lean from the ankles without bending at the waist.
Keep weight slightly forward and flex at the ankles.
Use gravity to help generate forward momentum.
Reset posture, then lean tall into a jog.

COMMON FORM RUNNING



Slouching posture, backward lean, heel striking & overstriding lead to inefficient effort, excessive body shock, braking forces and many common injuries.

VS

GOOD FORM RUNNING



Better body alignment, midfoot landing, higher cadence & a forward lean ensure an easier run, increased efficiency, and greatly reduce the chance of injury.