

# Running Cues

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A running cue is something to focus on or sense while you run. It takes practice and discipline for them to be effective. To start, use them 1-2 minutes at a time during your recovery runs. They can also be effective when you begin to fatigue or things just don't "feel right"

- Upright posture- Think of a straight line between your ears, shoulders, and hips. Feel as if a string is pulling you up.
- Relax Your Feet- Leave the ankle alone. Think "floppy feet"
- Arm Swing- The motion should take place at the shoulders. Drive straight backwards leading with the elbows. Keep your hands relaxed. Limit any motion of the hands crossing the front of your body. The motion will be larger as your speed increases.
- Think Horizontal- Limit too much vertical bounce. Focus on the horizon and limit how much bounce you can see.