

MARATHON KIDS

RUNNING TIPS

GOAL 1: EFFICIENT MOVEMENT

Use the tips below to help your runners stay efficient and avoid unnecessary movement as they log miles toward their goals.



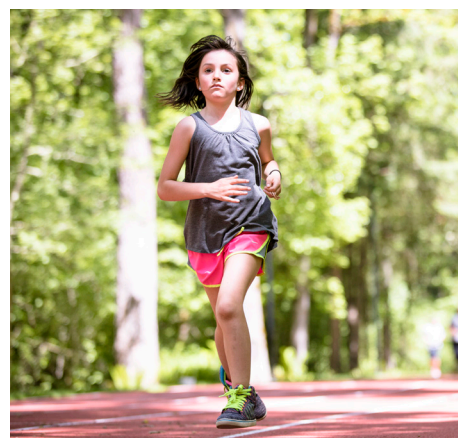
RUN TALL

Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.



RUN STRAIGHT

Avoid head bobbing, swaying arms, or feet pointed away from the centerline of the body. Keep elbows close to the side of the body to prevent unnecessary arm swing.



EYES AHEAD

Head should be upright and eyes should look forward when running.

COACH TIP: *Have runners run next to a wall to help them run in a straight line.*



Slow-motion running is a very helpful exercise for coaches teaching kids how to run properly. Overexaggerate every movement, including keeping your eyes ahead, using proper form, and breathing deeply. Performing everything in slow motion is fun, helps coordinate muscle groups, and allows runners to feel what you, as the coach, are teaching them.

GOAL 2: PROPER FORM

Use the tips below to ensure your runners have proper form, which will help prevent injuries. Less injuries = more MILES!



MID-FOOT

Land mid-foot, not on the toes or heel, when running.



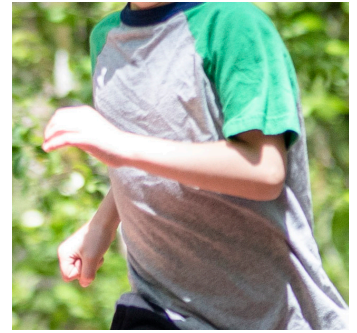
KNEE

Bend and lift knees off the ground in front of the body when running. Avoid kicking your heels behind you.



RUN LIGHTLY

Footfall should be as soft and as quiet as possible rather than pounding into the ground while running.



ARM SWING

Arms should swing from the shoulder, not the elbow. Hands should move in a line from the hip to chest when running.

COACH TIP: Have runners hop with both feet together, as high and far as they can (a gym floor is perfect for this). Challenge them to land "Ninja style" with no noise upon landing. This helps runners coordinate their limbs and understand to run lightly, which is essential for injury prevention.

GOAL 3: RELAX & BREATHE

Use the tips below to ensure kids are relaxing their bodies and minds when running.



RELAX YOUR MUSCLES

Avoid clenching muscles, especially in the upper body and face, when running.



BREATHE DEEPLY

Relax and focus on taking easy, full breaths.

COACH TIP: Have runners practice breathing deeply during warm-up and cool-down exercises, and continue to remind them to relax as they run their laps.