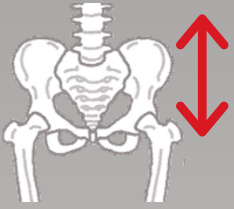


RUNNING MECHANICS



STEP RATE

- Use metronome training or device to increase cadence 5-10% without running faster - aim for >166 steps/min
- Use real-time feedback to match target cadence



GROUND CONTACT TIME

- Foot is on the ground for a short amount of time
- Contact time should be equal between each foot
- Faster running speeds have shorter contact times



VERTICAL DISPLACEMENT

- Increase step rate to decrease the amount of up and down movement - prefer 2.5-3 inches



TRAINING STRESS

- Gradually increase weekly mileage
- Use training phases with various goals
- Prioritize 1-2 days off per week for recovery
- Switch up run distance, routes, and surfaces

Vertical displacement and ground contact time are best monitored with a wearable device.