

Running Technique Matters

*Maybe you are already running decent times but improving your technique will make you even quicker and less injury prone**

Before you read the complete article, look at this vocabulary and find it in the text:

- *prone:** likely to do, get, or suffer from something
- second nature:** a habit that has become characteristic or instinctive
- wince:** to show pain suddenly and for a short time in the face
- display:** a clear demonstration of an emotion, skill, or quality
- silky smooth:** impressive
- runner-up:** a competitor or team taking second place in a contest
- pounding:** repeated and heavily hitting of something
- overstriding:** going over a point that is defined as a norm, a standard running step
- drills:** exercise routines specific to the sport being practised
- trendy:** very fashionable, up-to-date
- kit:** the clothing used for sport

I joined an athletics club when I was six years old so you could say running came **second nature** to me growing up, so much so that I forgot that it is a skill like any other sport and needs to be developed. I suppose, I just thought that everyone could run until the running boom happened.

Now, when I see people out running, I **wince** at some of the awful running techniques on **display**. No, we cannot all run well. It doesn't always come naturally. You have to work at it. Just like Federer has to work on his technique. His **silky smooth** tennis moves were developed.

All runners know that the more you run, the better you will get. Doing speed work, running up hills and going for long runs will improve both your performance and your endurance. However, many tend to ignore working on their technique. All elite athletes and amateur club athletes work on their technique. It makes you faster, more efficient and less injury **prone**. Having a good technique could be the difference between winning a race or being **runner-up**. Maybe it's the reason you can never beat your friend even though you train harder than they do.

If being competitive is not important to you and you like to go running to clear your head, running form is still extremely important. If you get injured, you can't go for your leisurely run. **Pounding** on your heels or **overstriding** will undoubtedly cause damage.

The pose method is the standard for running and can be achieved by doing simple running **drills**.

The Running Pose is a whole body pose, which vertically aligns shoulders, hips and ankles with the support leg, while standing on the ball of the foot. This creates an S-like shape of the body. The runner then changes the pose from one leg to the other by falling forward and allowing gravity to do the work. The support foot is pulled from the ground to allow the body to fall forward, while the other foot drops down freely.

This creates forward movement which means less effort and helps you expend less energy. The end result is faster race times, freer running and no more injuries!

This simple sequence of movements: the fall and the pull, while staying in the pose, is the essence of running technique.

Improving your running form will also lead you to having a more beautiful style to complement your **trendy** running **kit**. Or should that be the other way round?

Written by ECP coach Darren Lynch

<https://posemethod.com/running/> Video: <https://www.youtube.com/watch?v=shwi2MfxSok>

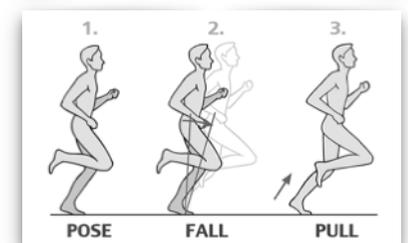
"Let's chat about that!"

Write your answers in an email and send them to your ECP coach!

- Are you a runner? If so, why did you start?
- In your opinion, would it be worth it to pay a coach to help you improve your technique?
- Do you believe the majority of new runners are more interested in their kit and running gadgets than actually running for the sake of running?
- Do you think running is healthy or should it be avoided?
- How popular is running where you live?



Above: Marathon runners in Vitoria
Below: ECP coach Darren Lynch
Bottom: 'Running Pose' movements





When? The last **Friday** of every month
Next date: 25th May
19:30 to 21:30 - It's **FREE!**
Where? The ECP Hub

ECP's 5th Annual Pintxo Competition



A HUGE thanks to everyone who took part in a wonderful evening of gastronomically enormous proportions - what an amazing show of creativity and taste sensations!

- ❖ The pintxos were displayed, explained and devoured :-)
- ❖ The participants took part in the 'Popular Vote' :-)
- ❖ The judges judged and gave their judgement :-)

And the results were:

1st place - Cecina y foie (Jose Manuel)

2nd place - Pepper burst (Rob)

3rd place - Pintxolilli (Iratxe)

Popular 'Eurovision' vote - Black pudding Toon pintxo (John)

Congratulations to all the prize winners!



Idioms with 'run'

<https://blogs.transparent.com/english/idioms-about-running/>

To be up and running

Working or operating correctly

Example: If the factory can't get the machine up and running quickly, it will be difficult to meet the production deadline.

To be out of the running

No longer being considered or eliminated from a contest

Example: After the contestant in first place was injured, he was out of the running and the others had the opportunity to take the lead.

To hit the ground running

To start a new job or task and immediately work very hard

Example: Jim hit the ground running as the new manager by drawing on his previous experience as assistant manager.

To cut and run

To run away quickly, usually because something bad has happened or is about to happen

Example: The thieves decided to cut and run when they heard the police sirens coming.

To be run out of town

To cause someone to feel unwanted or to force someone to leave a location

Example: When they found out he had been stealing money from the community he was run out of town.

COFFEE SATURDAYS

Come and socialise in English!



The first **Saturday** of every month
from 11:00 to 12:30

Next meeting: 2nd June

Where? Panadería Bertiz, C/ Francia 23