

## FBE Apple Run - Couch to 5K - Volume 5 - Technique

*"But I also realize that winning doesn't always mean getting first place; it means getting the best out of yourself." - Meb Keflezighi (Winner of the 2014 Boston Marathon)*

Welcome to week 5 of the FBE Apple Run Couch to 5K training program. Last week was our first down week. We hope you were able to dial it back and feel ready to increase the volume.

This week's article is on technique and gives a little more details on how to optimize your form for speed, efficiency, and injury prevention.

### This week

#### [Beginner](#)

5	Run 5 min, Walk 1 min X 2	Rest	Hill Work Run 3 Up, walk or jog slowly down X 4	Core Worko ut	Rest	Run 7 min, Walk 2 min X 3	Rest	Run 43 min Walk 20 min	Longer Segments
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#### [Moderate](#)

5	Run 10 min, Walk 1 min X 2	Rest	Hill Work Run 5 min Up, walk or jog slowly down X 4	Core Worko ut	Rest	Run 15 min, Walk 2 min X 2	Rest	Run 70 min Walk 14 min	Longer Segments
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### Perfecting Your Technique

One aspect of running that is often overlooked is technique. The easiest and fastest way to get through a race of any distance is to do it the most efficient way possible.

Over the years I have incorporated many different things into my training and I attribute my ability to stay healthy (uninjured) and much of my race success to having efficient form.

#### *Stride Rate*

Stride rate refers to the number of times your foot strikes the ground per minute. Optimal stride rate is around 88-90 steps per foot per minute (or 176-180 total). If you are taking less steps, you are probably over striding. If you are taking more, you are wasting energy.

#### *Body Position / Foot Strike*

When running you want your upper body to be loose and stay above your feet. Optimally, you are leaning forward about 10-15 degrees with a midfoot strike (landing of the balls of your feet) with your arms swinging forward (without any side swing).

Another way to look at / practice this is to run with your hands loose, thumbs out, almost like you have them stuck in the shoulder straps of a backpack.

### Agility Drills

The easiest way to improve your running form is by doing agility drills on a regular basis. They may seem silly, but I attribute my current form to being made to do these for eight years straight between high school and college.

For each of these drills, run 10-15 yards, stop and run back. These (except for sprints) are done at a jogging pace.

*Butt Kicks:* Swing your heels up to kick our butt as your run

*High Knees:* Push your knees up high as your run

*Skips:* Run with a springing motion pushing your arm up with your opposite leg then repeating with the opposite pair

*Backwards:* Jog backwards maintaining a quick stride rate

*Wind Sprints:* Accelerate to just under 100% effort over the course of 30 yards (only do this after a good warmup to avoid pulling a muscle)

Keeping an eye on and improving your technique will play a major role in making you faster, allowing you to run farther, and keeping you healthy.

For more info on drills, don't just take my word, watch Meb:

[http://running.competitor.com/2013/05/training/video-meb-keflezighi\\_74301](http://running.competitor.com/2013/05/training/video-meb-keflezighi_74301)

### Summary

We are excited that you are joining us for the Couch to 5K program. It is our goal to encourage active lifestyles. If you have any questions, please don't hesitate to ask.

Now go out, run, and have fun.

Coach Scot

Note: If you have any additional questions about the training or race, please feel free to contact me directly at: [racedirector@fbe-belmont.org](mailto:racedirector@fbe-belmont.org)