

PAIN FREE RUNNING GUIDE

1 Increase Your Cadence (Shorten the Stride)

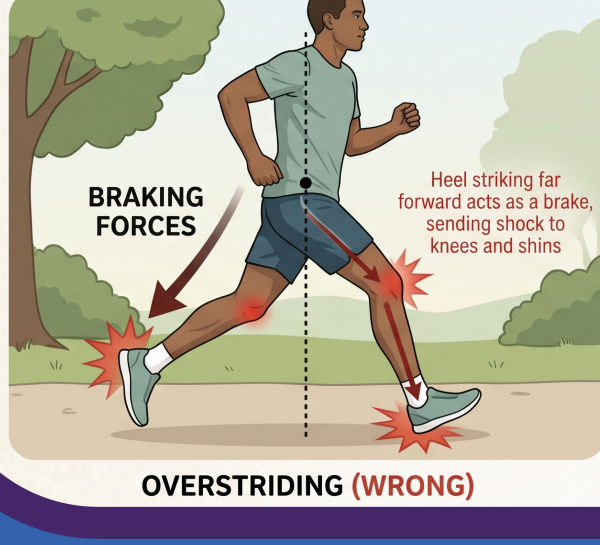
Overstriding acts as a brake on every single step, sending huge braking forces directly through your heel and kneecap.

The Technique

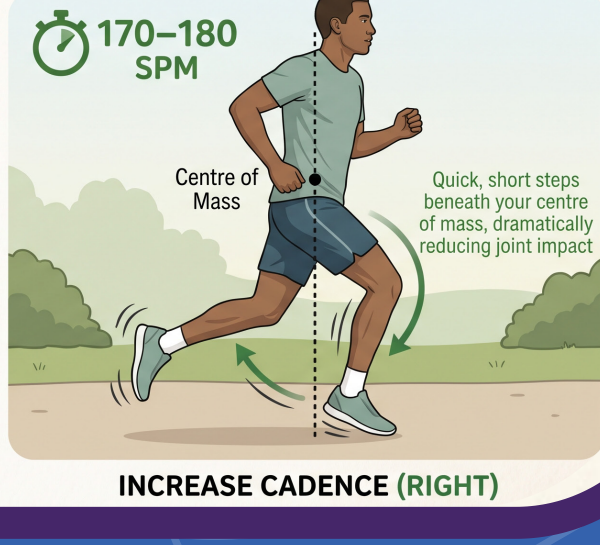
Aim for a cadence close to 170–180 steps per minute. Think "light, quick steps" beneath your centre of mass rather than reaching forward with your heel.

1. INCREASE YOUR CADENCE (SHORTEN THE STRIDE)

OVERSTRIDING (WRONG)



INCREASE CADENCE (RIGHT)



2 Lean from the Ankles, Not the Waist

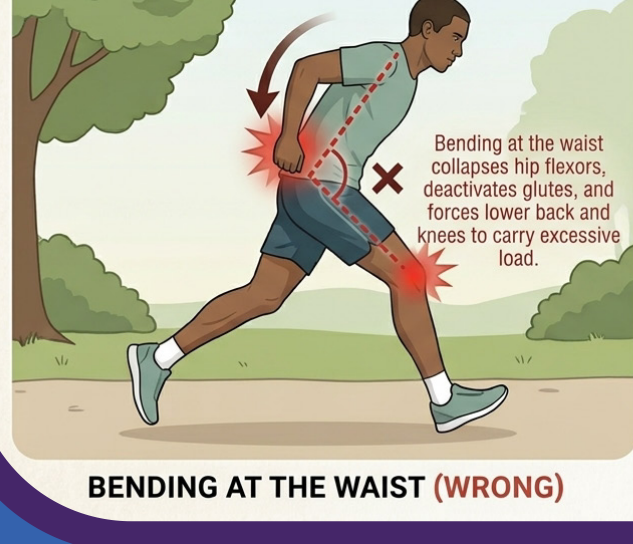
Bending forward at the waist collapses the hip flexors, shuts off the gluteal muscles, and forces the lower back and knees to carry excessive load.

The Technique

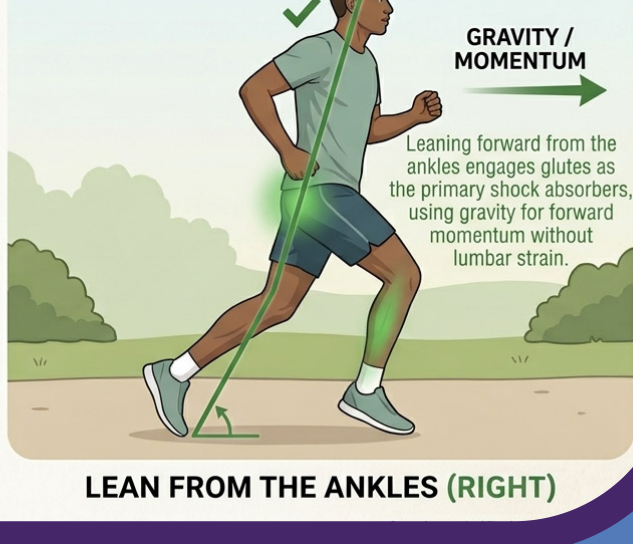
Imagine a straight line from your ears through your shoulders, hips, and ankles. Lean forward slightly from the ankles using gravity to create forward momentum, keeping your pelvis neutral and chest proud.

2. LEAN FROM THE ANKLES, NOT THE WAIST

BENDING AT THE WAIST (WRONG)



LEAN FROM THE ANKLES (RIGHT)



3 Post-Activity Reset: The Calf & Glute Decompression

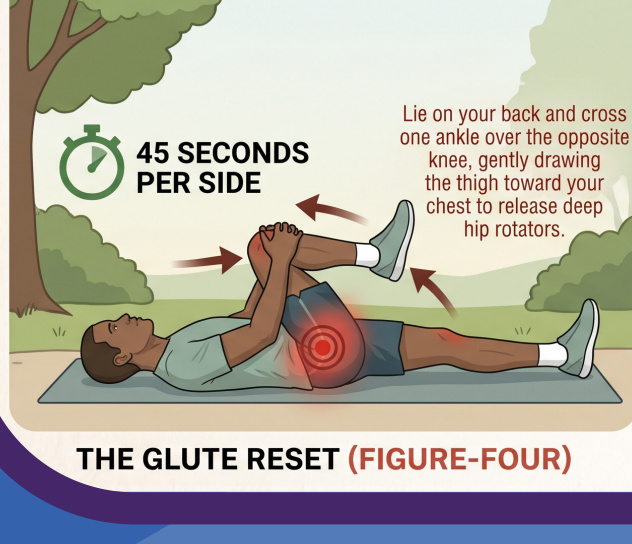
Do not simply sit down after a run or walk while your tissues are warm and compressed. Include these exercises in your warm down.

The Glute Reset (Pigeon or Figure-Four): Lie on your back and cross one ankle over the opposite knee, gently drawing the thigh toward your chest for 45 seconds per side to release the deep hip rotators.

The Two-Stage Calf Stretch: Stretch the straight-leg gastrocnemius, followed immediately by bending the rear knee slightly to target the deeper soleus muscle. This relieves the tension that pulls on the shin bone and plantar fascia.

3. POST-ACTIVITY RESET: CALF & GLUTE DECOMPRESSION

THE GLUTE RESET (FIGURE-FOUR)



THE TWO-STAGE CALF STRETCH

