

Cs Life

RUN LIKE A PRO

Master Efficiency



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Note to the reader:

This eBook is written by Shane Harle, an elite coach, who has worked with numerous Olympians, National and Provincial Champions, and local athletes. He is also a dad to a Slopestyle Olympian and a Professional Freeride Skier/Ski Instructor. You can find Shane on [Instagram](#).

To work directly with Shane, send him an email: podiumoflife.com

EFFICIENCY IS A SKILL

Running is perhaps the easiest form of exercise, as it simply requires a pair of runners.

Learn to love running; your life will be better for it. Here is a quote from the book *Younger Next Year*: “Exercise can eliminate 70% of age-related ailments and premature death.”

Training good running technique will help you run longer and faster, and most importantly, help you love running.

Tips to become an efficient runner who loves this form of exercise:

1. Pay attention to cadence.
 - 90 steps on one foot per minute.
 - This helps you run with less effort and lessens lower leg injuries.
2. Breathe every third step.
 - Inhale – step, step, step.
 - Exhale – step, step, step.
3. Stride length varies as your speed varies.
 - Longer strides will increase your speed.
 - Shorter strides will do the opposite.
 - Regardless of speed, your cadence is always 90 steps on one foot per minute.
4. Belly breathe.
 - As you inhale push your belly out and make it bigger, like a balloon.
 - This will often stop stomach cramping.
 - Breathe through your nose or mouth, whichever is most comfortable.
5. Run with a heart rate monitor.
 - Most of your running should be in heart rate Zone 1 or 2.
 - You should be able to talk comfortably while you run in these zones.
6. Foot strike should feel like a card fits under your heel, so your heel barely touches the ground
 - Like the canter of a horse; toes kick forward then pull back against the ground.
 - In other words, do not land heel first.
7. Chest is up.
 - It should feel like a kite is attached to your chest.
 - The kite is pulling your chest up and out.
 - This helps your diaphragm move freely.
8. Hips are forward.
 - As your posture extends, your hips move slightly forward.

9. Arms, hands and fingers are relaxed.
 - Elbows are bent slightly less than 90%.
 - Hands are chest height.
 - Arms pump gently, forward and backward with minimal lateral movement.
 - Fingers are relaxed, like you are gently holding a potato chip between them.
10. Face is relaxed.
 - As your face relaxes, your jaw should do the same.
11. Shoulders are relaxed.
 - Let them droop, like you are letting a handbag or backpack slide off.
12. Run quietly.
 - Don't stomp.
 - Quiet running results in efficiency.

VARY YOUR WORKOUTS

Variety adds interest:

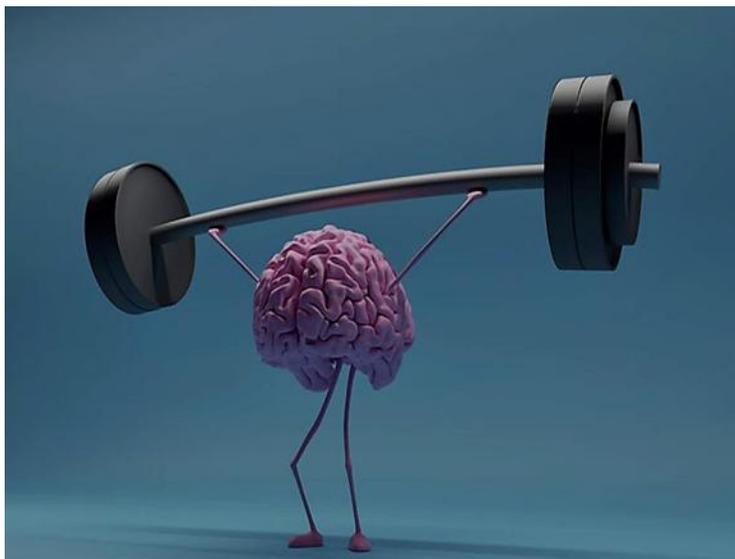
- Run on a treadmill while watching a movie.
- Run on various terrains and trails.
- Join a running group.
- Set goals for times or distances.
- Vary your running speed.
- Listen to music or a podcast while running.
- Change the time of day you run.
- Frequently change your route.



WORK ON YOUR MENTAL GAME

Have a mantra. Choose a motivating phrase that makes you feel strong.

- “I love running.”
- “This run is making me stronger.”
- “I run like the wind.”
- “My body loves to run.”
- “Running keeps me young.”
- “Running makes me beautiful.”
- “Running is my peaceful place.”



Set goals and make a plan to achieve them.

Want some help from an expert and work directly with Shane?

- Send him an email: podiumoflife@gmail.com