

5K Training – A Comprehensive Wellness Unit

NAME _____ PE SECTION _____

Running Form Analysis

Directions: Using what you learned from the Chi Running video and watching yourself run, identify areas in your running form that are good or need improvement. Place a check mark in the appropriate box.

	Running Form Evaluation	Good	Needs Improvement
1	Head is straight not tilted to the side and over the shoulders		
2	Shoulders are straight		
3	Pelvis Under Shoulders		
4	Feet under body when they contact ground		
5	Hips are even looking from the front/back (neutral)		
6	Lean is from the ankle		
7	Elbows tucked into the body and at 90 degrees		
8	Hands are relaxed		
9	Midfoot strikes the ground below your body		
10	Arms swing to the rear		

Resources:

Stretanski, David (March 5, 2010). ChiRunning Simplified!, Efficient and Injury Free Natural Running Form Technique Video. Retrieved from www.youtube.com/watch?v=H26liWMDH8U, October 27, 2011.