

Three Simple Drills *For Better Running Form*

By James Dunne @KineticRev



#1 Stair Running

When practiced with good form, both stair running and hill running are great methods of improving running form, encouraging improved range of motion, and building strength.

Watch the video below for cues and instructions on how to use stair running to improve your general running form.

[Watch Full Video Here...](#)



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#2 Triple Flexion 'Wall Drill'

This combined '**Hip & Knee Flexion Drill**' is excellent for learning the correct pattern for the swinging leg in running gait. We're particularly looking at a way to get your hamstrings working well to offload demands on the hip flexors.

Watch the video below for cues and instructions on how to use this simple drill to improve your general running form.

[Watch Full Video Here...](#)



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#3 Active Hip Flexor Stretch

Running efficiently requires us to be able to move well through the hips, particularly into extension ([lots more about this here](#)).

The problem is that so many of us live lifestyles that promote flexion, with lots of sitting in various daily situations.

The classic being office work. With this daily stretch we can start to buy back hip function!

[Watch Full Video Here...](#)



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