



GOING FROM A HEEL-STRIKE TO A FOREFOOT STRIKE RUNNING STRATEGY

Many people are switching from a heel-strike running strategy to a forefoot running strategy. This enables the lower limb to act more like a spring and is therefore more efficient.



However, just changing from one to the other isn't so easy. Your muscles and tendons would not be physically ready for this new way of running and would be at risk of injury, especially if you run a lot. We have to strengthen the muscles and tendons, particularly around the ankle, to deal with the new stress of landing on the forefoot.



Here are 5 methods we can use to ensure runners can maximise the transition to forefoot running, remain injury free and smash those running goals!!

- 1 REDUCE RUNNING VOLUME**
Reduce your overall running volume while you increase the amount of resistance training. This most appropriate time for this is during an off-season or when you have no upcoming races.
- 2 INCLUDE ECCENTRIC WORK**
Increase the amount of single-leg calf raises, with a particular focus on the lowering phase (3-5 seconds each rep).
- 3 LEARN TO BE BOUNCY**
Introduce low intensity plyometric exercises, such as pogo hops and ankling.
- 4 USE TEMPO RUNS TO PRACTISE YOUR NEW RUNNING STRIDE**
Perform tempo runs where you practice a new running stride where you contact the ground with the mid/forefoot instead of the heel. 400m reps at a very moderate pace with sufficient rest in between. Practise at this new skill is key here so you need to be fresh.
- 5 SLOWLY INCREASE RUNNING VOLUME BACK UP**
Slowly integrate this new running skill as you slowly increase your running volume over time