

## Form:

- 'Quick Feet', Cadence 80-90 steps/min
- Everything relaxed except that which helps you move forward
- Very slight forward lean to erect, chin down as though eyes focused ~15 yds ahead
- At speed Foot strike 'soft', flat to ball, Not Toes

## Technique:

- 'Belly' breathing,  
3/3 easy pace, 2/2 at race pace, 2/1 near finish  
never 1/1!
- Arms relaxed, thumb/wrist swings past hip
- Actively 'pump' arms when running uphill or accelerating

## Training Tips:

- Cultivate training partners!
- Use every morning workout as an opportunity to practice pre-race routines – when to wake, when/what to eat/drink, using the restroom. **You put in a lot of time and effort for just a few competitions each year. Don't risk screwing it up by not knowing how to prepare that morning or the preceding couple of days!**  
BTW The most important night's rest is **two** days before the competition. And avoid a lot of standing, walking around and sun the day before or morning of. Something this simple can turn an otherwise exhilarating performance into a disappointing struggle.
- Always warm-up at a slow, relaxed pace for 10-15 min. Be very conscious of good form/technique!
- Gradually build into the desired training pace.
- Breathing should never exceed a rate of 2/2 unless running intervals, uphill or in the last few minutes of a race.
- If a run has included strenuous portions, always cool down with relaxed running for 5-10 min.
- After 'easy' runs include 4-6 snowballs (after cool down)
- stretch
- Hydrate after the workout and 'refuel' within 30 minutes of finishing (fruit, sport/nutrition bar, etc or full meal if practical)

