



**THE QUICK STEP GUIDE**

**TO RUNNING FASTER**

**...WITH LESS INJURIES**

**[ THE RUNNING LAB ]**

# THE QUICK STEP GUIDE

# TO RUNNING FASTER

## ... WITH LESS INJURIES

- 8 out of 10 runners that read this guide have been INJURED this year.
- And 8 out of 10 runners reading this will be injured next year.
- Are YOU a regular contributor to the HEINOUS injury rate of runners?
- Injury is the 100% sure fire way to NOT improve your running.

The following guide will set YOU on a path to running FASTER..  
... with less injuries.



# #1 POSTURE

**Making changes to your everyday posture will not only dramatically improve your running strength and efficiency, it will reap lifelong benefits for your health outside of running.**

Posture is **strength**.

Posture is **power**.

Posture is natural **body armour** against injury.

## Posture CHECKLIST:

- Put your head on your shoulders, not tilted forward.
- Do not arch your back and poke your chest out.
- Never bend forward at the hips.
- Point your feet in the direction you are running, just like your car tyres point in the direction you are driving.

Put simply, **running posture needs to be tall and strong.**

BUT...this checklist is all well and good when you are fresh. However, as soon as fatigue sets in you will morph back into the posture you practice the 23 hours each day you are not running. So...

...if you stand and walk with your feet turned out like a duck, you will **run like a duck.**

...if you spend your day folded over a keyboard or staring at your phone, you will **run like a hunchback.**

**Treat your everyday posture as a 23 hour dress rehearsal for the position you want to be in when you run.**

# #2 FOOT STRENGTH

**It should be the absolute mission of every runner to have strong, healthy, well functioning feet.**

By far and away the **weakest** body part of nearly every runner I have consulted with in my podiatry clinic and The Running Lab is his or her **feet**.

Imagine a swimmer having weak shoulders or a weightlifter with weak legs. It would be *laughable* if it were not true.

Our feet are made up of **66 joints** and **40 muscles**. Feet are literally designed to be SPRINGS.

Unfortunately, for many years our feet have been neglected and have become dysfunctional BRICKS.

**Transform your feet from bricks to springs by training them.**

## FOOT STRENGTH CHECKLIST:

- Does your big toe point in a **straight** line along the inside of your foot? Or is it crooked?
- Can you see gaps between all of your toes when you stand with barefeet?
- Do your arches collapse inwards towards the ground?
- Do you have "flat feet"?
- Can you raise up onto your toes and lower back down super slowly, maintaining a smooth, balanced movement?

If you answered "no" to any of these questions you need to invest in your most valuable running asset, **YOUR** feet.

An absolute prime focus of The Running Lab is to transform the 66 neglected joints of your feet into top of the line **MOVEMENT MACHINES**. Just like training any part of the human body this is achieved via exercises and drills.

**Strong, healthy feet will see your running potential go through the roof.**

# #3 MILEAGE

## **More mileage does not equal better running.**

Many running programs and training plans are based entirely on mileage. This is based on the incorrect premise that running more miles is the key to better performance.

## **The fact is that practice DOES NOT make perfect. *Perfect practice makes perfect.***

Performing thousands of squats with a rounded back and caved in knees and ankles will not improve your squat. It will cause injuries. The same is true of runners:

## **Poor running technique causes injuries.**

Treat **every step** in your running life as a **repetition**. There is no sport I know of that equals running for repetitions performed on a daily basis. Powerlifters do not squat 5,000 times before breakfast. Golfers will never hit 10,000 balls on a Saturday for fun...even on a very bad round of 18.

Your **5km** morning run will likely have more than **5,000 repetitions** in it.

## **MILEAGE CHECKLIST:**

- Do you perform regular running technique drills?
- Do you have a structured warm-up routine using dynamic drills and mobility exercises?
- Do you perform an active cool down after each run?
- Do you record yourself running and self-analyse your technique in the videos?

If you answered "no" to any of these you may be a ticking time bomb, waiting to get beaten down by injury.

**Before you focus on mileage invest in learning how to move strongly and efficiently in the skill of running...for each and every step.**

# #4 RECOVERY

Sufficient recovery from run to run will completely **eradicate** overuse **injuries** such as plantar fasciopathy, achilles tendonopathy, stress fractures and shin splints.

Becoming familiar with the common principles of recovery - **movement, sleep, nutrition, hydration, mobility** and minimising **stress** - is one of the most important performance tools a runner can have.

As a starting point just know that every minute you are SITTING during the day you are NOT recovering.

## RECOVERY CHECKLIST:

- Sit less.
- Move more.
- Sleep 7+ hours every night.
- Eat like your body is a formula 1 race car.. You cannot out-train a bad diet.
- Drink appropriate fluids to stop your muscles becoming dried out *beef jerky*.
- Make mobility exercises with a foam roller, trigger point ball or yoga a part of your day.
- Eliminate work, relationship and any other destructive stress from your life.

Along with preventing injuries, recovery should be used as a powerful **PERFORMANCE** tool.

**Every principle of recovery (mentioned above), when manipulated to its potential, will dramatically increase your running performance.**

# SUMMARY

In summary, the **ultimate goal** of running can be summed up in one word:

*efficiency*

Efficiency is the **true holy grail** of running.

Efficient running always results in **better performance** and **less injuries**.

We can break running down into many different components but at the crux of it all is the basic objective to get from point A to point B.

BUT... How you get from A to B is up to you. You can **plod** along...

... GRINDING YOUR KNEES TO DUST.

Or you can make it your mission to become a **movement machine** and glide along, barely disturbing the ground beneath you.

The path to efficient running involves...

**drills** to engrave movement patterns on your brain.

**mobility** exercises to address dysfunctions caused by sitting and poor footwear choices in your everyday life.

and improving your **strength** and **posture**.. All day, every day.

Join **The Running Lab** today to...

**Become the runner others want to be.**

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