F.A.S.T Running

Coach Cawood
F.A.S.T Running Form was developed by Brother Colm O’Connell to emphasize the basic principles of natural and good form running, while actively engaging your Focus, Alignment, Stability and Timing to ensure the most efficient running style is achieved.

*Brother Colm O’Connell has lived and coached in Iten, Kenya for the last 30 years and is solely responsible for all of the Kenyan Running success. He is known as “The Godfather of Kenyan Running” and has coached more than 25 Olympic and World individual Champions.*
Four Steps

- Step 1  Focus
- Step 2  Alignment
- Step 3  Stability
- Step 4  Timing
Step 1  Focus

- Focus on Posture
- Arms should swing from the Shoulders
- Elbows locked at 90 degrees
- Arms should not cross the body
- Focus on 20-25 meters directly in front of you
Step 2: Alignment

- Striking on the heel acts as a brake which will slow you down and will also cause injuries.
- Landing on the forefoot will place excessive strain on the calves and Achilles.
- The foot should strike the ground directly under the hip and on the mid-foot.
- [https://www.youtube.com/watch?v=humkZAtZVWo](https://www.youtube.com/watch?v=humkZAtZVWo)
Step 3  Stability

• Forward lean comes from the ankles – NOT from the waist
• Ensure good posture is maintained
• Keep your core tight
• Allow Gravity to move you forward
• Flexing at the ankles minimizes pushing at toe-off

https://www.youtube.com/watch?v=TmneqHyorXo
Step 4 Timing

- Timing is the amount of steps you take in 1 minute.
- Elite runners have a ~180 steps per minute in all distance from 400m to 26.2 miles.
- Every runner’s goal is have ~180 steps for 1 minute.
- **Test:** Count your right foot steps for 30 seconds and then multiply by 4.

[https://www.youtube.com/watch?v=Isx-wE1ZolU](https://www.youtube.com/watch?v=Isx-wE1ZolU)
Developing F.A.S.T Running Form

Landing lightly under the body at the mid-foot allows:

• Correctly sensing the ground to respond appropriately
• Lock the ankle and eliminate excessive rotational forces
• Eliminates braking forces and slow cadence
• Diminishes the impact forces with the ground
• Maintains an upright posture with a slight forward lean and compact arm swing creating forward propulsion and momentum
• Placed in position to lift knee to begin a new stride
• Eliminates the inefficient vertical oscillation*
• Run relaxed mentally and physically

*any up and down movement or oscillation wastes energy that could be utilized for moving forward.
Developing a F.A.S.T Running Form

- Dynamic Strengthening
- Forms Drills
- Strength Training
- Maintenance
- Injury Prevention
Dynamic Strengthening

- Moving to stretch instead of static stretching
- Prepares the body for your training or activity
- Activates the brain and body’s neurological link
- Forces athletes into a routine which then becomes an extremely important habit
- [https://www.youtube.com/watch?v=wWEghUCzCQo](https://www.youtube.com/watch?v=wWEghUCzCQo)

*If you stretch cold muscle you will get injured.*
Forms Drills

- Boosts coordination
- Improves running performance and efficiency
- Assists in Muscle Memory
- Strengthens ligaments, joints and muscles

https://www.youtube.com/watch?v=EhzzpZVMtl4
Strength Training

- Will improve:
  - Running performance
  - Speed
  - Power
  - Endurance
  - Strength
  - Flexibility
  - Coordination
  - Agility
  - Stamina

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Maintenance

• An invaluable practice which prevents overuse injuries, muscle soreness, tightness and must be completed at a minimum of 3-4 times a week, if not every day.

• Leg Swings - https://www.youtube.com/watch?v=naW8u72lDzI

• Trigger Point Rolling - https://www.youtube.com/watch?v=uyBcY1_BBNB

• Stretching - https://www.youtube.com/watch?v=yF8x_57PlRY
Injury Prevention

Two key elements for every successful runner or athlete:
1.) Sports Massage
2.) Chiropractic work

Both help to maintain proper alignment and boost recovery time

• Deep Tissue or Sports Massage
  www.georgiasportsmassage.com/

• Chiropractor - Dr. Josh Glass
  http://www.georgiasportschiropractic.com