



# RUNNING



## Important Keys

- 1 I move my arms in opposition to my legs as I run.
- 2 My toes point forward as I run.
- 3 I land on my heels and push off of my toes (or land on and push off of my toes if I'm sprinting).
- 4 My arms swing forward and backward (and never cross my belly button).
- 5 I lean slightly forward as I run.

