

Pronation, Shoes and MORE!



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24 FEB 2015

Overview

- Pronation
- Shoes
- Socks
- Chi Running
- Bras

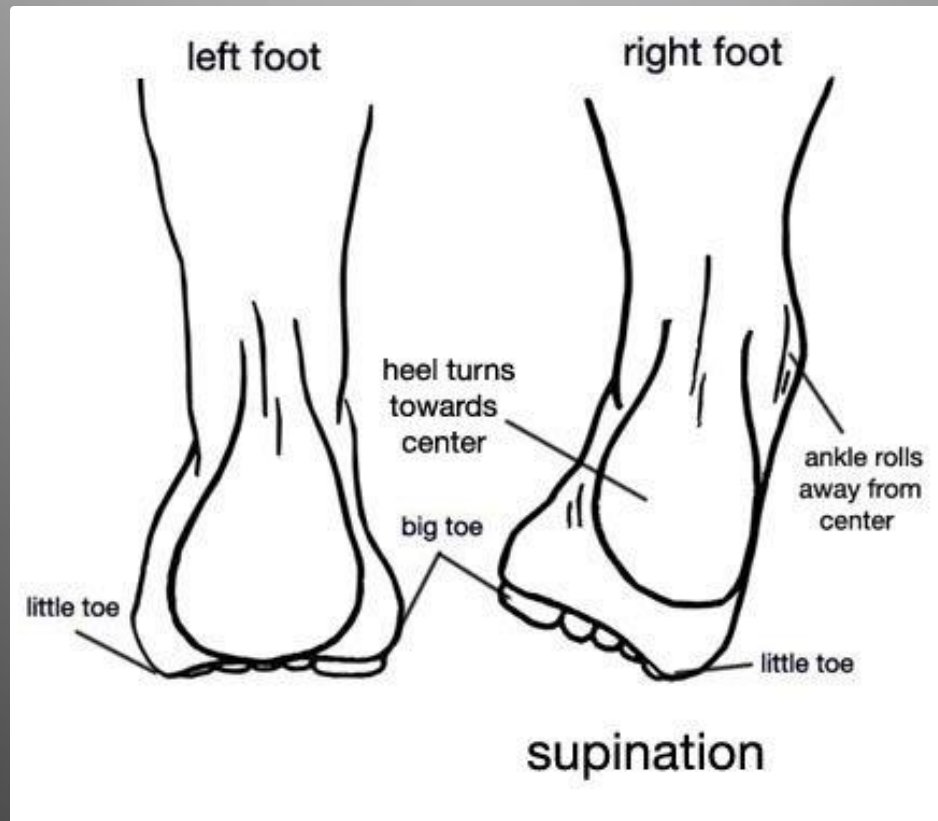


Pronation

- 3 Different types of pronation
 - Supination or Under-pronation
 - Neutral or Normal Pronation
 - Over-pronation



Supination or Under-pronation



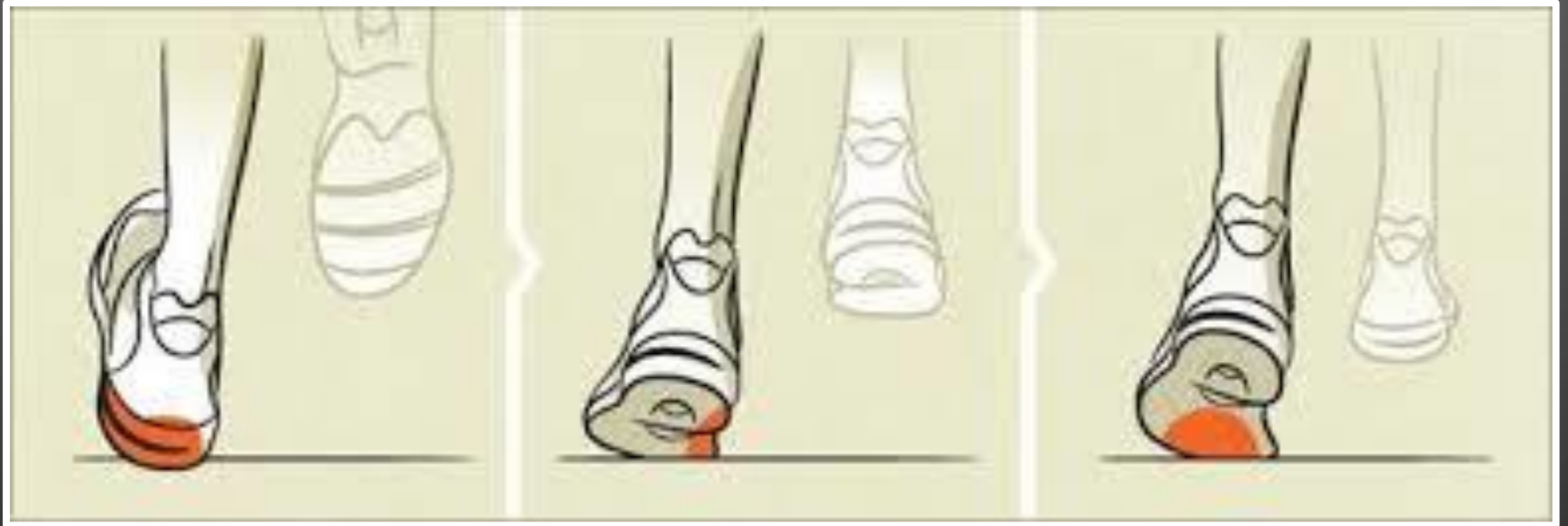
Once the heel strikes the small toe and outside of the foot do most of the work.

Neutral or Normal



Outside of the heel strikes and at the end of the gait cycle, you push off evenly from the front of the foot.

Over-pronation



Outside of the heel contacts ground, foot rolls inward and the gait cycle finishes on the big toe.

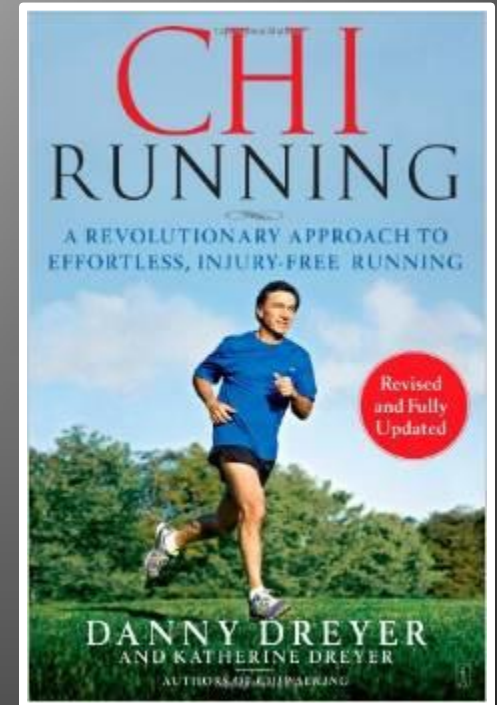
Socks

- Just say NO when it comes to cotton!
- Wicking fibers in socks and clothes are a MUST
- Socks that are too big or too small will give you blisters



Chi Running Form

- Run tall
- Lean forward – let gravity do the work for you.
- Land mid-foot
- Run from your core – keep your stomach muscles engaged.
- Relax – no tension in your arms of shoulders.



Bras

- 8 out of 10 women are wearing the wrong bra size.
- A woman should be fitted at least once every two years.
- Bras last between 10-12 months or 54 washes.
 - They break down after 12 months and no longer support the Coopers Ligaments.
- Pointers to find a good bra:
 - * Light breathable material
 - * No chafing or rubbing
 - * Straps should not dig into your shoulders
 - * The band around your lower chest shouldn't shift or bind



Questions?



Ask me on Run Rev FB page!

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