

**Some articles and websites that have excellent information on various aspects of running form**

**The Windlass Effect**

<http://runningtimes.com/Article.aspx?ArticleID=6169&PageNum=1>

[http://www.optfunction.com/source/content/Hallux\\_Limitus\\_Rigidus.pdf](http://www.optfunction.com/source/content/Hallux_Limitus_Rigidus.pdf)

**Form**

<http://www.runningplanet.com/training/running-form.html>

<http://www.brianmac.co.uk/runform.htm>

[http://www.nytimes.com/2011/11/06/magazine/running-christopher-mcdougall.html?\\_r=1&pagewanted=all](http://www.nytimes.com/2011/11/06/magazine/running-christopher-mcdougall.html?_r=1&pagewanted=all)

[http://www.scienceofrunning.com/2010\\_01\\_01\\_archive.html](http://www.scienceofrunning.com/2010_01_01_archive.html)

<http://www.irunfar.com/2011/03/the-religion-of-running-technique.html>

<http://www.sportsscientists.com/2008/01/running-technique.html>

**Drills**

<http://www.youtube.com/watch?v=vcH97Dx8Vck>

<http://runningtimes.com/Article.aspx?ArticleID=17578>

<http://www.trifuel.com/training/run/running-drills-101>

<http://runningtimes.com/Article.aspx?ArticleID=5608&PageNum=1>

**Gluteus medius**

<http://www.sportsinjurybulletin.com/archive/gluteus-medius.htm>

<http://www.youtube.com/watch?v=i3i7XIKmNXw&feature=related>

<http://www.youtube.com/watch?v=3OwttGWEOB8>

## **Achilles**

<http://www.pponline.co.uk/encyc/achilles-heel-your-running-technique-is-affected-by-the-condition-of-your-achilles-tendon-200>

## **Stride Rate**

<http://runningtimes.com/Article.aspx?ArticleID=8732>

<http://www.runnersworld.com/article/0,7120,s6-238-267-268-14043-0,00.html>

<http://www.brianmac.co.uk/economy.htm>

## **Favourite Books with Good Information on Form**

*Better Training for Distance Runners*, Peter Coe and David Martin

*Running Strong*, Kevin Beck

*Running Well*, Sam Murphy and Sarah Connors