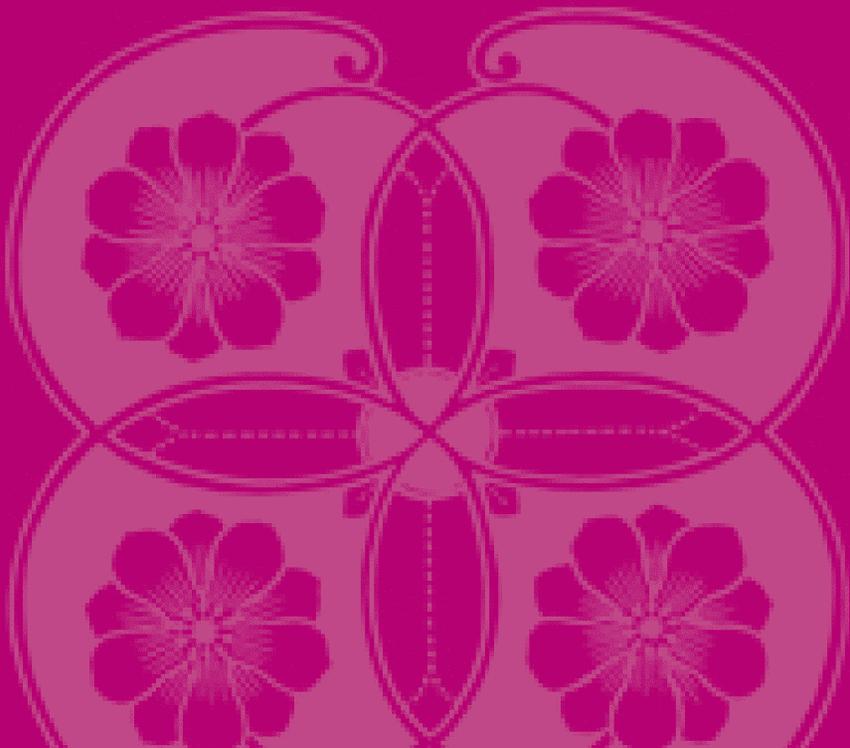




Running in the Flow Guide

by Owen Marcus

Barefoot running with or without shoes – how to run naturally.



Running in the Flow

CUES AS YOU RUN

Fall forward from the ankles

- Let gravity pull your back straight
- Surrendering to gravity doing the work and your breathing relaxed

Keep your eyes on the horizon

Elbows out

- Points of your elbows are pointed out to your sides, not pointed behind you
- The back of your hands will be facing forward

Knees are headlights

- Allow them to aim forward

Relax your feet – even flop your feet

- Don't try to make your feet straight, let them fall naturally
- Let calves stretch, stretching out the backs of your legs

Breathe

Let go

“Where do I feel - pain, tension, resistance?” Don't push against it i.e., NOT “no pain no gain”—just let go and surrender.

Pain is negative feedback telling you that you need to shift some thing. See the pain as a teacher

For example:

feels jarring – you're landing on your heels

breathing is a strain – you're holding your breath, tensing your shoulders, maybe you're hunched over, or your stomach is tense

knees hurt – you're not leaning forward, you're lifting your toes, not letting hips and legs swing naturally, taking a wide gait



PRINCIPLES

As your body learns the cues, your mind will want to understand. Here are some key points to apply:

Breathe - is the key to being relaxed

whole body from the neck to pelvic floor

all sides of your trunk - front ,back and sides

relax whatever feels tense - tension is wasted energy

breathing was the first behavior we did as humans, allow yourself to breathe like a baby

Use gravity - let gravity do the work, let it pull you forward

the core principle to natural running

instinctual - it is how our ancestors and indigenous people propel themselves

adapting to gravity was the second behavior we did as humans

running is walking while leaning forward more from the ankles

don't work - let gravity do it

In the Flow - finding that place where there is no effort

rather than efforting, use

info
your breath

gravity

movement meditation

surrender to the place of no effect, keep letting go of your mind and body

allow your zone, your sweet spot to find you, allow for a peak experience

it is re-creatable - not a happenstance

Running Flow™ teaches you how to run naturally, using gravity. But Running Flow™ is more than running barefoot or using the latest orthotics to correct an old problem. It is unlearning what NEVER worked right, and learning what is innate for us humans.

Running in the Flow

by Owen Marcus, MA
Rolf^{er}, blogger and running coach

For more information on Running in the Flow – go to. www.RunningFlow.com

This is your guide to use. If you have suggestions or questions go to our Google user group – www.groups.google.com/group/running-flow to contribute or get more support.

Give this to your friends. Most of all – to steal Nike’s line, Just do it!

Consult your own physician or licensed healthcare practitioner regarding the applicability of any opinions or recommendations with respect to your symptoms or medical/psychological condition. Information shared in this ebook, at our websites or personally is shared for educational purposes.

This information is not to be used to diagnose, treat, cure or prevent a disease. Owen Marcus is not a medical doctor. Running Flow™ does not replace conventional medicine, but can be a useful supplement to medical treatment.