

# Run more efficiently and safely with the ABCs of running

The ABCs of running – or Running School – includes a series of running exercises to help you run lighter, faster and more safely. Your running style will become smoother and put you at less risk of injuries and accidents. Doing 10 minutes of the ABCs of running can improve your running technique in the long term. Do the exercises in the first half of your workout, when you've already warmed up:



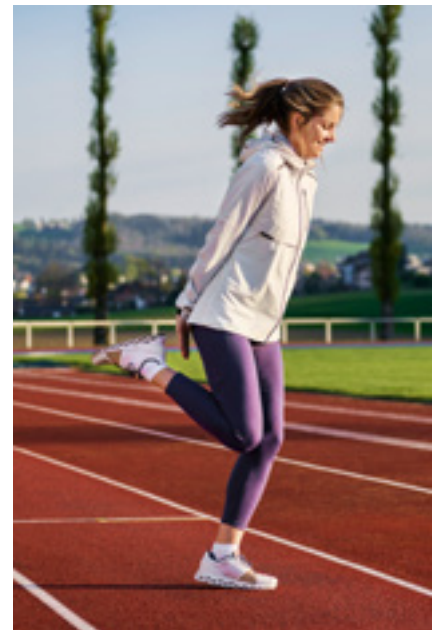
## **Anklung**

Anklung improves ankle elasticity, posture and foot-strike coordination. In this exercise, take small, mincing steps in place. If you feel like you're not getting anywhere, you're performing the exercise correctly. Important: point your toe with each step, and land on your forefoot.



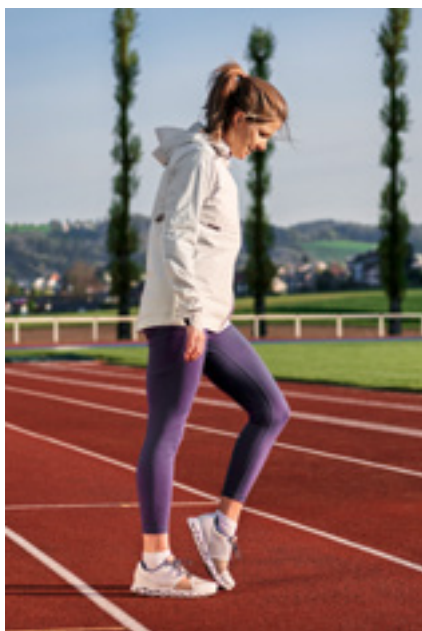
## **High knees running**

This exercise works your hip flexors and improves posture. High knees are a variant of anklung, but your knees are brought up higher – to just below hip height, if not further. Each step is still short, and this exercise is performed at maximum pace. Activate all your core muscles, and make sure to tread lightly and not to lean your core backwards.



## **Bum kicks**

This is a great exercise for your calves. When running, raise each heel to the corresponding buttock, alternating as you go. Make sure that each foot is on the ground for as short a time as possible. Land on the ball of your foot or on your whole foot.



### **Ankle workout**

Ankle workouts train your calf muscles, and improve and strengthen the flexibility of your ankles. Your ankles will become more stable, helping you to avoid injuries such as sprains. Place your feet next to each other and push each heel off the floor without lifting your foot off the floor, and alternate each foot.



### **Sideways running**

Criss-cross sideways running improves mobility in the hips, thereby reducing strain injuries. Start with your right leg: lift your knee up and bring it in front of the left leg, then behind it and so on. To work out the other leg, change the direction you're running in. Rest your hands on your hips, if you like.



### **High-knee skips**

To do high-knee skips, push yourself off the ground hard with the leg in question and swing your arms up to shoulder height. Avoid leaning backwards.



For more tips on how to start a safe running routine or improve your running, take a look at our blog: [helsana.ch/running-training](https://helsana.ch/running-training)