

# RUNNER'S WORLD



## FITNESS

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### 5-MINUTE FITNESS

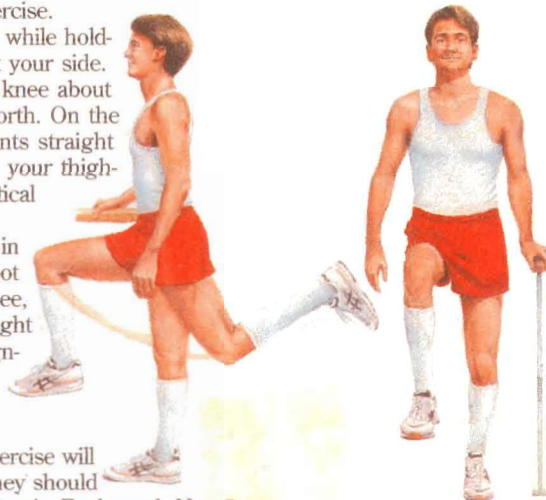
#### THE HIP AND THE PENDULUM

Perhaps you've heard the notion that we run how we run, and there's nothing we can or should do to change our style. Don't believe it. There *are* exercises that can improve basic running technique, and one of them is called the hip pendulum exercise.

The best way to do this exercise is in front of a mirror while holding on to something, such as the back of a chair placed at your side. Stand on one leg, facing the mirror, then bend your other knee about 90 degrees and begin rhythmically swinging it back and forth. On the forward swing, your thighbone should come up till it points straight ahead and is parallel to the floor. On the backward swing, your thighbone should swing behind you to 45 degrees from the vertical line of your standing leg.

The objective is to make sure your swinging leg stays in alignment. Keep checking in the mirror to see that your foot remains pointed straight ahead and lined up below your knee, and that both the knee and foot move pendulumlike, straight forward and straight backward, without getting out of alignment. Also, on the backward swing, your whole body will rock forward somewhat, but don't bend at the waist. Swing your leg for 2 to 3 minutes, then switch legs.

Do the hip pendulum before each of your runs. The exercise will "teach" your legs to move efficiently front to back, just as they should when you run.—Richard T. Braver, sports podiatrist practicing in Englewood, New Jersey



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