

August 2010 Quiz

FOOT STRIKE WHILE RUNNING

There is a controversy among runners about foot-strike. Should a runner hit the ground with the heel, the midfoot, or the toe? Some runners are very passionate about this question.

In an effort to give information about this aspect of running technique, here is some information to discuss the question.

This section summarizes the pros and cons of the different types of foot-strike that are being used. Once a runner knows his/her strike, the runner can do exercises to counteract the weaknesses of that strike.

Foot-Strike	Pro	Con
Heel	Stretches the calf muscles. Less stress on calf muscles and Achilles tendon. Better shock absorption than the other two methods.	Contributes to over striding, slower running, and poorer form.
Midfoot	Better shock absorption, less stress on calf muscles, Achilles tendon, IT band than toe-strike.	Less shock absorption than heel strike.
Toe	Less stress on knees and ankles. Reduced stride. Contributes to better form, and faster running.	Keeps calf muscle contracted, contributing to shin splints, Achilles tendinitis, and muscle pulls.

Reference: For further information about foot –strike you can visit:
<http://runninginjuryfree.org/2008/09/foot-strike.html>

WIN A 30 MINUTE MASSAGE

TURN OVER AND COMPLETE THE QUIZ - ENTRIES DUE IN THE SUGGESTION BOX BY THE 23rd AUGUST 2010 - GOOD

LUCK

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FOOT STRIKE WHILE RUNNING

Circle the correct answers below and place this quiz in the suggestion box by the 23rd August 2010 for your chance to win a 30 MINUTE MASSAGE

Heel foot strike stretches the calf?

TRUE / FALSE

Toe foot strike can contribute to shin splints?

TRUE / FALSE

Midfoot strike gives less shock absorption than heel strike?

TRUE / FALSE

A con of toe foot strike is less stress to the knees and ankles?

TRUE / FALSE

Heel foot strike does not contribute to over striding, slower running and poorer form?

TRUE / FALSE

Name: _____

Phone: _____



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