# SCOTT COLE

**MULTISPORT ENDURANCE ATHLETE, COACH AND SPEAKER**

# Born to run – so what went wrong?



**← Less effective**
*The classic overstride problem
(Coast to Coast, New Zealand)*

## A slide show about transitioning to a natural running step

**More effective →**
*Good position & efficient leg lift
(Jämtland, Sweden)*



## BACKGROUND

Just because we're born to run — and we are (!), look at our short toes, long achilles heel, strong joints, and ability to sweat — doesn't mean we can easily re-call the programming in our genes. Many well-intentioned runners have unfortunately learned to 'jog' instead of run, leading to injuries instead of a runner's high.

In 2014, my soon-to-be running coach Anders Nordström saw me racing and said, "*Scott: you can do better than that!*" He was right: Running is a skill. That started my quest for a more effective running step, which included coach training from Lee Saxby, a natural running expert (www.borntorun.com). I also developed this slide show: "*Born to run – so what went wrong?*"

## FOR WHO?

This slide show is aimed at "twice-a-week" runners, elite runners, or anyone interested in basic human movement. It's especially relevant for runners that experience pain (knee, hip, back, etc) or simply wish to run further, faster, or with more enjoyment.

## CONTENT

• <u>Passion</u>. The pull of endurance racing & trail running around the world

• <u>My transition</u>: From so-called heel-runner to natural runner

• <u>Running v. jogging</u>: Videos, graphics and other visual aids to understand the difference

• <u>The facts</u>: How your landing affects the body, speed, and efficiency

• <u>Should we run barefoot</u>? Contrasting perspectives from California and Northern Sweden

• <u>Inspiration</u>: Stories from my running students who left their "jogging" behavior behind

## MISCELLANEOUS

Slide show: 45 minutes with Q&A. Can be combined with 45 min "active" workshop (indoors or out). Workshop limited to 30 people.

Read more at scottcole.se/speaking

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