




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.

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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!

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