Common mistakes
If your shoulders are ahead of your hips this could lead to an uncontrolled movement, which will result in injury (or a tumble down the hill!). Getting this right is they key to reducing injury risks. Another common mistake is relaxing into the run and letting gravity do most of the work. Thinking that the downhill run is the recovery is not a good idea, as downhill needs just as much concentration and work as uphill. If you are running when you are tired, the best route to take is not always downhill, as you still need to focus on proper technique, if you have a lack of control this will lead to injury primarily in the quads as they are subject to large amounts of force to stabilise the body whilst it moves uncontrollably downhill. Impact forces can cause stress fractures. The main hazard is over striding.

How it feels when efficient
It can be very fun running quickly down a hill, but if you are running without control your quads can be very sore the next day, as they have to compensate for the lack of control. Your heels strike the ground and your quads are the breaking force.

How it looks if not effective
If you lean with your shoulders too much it can look like you’re about to fall down the hill not run down it! Just before the foot strikes the brain sends a signal to the muscles to prepare for impact. The muscles contract so they can stabilise the joints. If this line of communication is weak or slow, the muscles wont get a heads up.

How to improve
Focus on leaning with the hips not the shoulders, this will help the quads and the hamstrings to contract in the correct way which will reduce the stress put on your legs, and in turn reduce your recovery time. Learning how to increase your leg speed and understanding the link between longer stride and quick turnover. Try to land lightly as this will decrease your risk of stress fractures. When we try to run quietly we make natural adjustments like shortening our stride and landing on our mid-foot.

Good uphill running technique

- Runner is angled forward from hips and torso with shoulders back.
- Knees come up high.
- Foot hits the ground with toes to prevent injury within quads.
- Back leg is straight.

Bad uphill running technique

- Arm is coming across the body.
- Low knee lift.
- Foot is touching the ground heel first, putting large amounts of force through quads and shins.