

A high springing stride inevitably means a jarring return to the earth, to say nothing of a straining of the joints employed. Then the upright, erect carriage of the body inseparable therefrom involves the extra exertion of carrying a dead weight along.

The long distance runner has to last out for as long as he can, and must, therefore, economize his powers as much as possible. He should run from his knees rather than from his hips, and should, moreover, do this as easily as possible. He should not lift his feet far from the track, because he wants to get them back there again as quickly as possible. He wants to lean his body forward also, just beyond the balancing point, in order to obtain propulsion.

All this is rather difficult to explain on paper, but it seems to me to be worth while going into in order that I might explain my reasons for recommending a style of running which is so diametrically opposed to all the accepted ideas on the subject. Long striding and high striding, of course, may both be all very well for the sprint or short distance runner, who has to get over the ground as fast as he can, and who must perforce run in the style which suits him best, since he is a natural rather than a developed runner; but for any distance over a mile (or, to my mind, for any course over the half mile) I am perfectly satisfied that the short, quick, gliding action is far and away the best.