

Welcome to our group @ facebook.com/groups/olderyetfaster

This group is for readers of our book Older Yet Faster - The Secret To Running Fast and Injury Free - learning how to run correctly to relieve pain and run faster.

You can download the first three chapters of the book for free at: olderyetfaster.com/sample

The group is for anyone who is older this year than last! All ages, all abilities. It is about your personal improvement and we are all here to support you and help you to reach your full potential. Don't be surprised if you exceed your expectations!

Help starts here:

Heidi Jones and Keith Bateman have used the experiences of readers of the first edition in formulating guidelines for the second edition and hope the new version will answer all questions. However, there is nothing like first-hand experiences and discussing your feelings with others who have already been through the transition.

The Facebook Help Group is the place where you can ask other readers about their experiences and for you to help others who are starting out or are not as advanced as you. This is a sharing community. Heidi and Keith will do their best to help when they can :-)

Find other members near you by checking their location (and adding yours) here:

olderyetfaster.com/OYF_members/

Your journey starts here:

Here is a guide to your journey to efficient, enjoyable, faster and less injury-prone running ...

The first thing to note is that this method of learning is different, but it is also highly successful. KEEP IT SIMPLE – you only need to do what's in the book – the instructions are clear and concise and you don't need to do other exercises or drills – running correctly will both teach and strengthen you to run correctly.

You may post videos of your running to the group – please don't post other videos as reviewing and commenting on these takes up valuable time we would rather spend helping you and other members to run efficiently.

Stop what you are doing and re-train your brain ...

You really do need to stop what you are doing and re-train your brain to enable you to make the right movements, which will result in efficient running. If you continue as you are, it will take you much longer to achieve the results.

You will progress in stages ...

As you will see in the book, the central aim is to land as near as possible to being vertically aligned. This results in an ever-decreasing over-stride which will give you more speed for the same effort. But don't be fooled as, although you might be very pleased at these results, you are nowhere near your full potential yet! Once your muscles, tendons and ligaments have strengthened and your brain has learnt to use this newfound strength to best effect, you will hit 'the sweet spot'. This is the point where braking is minimised and stride length is increased by getting off the ground without trying – because your legs have become springs. OYF Rule #4, Bounce and fly. This will happen automatically – there is no point in forcing it – just keep trying to achieve that balanced landing and your times will improve without you noticing since the increase comes from being in the air more

and the landings change very little. The landings actually get smoother with speed, unlike runners with bad form where the landings become increasingly damaging with speed.

Strengthen up and stretch the previously underused muscles and tendons ...

If you are currently injured, you must not start the technique-change lessons until you are pain-free (then add another few days, just to be sure). Whether injured or not, you need to start and stick to Heidi's strengthening program (and possibly her Rehabilitation program). Start this as soon as possible, preferably six weeks before the lessons, and continue until you no longer have any soreness below the knees.

Even with this caution you should expect the occasional muscle or tendon strain as you undo, in most cases, decades of shortening your Achilles tendon and calf muscles. Lengthening as strengthening these and all the stability muscles and tendons on either side of the lower legs obviously takes time – everyone will have a different experience depending on current strength levels in these areas (what they have been doing before now). Just listen to your body and ask if you have a problem – there is a wealth of experience in the group. The basic rule is to rest, recover with Heidi's strengthening and rehabilitation programs and start running again **ONLY** when you are completely pain-free.

Lessons 1,2 and 3 are vital ...

These let you feel (as far as possible at this stage) what a near-vertically-aligned landing is like and get you using your legs to lift you off the ground, rather than walking along the ground. They are precisely described in the book and on video but you don't need to get them perfectly executed before moving on as you will use them in a starting-off routine in the 'Going for a Run' chapter. In Keith's sessions he **only takes about 5 to 10 minutes for all three** since they are repeated and perfected through the session and after.

Start extremely slowly – almost exclusively up and down ...

The checks in lesson 5 will help to ensure you are starting off in best-possible form. Make sure you accelerate naturally or at least at a snails pace. Otherwise you will fall into old habits and start lifting and advancing your feet, causing an over-stride and preventing you from finding that perfect landing and rebound. At this stage, your task is to stay standing tall, feel for the the same firm whole-foot, bouncy landing that you had when stationary, and think of your feet following you to avoid lifting or swing your feet forwards.

Get moving ...

Use the starting-off routine in lesson 5 (and the back-foot check and/of the 360 spin if needed to check your form) and continue into short runs. Don't get stuck on the initial lessons. If your form starts to fail during your run, and you cannot fix it with one of the many cues in chapter 10 then stop and restart with the starting-off routine. The Game-changer drill (Chapter 4) should be used separately but frequently as it will help build glutes and hamstrings and starts to introduce speed and fluidity.

Be cautious ...

Due to muscle and tendon soreness you will start off with just 1km or 2km and need a whole day to recover! You might even need 2 days. You will then extend your range but still need a day's rest between runs. It is extremely difficult to judge the right amount to do, and to restrain yourself at the right times so you will probably have a temporary calf or Achilles tendon strain during your transition – See Heidi's Rehabilitation program.

Don't worry about any perceived loss of fitness ...

Your increased efficiency and speed will far outweigh any loss of cardio fitness, and you will be using new muscle groups anyway, so there's no need to go to the gym. Heidi's Strengthening program and running in best-possible form will do it all for you. Your cardio will rebuild at the same time as those muscles and at the end of your transition you will again add speed work and longer runs – don't shy away from speed but don't force it either – be confident in the knowledge that efficient running will result in more speed with little effort :-)