

# RUN BETTER WITH **LESS** **EFFORT**



Reach your  
Running Potential

**9 Weird Hacks**  
Coaches Won't Tell You

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# RUN BETTER WITH LESS EFFORT:

## 9 Weird Hacks Coaches Don't Tell You

Are you looking to make your runs more enjoyable, efficient, and injury-free? Welcome to "Run Better with Less Effort: 5 Weird Hacks Coaches Don't Tell You," your ultimate guide to discovering unique and unconventional tips that can transform your running experience.

Whether you're a beginner just starting out, a casual runner seeking fresh insights, or a fitness enthusiast eager to boost your performance, this ebook is packed with insider tricks that are easy to implement and incredibly effective.

**Say goodbye to monotonous runs and hello to a more exciting, motivating, and successful running journey. Let's unlock your full running potential together!**

### 1. Form and Posture

**Arm Position Adjustment:** Keep your forearms against your ribs and imagine elbowing someone behind you. This can improve your foot strike and hip extension.

- "Forearms against ribs, try to elbow the person behind you. Instantly got more forefoot and better hip extension." - djmuaddib

**Posture Check:** Imagine holding a credit card between your butt cheeks to maintain proper posture and avoid anterior pelvic tilt.

- "My physiotherapist told me to stand like I'm trying to hold a credit card between my ass cheeks so I do that when I run sometimes to make sure I'm not hunching over or getting into anterior pelvic tilt." - thebronxcelinedion

### 2. Fun and Quirky Techniques

**Run Like Fred Flintstone:** Change your stride to mimic Fred Flintstone driving his car. It's made a world of difference in terms of ease and injury prevention.

- "I started changing my stride moving like Fred Flintstone driving his car. Made running for me A LOT easier." - msdos\_sys

**Pinching Thumbs to Middle Finger:** During your runs, pinch your thumbs to your middle finger. This hand position can help you stay relaxed and maintain a good form.

- "If I feel my shoulder stiffening/tensing up, I pinch my thumbs to my middle fingers and it helps me relax my shoulders." - 321SpeedGoat

**Short Steps for Improved Form:** Take shorter, quicker steps instead of long strides to improve your running form and reduce the impact on your joints.

- "Taking shorter, quicker steps has helped improve my form and reduce the impact on my joints. It's especially helpful during long runs." - DiscouragedSouls

**>> [Want more body positioning tips? Don't miss this article on Proper Body Positioning while Running](#)**

### 3. Motivational Mind Games

**Military Mission Motivation:** Pretend you're training for a spec ops mission to stay motivated. Imagine scenarios where you have to complete a certain distance or pace to achieve your "mission."

- "The best motivation for me has been pretending that I'm training for a spec ops mission. I won't be able to complete my mission unless I'm able to run X distance at Y pace." - SleepyPoptart

**Helicopter Escape Visualization:** At the end of a tough run, visualize a helicopter leaving in a few minutes, and you need to catch it. This can push you to finish strong.

- "If I'm at the end of a run and at the same hard long half-mile stretch leading to my end, I just picture a helicopter that's leaving with or without me in 3 minutes." - a\_taco\_named\_desire

**Future Self Encouragement:** Imagine a future version of yourself running ahead and encouraging you to keep going, or playfully mocking you if you stop.

- "I used to imagine a future version of myself running just ahead of me, saying things like 'come on, we didn't stop here!' Or playfully mocking me by jogging backward just out of reach." - Nesterzarzus

### 4. Playful Perspectives

**Run Like a Kid:** Keep your runs playful. Stop to explore new paths, eat your favorite candy, or just enjoy the scenery to keep running fun and stress-free.

- "I try to keep most of my running feeling like a kid going out to play all day outside during the summer. I bring my favorite candy. I stop to take in a view or explore something new." - TelAranRhiodTrailRun

**Imaginary Push:** When feeling tired, imagine invisible hands pushing you forward. This mental trick can help you maintain pace when you want to slow down.

- "When I feel like I can't keep going and need to slow down or walk, I imagine invisible hands pushing me forward on my butt. I call it 'invisible butt hands'." - Curtainmachine

## 5. Audiobook Adventures

**Listen to Audiobooks Only During Runs:** Save a favorite audiobook for runs only. This can motivate you to run longer and more frequently as you get hooked on the story.

- "Get a really good audiobook, only allowed to listen to it on runs. Makes you want to run longer, more often." - classjoker

**History Lessons on the Go:** Use long podcasts, like Dan Carlin's Hardcore History, to keep you entertained and educated during long runs.

- "I did this but with Dan Carlin's Hardcore History. When I went through all of Wrath of the Khans, like 30-plus hours, it was glorious." - maltzy

## 6. Musical Motivation

**Use Different Audio for Different Runs:** Listen to podcasts during long runs and music during speed workouts to match the intensity and focus required.

- "Longer Runs = Podcasts. Speed Workouts = Music." - Robespierrexvii

**Listen to Slow Music on Easy Days:** Play slow, mellow music to naturally keep your pace down on recovery runs.

- "On easy run days, I listen to really slow, mellow music. I'm way less likely to accidentally pick up my pace." - justanaveragerunner

## 7. Musical Cadence

**Cadence Playlist:** Create a playlist with songs that match your ideal running cadence to naturally maintain your desired pace.

- "Create a smart playlist containing all the songs in your library that have a BPM that matches your ideal cadence. Your pace will almost set itself automatically." - spam-musubi

**>> [Does music impact your running? Don't miss this article on the Perfect Playlist to fit your stride](#)**

**Time-based Running Goals:** Focus on running for a set amount of time instead of a specific distance. This can prevent you from pushing too hard to meet mileage goals and reduce the risk of injury.

- "I don't run for miles, I run for time. If I shot for mileage, I would try to do it as fast as possible, but that's not the goal. The goal is to build your base vs. basing your race." - Financial-Possible-6

## 8. Thoughtful Running

**Thought Banking:** Save important thoughts or work through problems while running. The distraction can make the run feel shorter and more productive.

- "I like to 'bank' my thoughts. If I know I need to think through plans, maybe logic for work, or even just listing out things - I block it out and tell myself I'll focus on it on the run." - nugzbuny

**Mantra Repetition:** Use a simple mantra like "Breath & Steps" to maintain focus and push through tough parts of your run.

- "Get you a good mantra. Like, 'Breath & Steps, Breath & Steps'. When you hit a sticking point, repeat a phrase like this in your head." - OatsAndWhey

**>> [Not sure what makes a good mantra? Don't miss this article on Harnessing Mantras](#)**

## 9. Surprising Strategies

**Spontaneous Hill Runs:** Don't plan for hill workouts. Instead, spontaneously choose to run up hills during your runs to add an element of surprise and challenge.

- "I never set out to or plan to run hills, I will just randomly turn up one when I am out running to trick myself at the last second into a harder workout." - sh1nes

**Survey Work:** Explore and map new areas during your runs, using your GPS watch to chart out interesting routes and keep your mind engaged.

- "I do 'survey' work which is me going around the unmarked areas in my area (basically everywhere, rural life) with the intention of using my Garmin route to map areas." - isopod\_interrupted

# Congratulations on discovering these unconventional running tips!

## **But don't stop here!**

The journey to becoming a better runner is ongoing, and we've got even more in store for you.

Stay tuned for the launch of the Tread Fitness running app—a revolutionary tool designed to take your training to the next level. With personalized training plans, real-time feedback, and a community of like-minded runners, Tread Fitness will be your ultimate running companion.

Get ready to outrun the competition with our cutting-edge features and expert advice. Your best runs are just around the corner, and we can't wait to help you achieve your goals.

***See you at the starting line!***

