Flapp.

Expert Review

Your running, read by a coach.



ATHLETE	Sample athlete
FILMED	10-second treadmill clip, easy pace
COACH	Artur Podgornyi
DELIVERED	Sample

THE VERDICT

> Your cadence is not the problem, and I'd ignore the app's suggestion to raise it. The problem is that you're landing with the foot well ahead of your hips and braking on every step — the low cadence is a *symptom* of that long reach, not the cause. Fix where the foot lands and the cadence will come up on its own.

THE COACH'S READ

What I see

You reach for the ground. Watch the front foot: it lands out in front of you with the knee nearly straight, and you can see the whole body check slightly on every contact — a small brake, every step (the app has your shin about 12° past vertical at landing).

The rhythm is a beat slow, and that's the reach, not your legs. A long step takes time to come back from; shorten where the foot lands and the turnover follows.

Your upper body is quiet. No shoulder lift, no twisting, hands relaxed. That's rarer than it sounds at an easy pace.

The left and right sides look the same from here — no limp, no one arm working harder than the other.

What's already working

Your posture is genuinely good: a slight lean from the ankles, held the same from the first step of the clip to the last. Most runners at your level either run stacked upright or break at the waist; you do neither.

Arm carriage is relaxed and symmetric. Leave both alone.

THE PLAN

Fix these, in this order

1 Land closer to your hips

WHAT I SEE
The foot lands out in front with a straight knee, so every step brakes and the shock goes up through the shin — in my experience that's exactly where shin splints come from in runners who move like this (app: shin ~12° past vertical).

WHAT TO DO
Don't reach for the ground with the front leg. Think about pulling the foot back underneath you just before it lands. Cue: 'land under the hip'.

HOW YOU'LL KNOW
In the next clip the shin should be within ~5° of vertical at contact, and the knee visibly soft rather than locked.

2 Let cadence rise on its own — to about 172

WHAT I SEE
Chasing 180 with the current landing just makes you shuffle — I see it all the time. Once the reach is gone, a shorter step raises turnover for free (app: 163 spm).

WHAT TO DO
Run 4×2 min at 170–174 spm with a metronome, easy pace, once a week. Don't hold it for a whole run yet.

HOW YOU'LL KNOW
170+ feels unremarkable rather than rushed.

3 Calf tolerance before you change anything else

WHAT I SEE
Landing closer to the hips shifts load from the shin to the calf and Achilles. Making that change on untrained calves is the classic way to trade shin splints for Achilles pain.

WHAT TO DO
Straight- and bent-knee calf raises, 3×15 each, twice a week, starting the week BEFORE you touch your form.

HOW YOU'LL KNOW
3×15 bent-knee raises with no next-day soreness.

Don't change this

Don't change your shoes. Your current pair is doing nothing wrong, and changing footwear at the same time as a landing change means you won't know which one caused whatever happens next.

Don't try to land on your forefoot. Your midfoot strike is fine — the issue is *where* the foot lands relative to your hips, not which part of it touches first.

NEXT FOUR WEEKS

What to do, week by week

Weeks 1–2 — calf work twice a week (above). Keep running exactly as you do now; change nothing about your form yet.

Weeks 2–4 — add one cadence session a week (4×2 min at 170–174). In your easy runs, spend the first 5 minutes deliberately thinking 'land under the hip', then stop thinking about it.

Every run — the last 30 seconds at a comfortably quick turnover. It's a small dose that teaches the pattern without a session for it.

FILM AGAIN

Film again in four weeks, same setup: same treadmill, same camera height, same easy pace — and a second clip at the end of a long run, because tired form is what actually injures people and I can't see it here. I'll look at where the foot lands first, the rhythm second. Ignore the overall score — it moves for reasons that have nothing to do with what we're working on.

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