



Name _____

Running Posture Word Search

P C P X Q H P D K Z F N Y R W A Q C D X
 G U F B Z T G X M Y E B V R P H H R X V
 K S K J X W F H P Y C Z S C F V X O Y W
 B S Q L U D S H B P T Y E I M O J V E D
 O Y H O W E J S L U J T T B T R B Z O T
 D X G A F D U J P Q M C J U I C L C P P
 U A V H F Z F D O V N K H K Z Q S H J T
 K Z C V I H J Y S R G Z J Y Z D C Y U F
 X Q V U D B E U Y V R K D T W F U X A Z
 Y Q G K X C O N A I L V O T M D V T E I
 R S W I N G R G M K C B G C G N T E G C
 Z W P A A R F O X F P A M N A D R R P A
 M C L P N L O I T T L F O O T F A L L F
 D A J Q K L I H N A O G O L T Q R O E N
 B D H C L C B G F Z T X C Y P L M Q M H
 O E T O E O F F N S T I G K K N D W G T
 K N E E S R I N X M G P O S T U R E M R
 X C A P B E W Y I L E H N N L H I B K B
 A E I Q B H R W S N F N E R Q A V J T S
 C H E E L S T R I K E S T R I D E R P G



Stride
 Cadence
 Posture
 Heel strike
 Toeoff

Swing
 Arm drive
 Footfall
 Core
 Alignment

Knees
 Ankles
 Hips
 Rotation
 Balance