



Video Analysis Instructions

Prior to our first consultation, I'd like video from the side, front, and back, preferably when you're not very warm. I can help you best if I can really see the movement habits you bring with you into running and those are most visible before you're really warm and correcting for them.

IMPORTANT:

- **Please shoot your video outdoors on level ground**
- **Please do not use a treadmill**
- **Please use a tripod if at all possible**
- **Please have someone else do the filming if at all possible**

Please shoot at least two videos:

1. **One video from the side with your whole body in the frame.** If a person is shooting it for you, they should stand in one place and *turn to follow you from start to finish*, so in addition to capturing you from the side they're also catching you nearly from the front and the back. These quarter angles are particularly helpful to me.

The tripod should be set up at a distance that makes it possible to see your entire body when you're being seen directly from the side, and you should fill the screen as much as possible. Of course before and after that moment in the video you'll be smaller, which is just fine. It can take a little experimentation to work out where the right place to stand/set up the tripod is.

If you're filming yourself, set up the tripod a little farther away so your body doesn't fill the whole screen from the side—that way I can see you run for as long as possible as you run into and out of view.

2. **One video that shows you from the front and back.** Run towards the camera, stop just before it, and then turn around and run away from it. I get information from the stopping and starting as well as from the running.

Possible additional videos:

If you have the capacity to shoot at a higher speed (aka slow motion), then it's great if you can send me a second set of videos identical to the first, shot at high speed.

If you have a choice of filming speed, 120 frames per second usually strikes a good balance between clear focus/resolution and lots of information.

Make this in addition to the regular speed videos, though, and not instead of them. The regular speed ones are the most important because some critical things such as force and rhythm aren't easy to perceive in slow motion.

How to get your videos to me:

To send in your video, you can either upload it to YouTube or Vimeo as a private video and email me the links, upload it to Dropbox and share it with jae@intelligentexercise.com, or upload it to Google Drive and share it with me.

If you'd like to send me the video by other means or have any questions, please email jae@balancedrunner.com to make arrangements.