



RUNNER FIELD GUIDE

POGOS

SMALL JUMPS. BETTER RUNNING ECONOMY.

A practical, evidence-led guide to building the lower-leg spring that supports economical running.

WHY IT MATTERS

**Use less energy.
Hold more pace.**





TRAIN THE SPRING, NOT JUST THE ENGINE.

Running fitness is not only aerobic. On every stride, your foot, calf and Achilles tendon absorb force, store elastic energy and return it as you leave the ground. Pogos train that rapid spring-like action.

01

ECONOMY

Potentially lowers the oxygen cost of holding a given pace.

02

ELASTIC RETURN

Builds the rapid stretch-shortening action used on every stride.

03

REACTIVITY

Trains quick, rhythmic contacts rather than slow force production.

04

PRACTICAL

Needs no equipment and takes only a few minutes to complete.

STUDY SPOTLIGHT - SCIENTIFIC REPORTS, 2023

34 RUNNERS

6 WEEKS

5 MIN/DAY

The result

The hopping group improved running economy at 12 km/h and 14 km/h, but not at 10 km/h. VO₂peak did not improve.

COACH'S READ

They did not build a bigger aerobic engine; they became more economical at using the engine they already had, particularly at the faster test speeds.

KEEP THE CLAIM HONEST

The study did not include a race test and did not directly measure tendon stiffness. It supports pogos as a useful addition to training - not as a stand-alone shortcut to faster running.

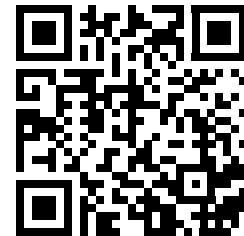
HOW TO USE POGOS WELL

- 1 Stand tall**
Feet approximately hip-width apart, trunk upright and eyes forward.
- 2 Set the knee angle**
Use a small knee bend and keep it relatively fixed. This is not a squat jump.
- 3 Drive from the ankles**
Spring from the balls of the feet and let the calf-Achilles complex do the work.
- 4 Get off the ground quickly**
Think 'hot ground': land lightly and rebound immediately into the next jump.
- 5 Protect the quality**
Stop when contacts become heavy, slow or uneven. Fatigued contacts miss the point.

WATCH THE DEMO

POGO JUMPS

Proper form and technique



START HERE

2 x 10-15 CONTACTS

45-60 sec recovery - twice weekly

Complete them after warming up and before heavy lifting or fatiguing run work. Build total contacts before progressing to alternating or single-leg versions.

PAIN IS NOT THE GOAL

Pogos create meaningful lower-leg load. If you have current Achilles, calf, plantar fascia, shin or foot pain, speak to your coach before adding them. Two runners in the study reported possible shin or forefoot discomfort.

PRIMARY STUDY

Engeroff T, Kalo K, Merrifield R, Groneberg D, Wilke J. Progressive daily hopping exercise improves running economy in amateur runners. Scientific Reports. 2023;13:4167.

[READ THE STUDY](#)