Abstract
Walking and running are natural way of human motion. Today running is effective aerobic exercise to maintain vital human functions, mostly cardiovascular and breathing functions. Modern human’s lack of movement results in numerous health problems and generally reduce the quality of his life. The impact of regular physical exercise on the body is proven beyond any doubt; but we can also see the growing negative effects of physical exercise, which are typically a result of the unadjusted and too demanding exercise programs. Walking and running are human’s the most effective and health activities, but running can have large load on joints, bones, tendons, ligaments and muscular system. The negative effects of physical exercise are manifested in the form of overload which often leads to injuries. Running injuries and their development takes place at the beginning relatively unnoticed, obvious symptoms with pronounce consequences for the runner occur relatively late.

Key Words: biomechanics, running, technique, extreme loadings