



RUNALYST

Run smarter, not ~~harder~~.

Every runner is built on a handful of subtle habits — cadence, stride, lean, asymmetry — and **none of them are visible from the inside**.

3D POSE ESTIMATION

7 BIOMECHANICAL MODULES

LLM CHATBOT COACH

PROGRESS TRACKING

NO WEARABLES · NO LAB

THE PROBLEM

Running injuries are largely preventable — yet most runners never get analyzed.

50 %

of runners sustain a yearly injury

\$150-\$450

cost of a professional gait analysis session

Few Cities

where biomechanics labs are accessible

WHY RUNALYST?



Markerless 3D Pose Estimation

AI tracks 24 body joints in 3D from a single video — no wearables, no markers, no lab.



LLM Chatbot Coach

Ask anything about your run. Get personalised, video-specific drills and cues — free, inside the app.



7 Biomechanical Modules

Overstride, cadence, strike type, symmetry, swing-stance, trunk lean and knee flexion — frame by frame.



Progress Tracking

Week-to-week trend lines on every metric. See your improvement and build better habits.

POWERED BY



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