Running is a method of terrestrial locomotion allowing humans and other animals to move rapidly on foot. Running is a type of gait characterized by an aerial phase in which the body is supported by one leg only. The limbs of animals, including humans, during locomotion over a solid substrate. Most animals use a variety of gaits, selecting the gait that will maximize speed and minimize energy expenditure. The pattern of movement of the limbs of animals, including humans, during locomotion over a solid substrate. Most animals use a variety of gaits, selecting the gait that will maximize speed and minimize energy expenditure.