

OCR BREAKDOWN

Bonus

**TRANSITIONING**

INTO MINIMALIST SHOES

### WHATS THE BIG DEAL?

Experts and top coaches claim that cushioned running shoes with a wedge like heel make our feet lazy and our run mechanics sloppy, leading to injury.

Conversely, with little support, a minimalist shoe helps reinstate how we run, naturally. We weren't born with shoes on, didn't need their "support" in walking or when learning how to run, right?

**Minimalist shoes are becoming widely supported:** The same companies who had built the wedge like shoe are now creating majority of the minimalist shoes available.

### TRANSITIONING

For those of you who have decided to move away from running in a highly cushioned shoe or you have orthotics and your ready to "get off of the crutch" ...there is a way to transition so that you can build strength and help prevent injury. First thing is to mentally eliminate the fears associated with change. Your cushioned shoes and or orthotic have not been solving the problem; they have simply been masking it.

- The transition will be a gradual process. You should purchase the minimalist shoe of your choice and then start training 5% of your time in that shoe.
- Gradually decrease time in your cushioned shoe and increase the time spent in your minimalist shoe until a full transition has happened. **BE PATIENT.**

THIS WILL ALLOW FOR THE NECESSARY ADAPTATIONS IN STRENGTH AS YOU DECREASE THE LEVEL OF SUPPORT.

AKA: THE MUSCLES IN YOUR FEET HAVEN'T BEEN FIRING AT FULL CAPACITY AND NEED TIME TO WAKE UP!

- If you are also wearing orthotics...you are going to want to train with the orthotic in your minimalist shoe for the time being. Once you have transitioned...start to decrease the amount of time with the orthotic and pair that exercise regiment to strengthen the muscles of the foot.



If you would like to dive further into this topic, we recommend reading, *Born to Run*.