

***Good for the Soles***  
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# Principles of Minimalism

- Free the foot to promote natural development
- Look for the least amount of shoe you can safely wear now
- Work toward reducing the amount of shoe necessary through strengthening the foot and improving your stride
- Running is a natural movement of the body, rather than an unnatural act that requires pads and braces to perform safely
- Embraces the notion that the beefier the shoe, the more a runner's natural stride is inhibited



# What is a Minimalist Shoe?

- **Complements natural foot function**
- **Heel to toe differential is very low**
- **Material under the foot is thin....  
allowing maximum ground feel**
- **Upper is soft and flexible**
- **Lightweight**
- **Wide toe box to allow toe splay**



# What are the Risks of Minimalism?

- Foot is not guided into running stride (you need to learn proper form)
- Feet need to do some of the work and need to get strong
- If form is incorrect and you are not strong in the right places you may develop soreness....so listen to your body and progress gradually



# How to go Minimal

- Take it slow at first
- Add distance gradually
- The more minimal the shoe the more adaptation it will take
- Progress through the stages of shoes from Neutral Transition to Minimalist to Barefoot Style
- Do SMALL amounts of barefoot running and walking!



**If you're an avid runner who's interested in transitioning into the growing trend towards minimalist running, there are a few things you should keep in mind before switching from traditional pronation-control cushioned running shoes to minimalist running shoes...**



# Gradual Transition

- Your foot muscles need time to adapt to the new pattern of motion that comes with minimalist shoes
- Your body needs a gradual transition in order to avoid injury, especially in the tendons and joints



# Day-to-Day

- **When you first get your minimalist shoes, get acclimated to them by wearing them during periods of regular walking, perhaps while running errands**
- **Walk barefoot inside and outside**



# Start Slow

- To start, run slowly and only increase your distance gradually as your feet acclimate to the more natural range of motion



# Listen To Your Body

- **Make sure to pay attention to any areas that feel sore or tired after your initial runs**
- **Keep your first run sessions to about 20 minutes, taking a day off in between as needed**
- **Gradually increase as you notice your feet getting more comfortable**



**Remember, never push your feet!  
It takes patience and some time to  
strengthen all the tendons and  
muscles in your feet with  
minimalist shoes. Once you're  
comfortable, you'll reap the  
benefits of a more efficient stride,  
stronger foot muscles, better  
posture, and more sensory  
connection to the ground.**

