

As a general rule, you should replace your shoes every 300-500 miles. Most shoes limit impact forces by 10%, however here are the basic types of running footwear and the differences between them.

Minimalist (AKA ‘barefoot’ shoe)

A minimalist shoe is similar to cushioned shoes, but built with a smaller platform and provides more flex grooves for increased forefoot mobility. A minimalist shoe is appropriate for lighter, efficient runners and offers less energy cost to the runner.



Xero brand minimalist shoe

Trail terrain versions are available.

Minimalist footwear/barefoot running requires stronger calf and intrinsic foot muscle strength. It places more stress on the Achilles tendon and plantar fascia to “store elastic energy.”

This type of footwear/running may lead to additional callus patterns or blistering. It can take months to progress from a traditional running shoe to a minimalist/barefoot running program - the average timeframe is 9-12 months.

Cushion / Neutral

Cushioned shoes may be appropriate for light, efficient runners without history of injury. The shoes are lighter, softer, less stable, and breakdown faster - which then allows greater transmission of shock.

The majority of runners require a stability shoe.



Cushion / Neutral shoe

Stability Shoes

Stability shoes are good for mild pronators or runners that have an ER gait pattern. They require medial stability and a rigid heel, and decrease initial forces but allow greater rearfoot movement at initial contact.



Stability shoes often last up to 100 miles longer than cushioned shoes.

Motion Control Shoes

Motion control shoes are appropriate for moderate and severe overpronators and very heavy runners. Composed of a dual-density midsole, they provide maximal medial stability through firmer midsole and stiff heel counter. The function of the motion control shoe is to counter excessive foot pronation.

Motion Control shoe



Footwear Brands

- ▷ Adidas
- ▷ Mizuno
- ▷ Nike
- ▷ Hoka
- ▷ Asics
- ▷ New Balance
- ▷ Saucony
- ▷ Brooks
- ▷ Altra
- ▷ Newton
- ▷ Xero

Shoe Fit

A good shoe should fit like a “sandal” with a snug heel, cradled arch, and “wiggle” room for the toes.

- Do not fit according to arch height
- The longer the distance run, the greater the shoe’s length
- Marathoners require a thumbnail’s width of space in front of the shoe.