

**Alzheimer's
Society**

Leading the
fight against
dementia

runningwithus

The Guide to Better Running

Part Two - The Right Shoes

Picking the right shoes

Before you embark upon your running journey do you have the right shoes?

Why are the right trainers important?

If you make one good investment buy a pair of correct running trainers. Wearing the correct running trainers that are suited to your foot plant and running gait will play a huge part in **preventing you from getting injured**.

The wet foot test

How to choose the right shoes

Step in some water and then stand on a dry floor, bathmat or piece of paper. This test works on the basis that it roughly translates into the amount of stability you will need from your trainer. This simple test will give you a rough indication of the type of foot plant you have, and will equip you with some basic knowledge to help show you what features to look for in your running shoe.

The normal foot- The neutral runner- A slight curve in the footprint shows a normal arch. It shows the forefoot and heel connected by a narrower section (but not as narrow as the high arch to the far right).

This indicates a very efficient 'neutral' foot strike where the foot transitions nicely through the arch to the ball of the foot before take off.

Trainers needed- A neutral shoe or a stability shoe with moderate control features.



The flat foot- The over pronator - 60-70% of people over pronate. The whole shape of the foot being printed on the floor suggests this. It suggests a flat foot, which means the arch, is collapsed and very low to the ground. The foot strikes the floor with the outside of the heel and then rolls inwards drastically taking off from the inside of the foot.

Trainers needed- A stability shoe with motion control. The trainer has a firmer section on the inner/mid section of the shoe.



The high arched foot - The supinator - The footprint shows a very narrow section or no section at all between the forefoot and the heel. The foot strikes on the outside of the foot and doesn't pronate enough. It is a lighter foot strike.

Trainers needed - Cushioned (or 'neutral') shoes with plenty of flexibility to encourage foot motion. Stay away from motion control or stability shoes, which reduce foot mobility.



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Understand your feet!

Your running gait is simply the way in which your foot strikes the floor as it lands and then pushes off into the next stride and depending upon the type of foot plant you have your trainers can aid in making each step as efficient and safe as possible.

Attend one of our Charity or Event Training days where **Saucony** (our UK Brand partners) will be present to provide Gait Analysis and the advice on the right shoe for you