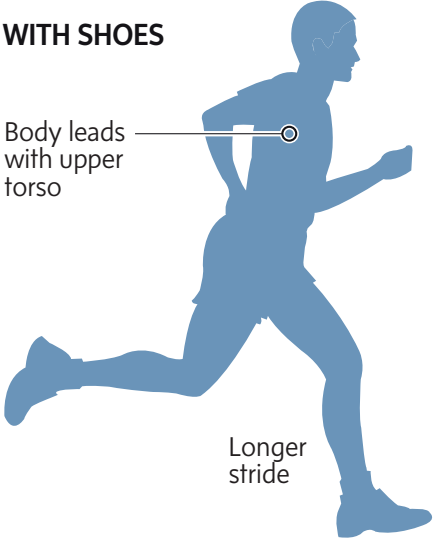


# Shoes v. feet

Running in shoes and going barefoot typically result in the feet hitting the ground in two very different ways. But there's no need to toss out your shoes. Many running coaches simply suggest adopting a barefoot style of foot strike as a way of minimizing ground forces and thus decreasing the chances of injury or strain.

## WITH SHOES



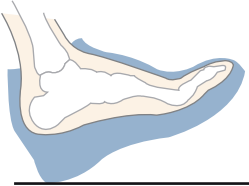
### Foot strike

Before even touching the running surface, the foot is flexed in an unnatural position.

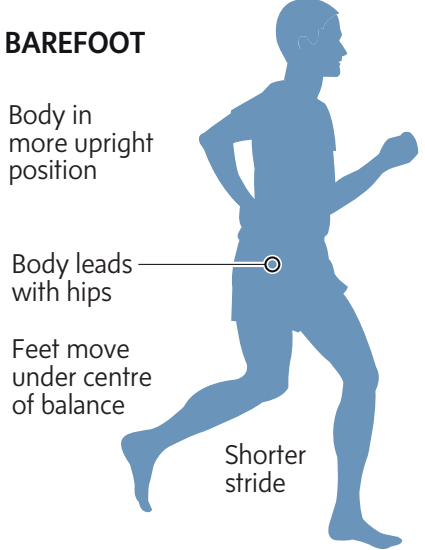
The heel – and the major source of shoe cushioning – hits the ground first.

The shoe helps stabilize or correct the foot as it rolls in or out.

The toes are the last to plant and provide the push for the next step.



## BAREFOOT



### Foot strike

The thick pad of the forefoot is first to land, and toes grab the ground much like an animal's.

An inward rolling motion starts as the mid-foot and arch start to plant down.

The heels are the last to meet the ground as the arch flattens to help absorb the impact.

The foot recoils up again instinctively because of increased sensitivity to the running surface.

