IT'S ONLY NATURAL FOR US

THE ASICS NATURAL RUNNING GUIDE

asics®

WITH EXPERT SUPPORT
FROM NATURAL
RUNNING SPECIALIST
DR MATTHIAS MARQUARDT

WELCOME TO A NEW EXPERIENCE

Dear Runners,
In this brochure, we take a look at the new trend toward natural running. For over 15 years, I have been researching ways to make running faster, easier and more pain-free for runners. Barefoot running, the most elementary means of locomotion, has always played a key role here. But who can run shoeless on soft forest floors every day?

That's why ASICS has developed shoes reduced to the essentials, shoes that allow natural movement without compromising the protection you expect from footwear. Sounds ingenious? It is. You can read exactly how it works on the following pages.

Happy running!

Dr Matthias Marquardt

DR MED. MATTHIAS MARQUARDT IS A PHYSICIAN AND FOUNDER OF A PRIVATE PRACTICE FOR MOVEMENT ANALYSIS AND PERFORMANCE DIAGNOSTICS IN HANNOVER. A TRIATHLETE AND MARATHON RUNNER, HE IS THE "FATHER" OF THE NATURAL RUNNING TECHNIQUE AND MOVEMENT IN GERMANY, WHICH REPRESENTS A HOLISTIC CONCEPT FOR AN EASIER, HEALTHIER WAY TO RUN. HE CONDUCTS SEMINARS FOR TRAINERS AND ATHLETES IN ALL PERFORMANCE CLASSES, AND IS THE AUTHOR OF THE BEST-SELLING BOOK "DIE LAUFBIBEL" (THE RUNNING BIBLE).

WELCOME TO A SPECIAL SENSATION

As European's leading running-shoe brand, we actively seek new ideas and greater variety – for runners and the market. In this context, we have expanded our interpretation of the natural running approach: the ASICS33 concept will debut in the SS13 with four differently equipped models that make the natural running experience more individual than ever, while at the same time opening it up to an even broader running public.

We want to familiarise you with this very special running experience and give you a taste of the thrill it brings. We want to sensitise you to it and – together with Dr Matthias Marquardt, Germany's leading expert in all matters relating to natural running – provide you with detailed background information and the right arguments for convincingly communicating this enthusiasm for a different, intensive way of running to your customers. We've prepared an extensive package:

3 PEOPLE, 3 PROFILES, 3 GOALS, ONE RUNNING STYLE

SOPHIA, JULIAN AND MAX TALK ABOUT THEIR MOTIVATIONS AND THEIR FIRST NATURAL RUNNING EXPERIENCES.

NAME: Sophia, 29
TRAINING: 1–2x per week
KILOMETRES PER WEEK: approx. 16
PRIMARY SHOE: GEL-NIMBUS
SECONDARY SHOE: GEL-EXCEL33

Honestly, I sometimes find it rather hard to run and it isn't always fun, because there's something monotonous about running. But I still run – to clear my head and for the good feeling afterwards.

To bring some variety to my running routine and gain some new experiences, I bought a pair of natural running shoes. I now wear them once a week and it really is an entirely different sensation. Not completely different, but softer and more flexible. I have the sense that I feel the ground more. And that makes running more interesting.

NAME: Julian, 36
TRAINING: 2–3x per week
KILOMETRES PER WEEK: approx. 25
PRIMARY SHOE: GT-2000
SECONDARY SHOE: GEL-HYPER33

I've been running for many years now. Almost always the same routes, and almost always in the same time. For me, running is my rebalancing and health programme.

I recently bought a pair of light, flexible natural running shoes, which I wear now and again. Variety is supposed to be good in running shoes as well, and it's true. Natural running is a different feeling. Particularly on good days, the running is easier. The shoes are so comfortable that I also enjoy wearing them as my everyday street shoes.

NAME: Max, 25
TRAINING: 4–5x per week
KILOMETRES PER WEEK: approx. 70
PRIMARY SHOE: GEL-DS TRAINER
SECONDARY SHOE: GEL-LYTE33

Running is a very important part of my life. It's so important that I also take part in competitions regularly.

To avoid one-sided stress and vary my training as much as possible, I run 1–2 times a week for up to 15 kilometres in natural running shoes. They let me run at my comfort pace, or faster if I wish. And I never have the feeling of just mindlessly running up kilometres. On the contrary. I feel the ground more directly, my heel-to-toe movement is more adaptive and my push-off is more dynamic. In other words, it's a welcome change for my feet.

YOU KNOW WHAT YOU'RE TALKING ABOUT

WHAT IS NATURAL RUNNING?

Natural running is a running technique that approximates the original barefoot running feeling. Accordingly, the footstrike focuses more on the middle or forefoot than on the heel.

WHAT ARE NATURAL RUNNING SHOES?

Natural running shoes are intended to allow the foot to run as simply and naturally as possible. There are various running shoe concepts aimed at achieving this, yet all have certain aspects in common. Many of them address only a small target group. Only a few make the natural running feeling something everyone can experience.

WHAT IS THE BENEFIT?

Natural running stands for a different feeling and a great deal of fun. Running feels easier and more flexible, the feet are less constricted. And when done right, natural running is not only a totally new, authentic experience, but also extremely effective injury prevention.

BECAUSE THEY KNOW WHAT THEY'RE TALKING ABOUT

"THE ASICS33 IS A UNIQUE SHOE. ALL 33 FOOT JOINTS WERE TAKEN INTO ACCOUNT IN ITS DEVELOPMENT. IT IS THE IDEAL SHOE FOR RUNNERS WHO WANT TO VARY THEIR TRAINING PLAN MORE, AND WAS DEVELOPED SPECIALLY FOR AN EXCELLENT GROUND FEELING – IN HARMONY WITH OUR LONG-STANDING CONVICTION THAT THE SHOE SHOULD WORK WITH, AND NOT AGAINST, THE FOOT."

Simon Bartold, ASICS International Research Consultant

"THESE SHOES ARE FUN TO RUN IN! THE ASICS33 COLLECTION IS A PLEASANT AND USEFUL CHANGE FOR EVERY RUNNER, WHETHER IN TRAINING OR EVERYDAY WEAR."

Dieter Baumann, former German track athlete and Olympic gold medallist

"FOR ME, IT'S THE PERFECT TRAINING COMPLEMENT. YOU NOTICE HOW THE FOOT IS TRAINED – OR: SLIP THEM ON AND FEEL GOOD. I EVEN WEAR THE ASICS33 AS A STREET SHOE, BECAUSE IT'S SO COMFORTABLE."

Jan Frodeno, Olympic triathlon gold medallist

SO YOU KNOW WHAT THE DIFFERENCE IS

	WEIGHT	FLEXIBILITY	CUSHIONING	SUPPORT	RUNNING FEELING	FIT	SPECIAL TECHNOLOGIES
ROAD RUNNING GUIDANCE					 10 mm		I.G.S. GUIDANCE LINE
ROAD RUNNING LIGHTWEIGHT					 10 mm		DYNAMIC SET-UP PROPULSION TRUSSTIC
NATURAL RUNNING					 6–10 mm		FLUIDAXIS TECHNOLOGY
	GUIDANCE > LIGHTWEIGHT = NATURAL Natural running shoes are extremely light because they eliminate a lot of supporting elements.	GUIDANCE < LIGHTWEIGHT < NATURAL Natural running shoes are exceptionally flexible, particularly in the forefoot area.	GUIDANCE > LIGHTWEIGHT > NATURAL Natural running shoes are provided with flat midsoles and reduced cushioning technologies.	GUIDANCE > LIGHTWEIGHT > NATURAL Natural running shoes are neutral, omitting supporting elements in the midfoot region.	GUIDANCE > LIGHTWEIGHT > NATURAL Thanks to their flat midsole level and low drop, natural running shoes offer a more direct feeling for the ground.	GUIDANCE > LIGHTWEIGHT < NATURAL ASICS natural running shoes are built on the same last as the Guidance models and offer an open, flexible mesh upper.	Only ASICS natural running shoes come with FLUIDAXIS technology.

IT'S ALL EXPERIENCE – EVEN NATURAL RUNNING

A NATURAL OUTCOME: *The ASICS33 concept is the logical result of three developments that ASICS has perfected in its running shoe designs over a span of 20 years. The first is the continuing search for the lightest possible shoe, along with optimum support of the foot in motion. In 2000, this resulted in a third, groundbreaking development that today characterises all top ASICS shoes: the holistic Impact Guidance System (I.G.S.™) design concept, which adapts to the individual characteristics of the foot with every element in every phase of motion. The ASICS33 concept is the perfection of this "natural" development – with the least possible support and lowest possible weight.*

LIGHTWEIGHT

CAN RUNNING SHOES BE MADE EVEN LIGHTER?

GUIDANCE

CAN RUNNING SHOES BE EVEN BETTER MATCHED TO THE FOOT AND GAIT?

NATURAL MOTION

CAN RUNNING SHOES BETTER SUPPORT THE NATURAL MOTION SEQUENCE?

NATURAL RUNNING

CAN RUNNING SHOES SUPPORT NATURAL MOTION?

***1981:* X-CALIBER GT**
The first ASICS running shoe with flex elements based on the latest bio-mechanical insights.

***1988:* GEL-LYTE**
The running shoe with which ASICS introduced the "lightweight trainer" category.

***1994:* GEL-KAYANO 1**
First version of the shoe that set the standard for safety and support for many years.

***1996:* GEL-DS TRAINER 1**
The first running shoe with DUOSOLE, which reduces weight by up to 30%.

***2000:* GEL-KAYANO 7**
The first ASICS running shoe with SpEVA and I.G.S.™ (Impact Guidance System).

***2003:* GEL-DS TRAINER 8**
The first ASICS lightweight trainer with I.G.S.™ (Impact Guidance System).

***2005:* GEL-DS TRAINER 10**
The first ASICS running shoe with Propulsion Plate.

***2007:* GEL-DS TRAINER 12**
The first ASICS running shoe with SOLYTE midsole.

***2008:* TRAIL SENSOR**
The first trail running shoe with adaptive trail sensor system in the heel zone.

***2010:* GEL-NIMBUS 17**
The first ASICS running shoe with full-length GUIDANCE LINE.

***2012:* GEL-EXCEL33**
The first ASICS natural running shoe with Propulsion TRUSSTIC and GUIDANCE LINE.

***2013:* GEL-LYTE33**
The first ASICS natural running shoe with FLUIDAXIS technology.

WHAT WE DO IS FOR EVERYONE:
NATURAL RUNNING WITH ASICS

NATURAL RUNNING BY ASICS …

… FOCUSES ON THE FOOT WITH ITS 33 JOINTS – WHICH EXPLAINS THE “33” IN THE NAME OF THE SHOE.

… IS SUITABLE FOR ALL RUNNERS, BOTH MALE AND FEMALE.

… IS A COMPLETE RANGE WITH DIFFERENTIATED MODELS – FROM ENTRY-LEVEL TO THE EXTREMELY MINIMALIST ELITE RUNNER’S MODEL.

… IS THE ASICS SECONDARY RUNNING SHOE THAT OFFERS MORE VARIETY IN TRAINING.

… IS A TRAINING INSTRUMENT THAT CAN REDUCE THE RISK OF INJURY WHILE RUNNING.

FLUIDAXIS TECHNOLOGY

The motion of the foot is determined primarily by its two ankle joints. The top ankle joint handles only the forward and backward motion of the foot. The lower ankle joint, however, controls the simultaneous motions on three planes, and is thus responsible for the natural motion sequence.

Fluidaxis technology* directly addresses both ankle joints and the different reaction forces: with a new midsole and outer sole design with differentiated profiling for the individual motion phases. This design enables the foot to move more freely and naturally than ever over the entire motion sequence and in every direction – while at the same time activating the stabilising muscle group surrounding the lower ankle joint.

*GEL-EXCEL33 2, GEL-HYPER33 2, GEL-LYTE33 2

FluidAxis

1.

2.

FluidAxis

3.

PHASE 1

The foot lands in a supinated position. The heel area dissipates the reaction forces geometrically, permitting a natural initial ground contact.

PHASE 2

Adaptation to the surface (the foot pronates) and smooth transition to the foot flat phase with activation of the stabilising muscle group surrounding the lower ankle joint.

PHASE 3

Re-supination of the foot with lever action on push-off.

LESS GUIDANCE, MORE FREEDOM: THE ASICS33 TECHNOLOGIES

A RUNNING SHOE AIMED AT OPENING UP THE EXTREMELY INTENSIVE, NATURAL RUNNING FEELING TO AS MANY RUNNERS AS POSSIBLE CANNOT SUCCEED ENTIRELY WITHOUT TECHNOLOGY, BUT IT CAN CONCENTRATE ON THE KEY ASPECTS.

1. SPECIAL MIDSOLE CONSTRUCTION

Flat midsole level and Dual Density Sandwich construction for a more direct ground feeling, dynamic heel-to-toe behaviour and the most natural possible running with the lowest possible risk of injury.*

*All 33 models

2. PROPULSION TRUSSTIC

One-piece element that works like the muscle under the foot arch – it absorbs energy like a bow on footstrike and releases it as forward energy on push-off.*

*GEL-EXCEL33 2, GEL-HYPER33 2, GEL-VOLT33 2

3. GUIDANCE LINE

The GUIDANCE LINE follows the natural line of force, ensuring consistent, optimum push-off.*

*All 33 models

4. GEL CUSHIONING SYSTEM

ASICS GEL elements mimic the natural human fat deposits in the foot and are positioned correspondingly to cushion and distribute the impact forces.*

*In heel: all 33 models

ASICS NATURAL – FULL PROGRAMME

ASICS33 SHOES ARE INTENDED TO BE SUITABLE FOR AS MANY RUNNERS AS POSSIBLE. IN TERMS OF TECHNOLOGY, THEY ARE DESIGNED TO ENSURE A NATURAL RUNNING EXPERIENCE WITH THE LOWEST POSSIBLE RISK OF INJURY. AND THEY COME IN FOUR DIFFERENTLY CONFIGURED MODELS FOR MEN AND WOMEN WHO WANT THE MOST INTENSIVE NATURAL RUNNING EXPERIENCE POSSIBLE, WHATEVER THEIR TRAINING LEVEL.

01 GEL-VOLT33 2

Propulsion TRUSSTIC, GUIDANCE LINE, GEL element, SOLYTE midsole, 10 mm drop.
Cat. No. T320N/€109.95/275 g (US 9)

02 GEL-VOLT33 2 W

Propulsion TRUSSTIC, GUIDANCE LINE, GEL element, SOLYTE midsole, 10 mm drop.
Cat. No. T370N/€109.95/235 g (US 7)

03 GEL-LYTE33 2 W

FLUIDAXIS technology, GUIDANCE LINE, DUAL DENSITY midsole, SOLYTE midsole, 6 mm drop.
Cat. No. T367N/€119.95/200 g (US 7)

04 GEL-LYTE33 2

FLUIDAXIS technology, GUIDANCE LINE, DUAL DENSITY midsole, SOLYTE midsole, 6 mm drop.
Cat. No. T317N/€119.95/240 g (US 9)

05 GEL-HYPER33 2 W

Propulsion TRUSSTIC, FLUIDAXIS technology, GUIDANCE LINE, GEL element, 10 mm drop.
Cat. No. T368N/€129.95/235 g (US 7)

06 GEL-HYPER33 2

Propulsion TRUSSTIC, FLUIDAXIS technology, GUIDANCE LINE, GEL element, 10 mm drop.
Cat. No. T318N/€129.95/290 g (US 9)

07 GEL-EXCEL33 2

Propulsion TRUSSTIC, GUIDANCE LINE, GEL elements, CLUTCH COUNTER, P.H.F., 10 mm drop.
Cat. No. T315N/€149.95/270 g (US 9)

08 GEL-EXCEL33 2 W

Propulsion TRUSSTIC, GUIDANCE LINE, GEL elements, CLUTCH COUNTER, P.H.F., 10 mm drop.
Cat. No. T365N/€149.95/225 g (US 7)

THE PERFECT COMPLEMENT:
THE RIGHT NATURAL RUNNING SHOE

ASICS NATURAL RUNNING SHOES ARE DESIGNED TO BE A WELCOME CHANGE, A SOURCE OF NEW MOTIVATION AND THUS THE OPTIMUM SECONDARY SHOE TO COMPLEMENT THE PRIMARY ASICS RUNNING SHOE. THE QUESTION REMAINS: WHICH IS THE RIGHT SHOE FOR WHOM? AND, WHICH SECONDARY SHOE COMPLEMENTS WHICH PRIMARY BEST? THE ANSWER IS HERE.

RELAXED GAIT — DYNAMIC GAIT

ASICS PRIMARY RUNNING SHOES


GEL-KAYANO 19


GEL-NIMBUS 14


GT-2000


GEL-CUMULUS 14


GEL-DS TRAINER 18

MORE SUPPORT — LESS SUPPORT

MORE GUIDANCE — LESS GUIDANCE

ASICS NATURAL SECONDARY RUNNING SHOES

< 80 KG


GEL-EXCEL33 2


GEL-HYPER33 2


GT-VOLT33 2


GEL-LYTE33 2

> 80 KG


GEL-EXCEL33 2


GEL-HYPER33 2

SUITABLE FOR EVERYONE — NOT SUITABLE FOR EVERYONE

TRACKING TO THE MIDDLE: DIFFERENT GAITS

According to Dr Marquardt, the most effective and at the same time healthiest gait is the one that most closely approximates the natural human motion sequence. This gait can be defined. And with the right running technique, it can be rediscovered and relearned.

Dr Marquardt has formulated the relevant principles in a differentiated and understandable manner, and refined his understanding ever further over time.

Everyone can learn natural running on this basis.

FOREFOOT RUNNING

ADVANTAGES

- Pretensioning of the muscles on footstrike = no overpronation
- Footstrike under centre of mass = no braking motion
- Return movement of lower leg in front of centre of mass possible = active running over short distances

DISADVANTAGES

- Higher orthopaedic load for sole of foot, Achilles tendon and calf musculature
- Higher load on forefoot area on impact
- Must be (re-)learned

FREQUENT INJURIES

- Inflammation of Achilles tendon
- Heel spur

MIDFOOT RUNNING

ADVANTAGES

- Body's own cushioning properties can be utilised fully
- Even load distribution
- Minimal energy loss on footstrike, as this occurs just in front of the body's centre of gravity

DISADVANTAGES

- Must be (re-)learned

FREQUENT INJURIES

- No significant typical injuries, unlike forefoot and heel running

HEEL RUNNING

ADVANTAGES

- Not demanding in terms of motor skills (as it is based on walking motion)
- Extremely easy to learn for novices
- Can also be mastered with weak condition

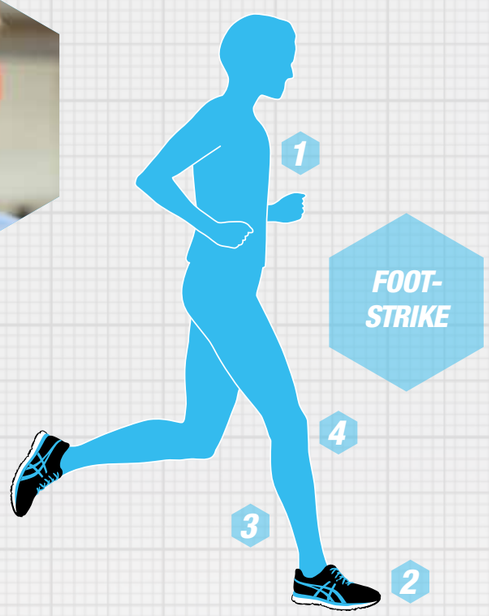
DISADVANTAGES

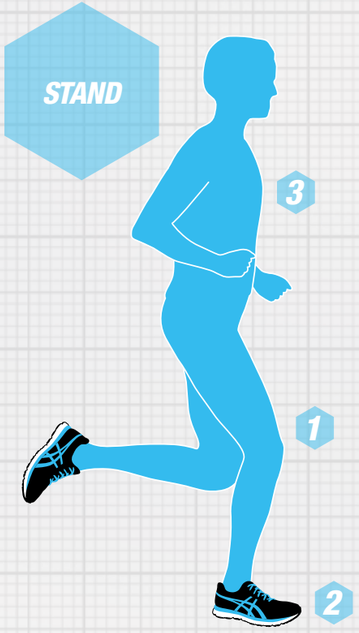
- Strong shock stress on footstrike
- High eccentric load on shin muscles (shin splint syndrome)
- More knee bending in the middle support for cushioning (overloading of meniscus)
- Loss of tension in Achilles tendon and calf (overpronation movement)
- Footstrike far in front of centre of gravity (braking movement)

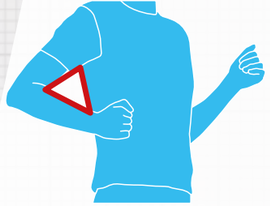
FREQUENT INJURIES

- Inflammation of Achilles tendon
- Shin splints
- Runner's knee

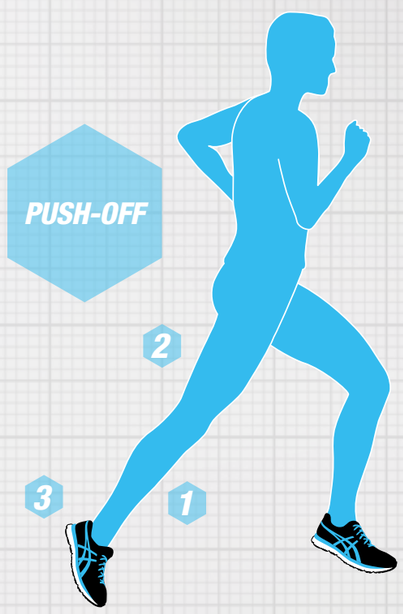
NATURAL RUNNING, NATURALLY RIGHT:
THE RUNNING TECHNIQUE

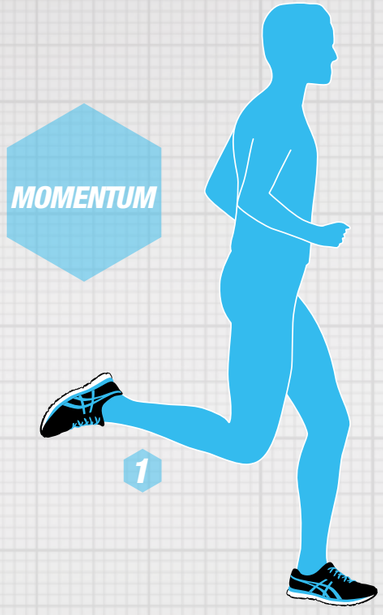






THE OPTIMUM ARM POSITION: Running is both leg and arm work – and the latter plays a key role in natural running technique. Because they are connected to the legs through cross-coordination, the arms control the pace, the stride and footstrike. This calls for an arm position that permits rapid motion: with a tight elbow angle of less than 90° (runner's triangle) and a path as closely parallel as possible to the torso.





DEFINITION: FIRST CONTACT WITH GROUND

1. The torso is upright with only a minimal inclination.
2. The foot is set flat on the ground and the arch of the foot absorbs the shock.
3. The lower leg is almost completely vertical below the slightly bent knee.
4. The bend means that the knee is supported by muscle for a slight spring action – this reduces the impact forces.

DEFINITION: THE FOOT (LATERAL MALLEOLUS) IS DIRECTLY BENEATH THE HIP (GREATER TROCHANTER)

1. The knee of the stand leg supports the entire body weight; the thigh muscles stabilise the knee.
2. The foot plays a role as well: the muscular tension provides cushioning; concurrently, these same muscles support and guide the ankle zone.
3. The torso is upright.

DEFINITION: LAST GROUND CONTACT OF FOOT (HALLUX)

1. The stand leg becomes the push-off leg.
2. In the final phase, both the knee and the hip are rapidly extended. Through this action, the runner attains a maximum stride length.
3. The heel dynamically leaves the ground through a strong push from the calf muscles.

DEFINITION: SUPPORT OF OTHER LEG

1. After the dynamic push-off, the rear leg is raised parallel to the ground as it swings forward. This makes it easier to swing the upper leg forward.

GO!

THE FIRST OBJECTIVE: HAVING FUN

Don't take it too seriously, stay loose and take the time to experience and enjoy natural running. It's worth it.

START OFF GENTLY

Running in minimalist shoes requires a certain training level.

RULE 1:

The lower the drop and the midsole level of a running shoe, the better the runner's training condition should be. During the first sessions, the calf muscles and Achilles tendons are subjected to greater stresses. So runners should start out gently – with three to four kilometres per training session/per week.

RULE 2:

When starting out, each kilometre in natural running shoes is biomechanically equivalent to around two kilometres in the accustomed running shoes.

THE PERFECT MIX

When taking your first steps in the natural running world, you should not include the natural shoes in your running programme more than twice a week.

In other words, the natural running shoe should make your run a special experience during no more than one third of your weekly running time.

NATURAL SHOES – NOT JUST FOR RUNNING

Go ahead and wear your natural shoes as street shoes sometimes. You will enjoy the comfort, and your feet will adapt more easily to the minimalist shoe concept that makes the natural running feeling possible.

YOUR FOOT MUSCLES WILL THANK YOU

An extremely flexible midsole with horizontal and vertical flex notches and a flat level provide the foot with a greater range of motion than conventional running shoes. In natural running shoes, the foot receives less guidance and support, so it has to utilise the entire foot muscle group more actively.

WITH CARE!

ORTHOPAEDIC INSERTS?

Natural running shoes are not really suited for orthopaedic inserts due to their greater flexibility and the direct running feeling they are meant to provide.

EXISTING ACHILLES TENDON ISSUES?

Additional stress on the tendon is possible while running in natural shoes. Be careful of overloading.

HALLUX RIGIDUS?

Too much flexibility in the forefoot zone of the shoe is harmful in this case.

FLAT FEET? OVERWEIGHT?

Running in natural running shoes can overload the entire joint system. So be careful.

MINIMUM DROP = MAXIMUM PLEASURE?

It is true that a shoe with a low heel drop facilitates midfoot and forefoot running. In principle, it is easier to set the foot down beneath the centre of gravity. The shoe's lever effect is reduced and shortening of the calf muscles is prevented.

However, it is also true that the tension on the Achilles tendon increases with shoes that have a low drop, so that overloading complaints can develop quickly.

Varied running routes and alternative training are more important than low drops.

REFERENCE:
TERMS AND DEFINITIONS

HEEL DROP

The height difference between the forefoot and the heel in millimetres that results from the last and the construction of the shoe.

WHY IS THERE SUDDENLY SO MUCH INTEREST IN DROP?

In the discussion of natural running, it is widely assumed that running shoes with less of a height difference between the forefoot and the heel shift the footstrike farther forward and thus promote midfoot and forefoot running (see below).

NATURAL RUNNING

In the context of running shoes, natural running comprises everything that promotes the natural heel-to-toe motion of the foot. Barefoot running is considered the most natural form of running.

REDUCED TO BARE ESSENTIALS

Natural running means omitting elements that are found in many conventional running shoes: stabilising midfoot bridges, heel counters and edging and special cushioning systems. The degree of reduction can vary. “Stripped down” is another term heard in this context.

PRONATION

Describes the rotation of the foot around the longitudinal axis. In running, the outside (lateral side) of the foot rises, while the inside (medial side) drops. Pronation is a natural process in running. Too much pronation (“overpronation”) can have many different causes and is compensated in conventional running shoes by a support element on the inside of the shoe.

SUPINATION

The opposite of pronation: raising of the inside (medial side) of the foot and lowering the outside (lateral side).

MUSCLE TRAINER

Another name for stripped-down running shoes. The idea here is that the elimination of supporting elements in the shoe forces the runner’s musculature to assume more functions, and thus trains it.

SECONDARY SHOE

Denotes a lighter, more flexible shoe as an alternative to the usual model. The secondary shoe should offer variety and counteract one-sided stress and monotonous motion sequences. This makes sense primarily for runners who run more than twice a week.

DIRECT RUNNING FEELING

Arises when the runner feels the ground immediately beneath the feet and few cushioning or stabilising elements are placed between the foot and the ground. Direct running means more ground feeling and less cushioning.

MIDFOOT RUNNING

The gait in which the midfoot makes first contact with the ground. Practised by approx. 15% of all runners.

FOREFOOT RUNNING

The gait in which the forefoot makes first contact with the ground. Practised by approx. 10% of all runners.

HEEL RUNNING

Here, the heel makes first contact with the ground. Practised by approx. 75% of all runners.

WHAT’S SO GOOD ABOUT MIDFOOT AND FOREFOOT RUNNING?

The runner lands more over the centre of mass, which results in better utilisation of the body’s cushioning and support apparatus and thus a reduced risk of injury.

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