

## Handout for Week 6:

# Running Shoes

For any runner the most important part of their running kit is what they wear on their feet. Running shoes have evolved over the years and are specifically designed for the task, protecting your feet from the hammering and twisting forces they get as they hit the ground. Just as you wouldn't play tennis with a cricket bat, you shouldn't wear a general sports shoe once you start to run more consistently.

For women it is important to try and get a women's specific trainer as these are made on a last that is appropriate to their different foot shape.

### **You will come across a lot of jargon such as:**

- Pronation
- Supination
- Neutral

Your running leader will be able to help identify which type of runner you are.

### **You will also come across a number of different running shoes:**

- Neutral
- Support
- Motion-Control

Again your running leader will help to identify which type of shoe you need and can signpost you towards your nearest running retailer.

Trail shoes are also available for off road running.