



Hygher Power Lifestyle

PICKING THE PROPER RUNNING SHOE

It can make or break you!

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Picking the proper running shoe can be both exciting and intimidating as there is so much to think about. Well, that's why I am here to help simplify the process for you. First and foremost my greatest advice would be to visit your local running store. The associate will have the tools as well your actual feet to help more accurately determine what type of running shoe you will need.

For those who do not what to start this journey completely oblivious. I will be providing a few things to look and feel for, the different types of running shoes, and an illustration below to help you determine what shoe may work best for you. I would hate for you to be like me 20 years ago running in absolutely any shoe that I had with no regard (or enough information) for my flat feet!

So some of the different types of running shoes are:

Stability: Stability shoes are those that are designed for a runner who pronate past the point thats considered neutral. This is known as overpronation. Basically your ankle bends inward when you land. See image below. Fyi, supination is when your ankles bend outward upon landing/standing.

Motion Control: For severe overpronators a motion control shoe may be what you need. This shoe has emphasis on the design to help correct overpronation and helps to adjust the foot into a more natural alignment.

Trail Runner: Trail running shoes are like a fusion of hiking boots and running shoes. They are built tougher and much more "hefty" to help withstand very rugged terrain.

Cross-Trainer: Cross-training shoes are a hybrid of a few different types of athletic shoes. This shoe can be worn to lift weights, play basketball, run on a treadmill or outside, you can wear them to exercise classes. It's just a well balanced fitness shoe for almost any athletic occasion.

Neutral Running Shoe: Neutral shoes have no stabilizing features and allows the foot to move and flex without guidance. They are typically low to the ground, lightweight, and suitable for everyday running.

Natural Running Shoe: In short the goal for this type of shoe is to allow your feet to move as naturally as possible. Like a neutral shoe there's no stability, less cushioning, flat in the midsole with low heel drop, and very flexible.

"Super" Shoe: These are the high-stack, next-gen midsole, carbon plated racing shoes that all of the "elite" runners are raving about. Though they may feel great and help increase running times, they are not typically durable enough or recommended for everyday running.

Now there are countless amounts of brands, colors, and styles to choose from within these categories. The most important thing is to get a feel for the shoe and make sure that they are comfortable. You want to feel for things like heel slippage and tightness around your toes. I was advised to go one size up to allow for my feet to spread. This happens with all runners, as the blood flows to the feet during a run the volume of the foot will increase which could effect shoe fit and overall performance.

Now, you can't expect the shoe to magically do all of the work for you but by choosing the right pair you will go a long way together (pun intended).

Foot Type	Alignment	Shoe Type	Shoe Shape
 High Arch	 Supination	Cushioning Shoe	 Right
 Normal Arch	 Neutral	Neutral Shoe	 Right
 Flat Foot	 Pronation	Neutral Shoe	 Right

Terms to remember:

Midsole = material between the place your foot sits and the outsole

Medial = the inside portion of the shoe (the interior part of the midsole)