

Sarah's Blog April 2012

You've probably noticed that I have disappeared from RATS again recently. Some of you may be aware already that I have decided to give the barefoot running theory a trial. I have had the shoes for 6 months now, and have been using them as very expensive carpet slippers. One of my closest triathlete friends, Jonno Gibbons, has recently attended the 'Lee Saxby' barefoot training camps so I have received a bit of coaching from him and all seems to be going well, if very slowly.

I figured it was something worth trying if not least for the amount of running related injuries I have seen this season and the science does make sense. If you look at all the running shoe manufacturers, they are all bringing out a minimalist version of running shoe this season - what does that tell you!! That said it's not for everyone, you will need to take a year off achieving any PB, and start by running in aliquots of 0.5 mile and build very slowly. What underpins the theory of barefoot running is that when we run in cushioned shoes we lose the ability to 'read' the force with which we strike the ground which provides vital feedback for our body, helping us strengthen in areas like the medial arches in our feet, core etc.

If this sounds like something you would be interested in hearing more about please go along to HPT sports. You can also see the vivobarefoot shoes, which are available in casual wear and childrens as well as performance wear- so change your life and start to move naturally the way nature intended you to move.

www.youtube.com/theworkouttheworldforgot.com