## What's different about the shoes?

**Lightweight**
**Very flexible**
**Low to the ground**
**Little to no cushioning**
**Almost flat from heel to toes**

## What's different about how you run?

**Land on the ball of your foot, not your heel**

**After landing, let your heel down gently**

**Land softly-you should not hear your feet land**

There is no proof that running barefoot or in MRS will change your chance of injury.

**APPROVED TYPE OF SHOE**
**All toes in one compartment**

If you decide to try barefoot running or MRS, proceed slowly and carefully. Use the transition program to avoid injury.

**UNAPPROVED TYPE OF SHOE**
**Toes in separate slots**

**ALARACT 239/2011**: Only those shoes that accommodate all five toes in one compartment are authorized for wear. Those shoes that feature five separate, individual compartments for the toes, detract from a professional military image and are prohibited for wear with the IPFU or when conducting Army physical training in military formation.

The appearance of products in this brochure does not constitute endorsement by the U.S. Army.

USAPHC
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ARMY MEDICINE
Serving To Heal...Honored To Serve

# PREP

**TRANSITION SLOWLY** - Be patient – stick with the program.
**RUN IN MRS BEFORE YOU BUY** - Choose the shoe that feels the best.
**RUN IN PLACE** - Get the feel of landing on the front of your foot.
**AVOID BLISTERS** - Take care of hot spots.
**SOCKS** - Choose acrylic, nylon, or polyester.

# RUN

**POSTURE**
Run with a relaxed, upright posture

**STRIDE**
Take smaller strides with a faster pace

**LANDING**
Land on the ball of your foot, then let the heel down gently

Land softly. You should not hear your feet or shoes land. If your feet scuff, refocus on your landing

Pay attention to how you are landing throughout the run

# RECOVER

**STRETCH** - Calf, foot, and hamstrings.
**STRENGTHEN** - Leg and foot muscles.
**TRANSITION SLOWLY** - Avoid running 2 days in a row for the first 4 weeks.
**BLISTERS** - Use antibiotic ointment and cover with a bandage.
**STOP** - If running is painful, consider trying different shoes.

**More information:**
* http://www.armymedicine.army.mil/mrs/index.cfm
* Health care provider
* Physical therapist

TA-170-0212

# Want to try Minimalist Running Shoes?

MRS
Minimalist Running Shoes

## You'll need to change your running style!

You can find individual exercises and the complete transition program on http://www.armymedicine.army.mil/mrs/index.cfm

# TRANSITION SLOWLY AND CAREFULLY TO MINIMALIST RUNNING SHOES

A sudden change in shoes or style of running can lead to sore muscles and joints, blisters and even injuries such as stress fractures.

For the first 2-3 weeks, run only 10 percent of your normal distance in MRS. For example, if you run 10 miles per week, run only 1 mile per week in MRS.

Increase your distance 10 percent or less each week for at least 8 weeks. It may take up to 6 months to get used to running barefoot or in MRS.

## PREP

## DYNAMIC WARM-UPS

Start off with 5-10 minutes of slow paced running. While running, include these exercises.

### HIGH KNEES
On your toes, lift your thigh to parallel to the floor as you move forward.

### SKIP
Introduce some exaggerated skipping into your warm-up.

### SHUFFLES OR CARIOCAS
In a continuous, fluid motion, step right with your right foot, then step across your right foot with your left foot, then step right with your right foot and step behind your right foot with your left foot.

### BUTT KICKS
Kick your heel up towards your butt as you run.

### BOUNDS
Exaggerate your running with oversized strides. Focus on your foot push-off and air time.

### HIGH JUMPERS
1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count 2.

*(See TC 3-22.20, Army Physical Readiness Training, chapter 8.)*

## RUN

## TRANSITION PROGRAM

### WEEK 1

**MONDAY**
Walk 30 minutes
Jog in place for 1 minute three times in MRS
Double heel raises
Mule kicks
Barefoot towel crunches

**TUESDAY**
Jog in place on toes for 2 minutes
Walk 9 minutes and jog 1 minute three times
Double heel raises
Clam shells (bent leg lateral raise)
Barefoot towel crunches

**WEDNESDAY**
Rest and stretch

**THURSDAY**
Jog in place on toes for 3 minutes
Walk 8 minutes and jog 2 minutes three times
Double heel raises
Mule kicks
Barefoot towel crunches

**FRIDAY**
Jog in place on toes for 3 minutes
Walk 7 minutes and jog 3 minutes three times
Double heel raises
Clam shells (bent leg lateral raise)
Barefoot towel crunches

**WEEKEND (optional)**
Repeat Thursday or Friday workout

### WEEK 2-8:
Visit http://www.armymedicine.army.mil/mrs/index.cfm for information on individual exercises

## RECOVER

## STRETCHES

Stretching will be very important during the first few weeks of the transition program to limit soreness.

Hold each stretch for 30 seconds and repeat for each leg.

Do each stretch three times.

### CALVES
Standing at arm's length from a wall and with the right foot behind the left, slowly bend your left leg, keeping your right knee straight and your right heel on the floor.

### FEET
Standing on a step with your heels hanging over the edge, drop your heels until you feel a stretch.

### HAMSTRINGS
Lie on the floor near the outer corner of a wall. Lift your left leg up and rest your left heel against the corner with your left knee slightly bent. Gently straighten your left leg until you feel a stretch along the back of your left thigh.