

the Minimalist Running Shoe



(*) The number associated with each feature of the minimalist shoe represents selection criteria priority rankings. All rights reserved. The Running Clinic® 2012.

As opposed to modern running footwear, currently built with Pronation control, Elevated Cushioned Heel (PECH), minimalist shoes will help improve your running form. They will give your feet and legs the opportunity to work the way nature intended: shorter and softer strides, higher cadence and more efficient foot strike.



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