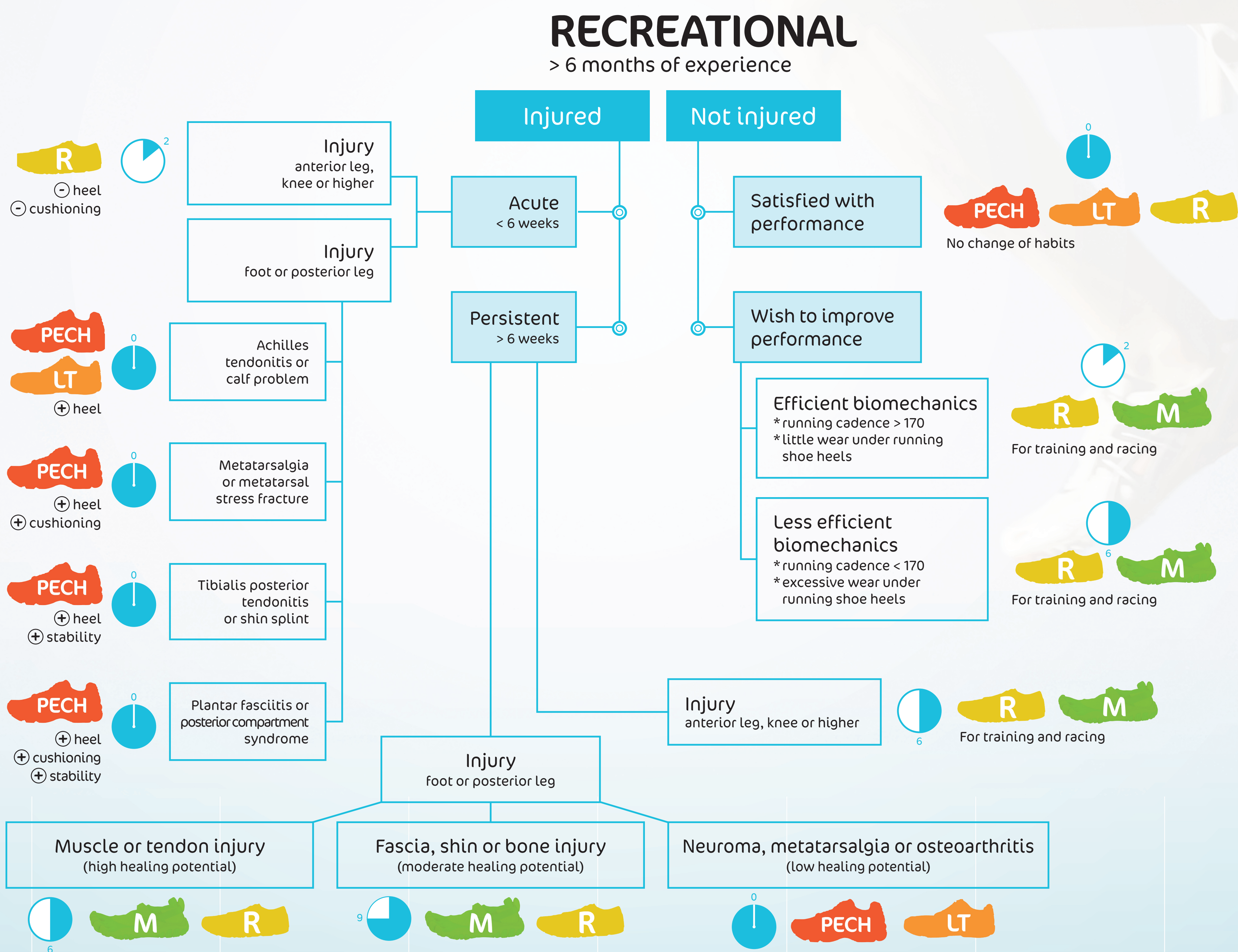


how to select your running shoes



www.therunningclinic.com

PECH



Pronation control, Elevated Cushioned Heel running shoes.

light trainer



Transitional running shoes between PECH and racer.

racer

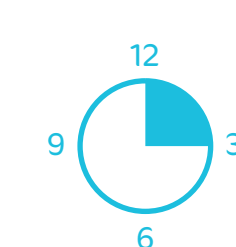


Light and close-to-the-ground racing flats.

minimalist



Running shoes with minimal interference and without cushioning.



Average suggested transition time (in months) for runners used to PECH shoes.

Age and health status are other factors that can influence the transition time.

Flowchart built according to currently available scientific evidence. Suggested transition time is conservative and can vary from one individual to another. For a personalized prescription, please consult a running specialist. Conception: Blaise Dubois. All rights reserved. The Running Clinic® 2012.