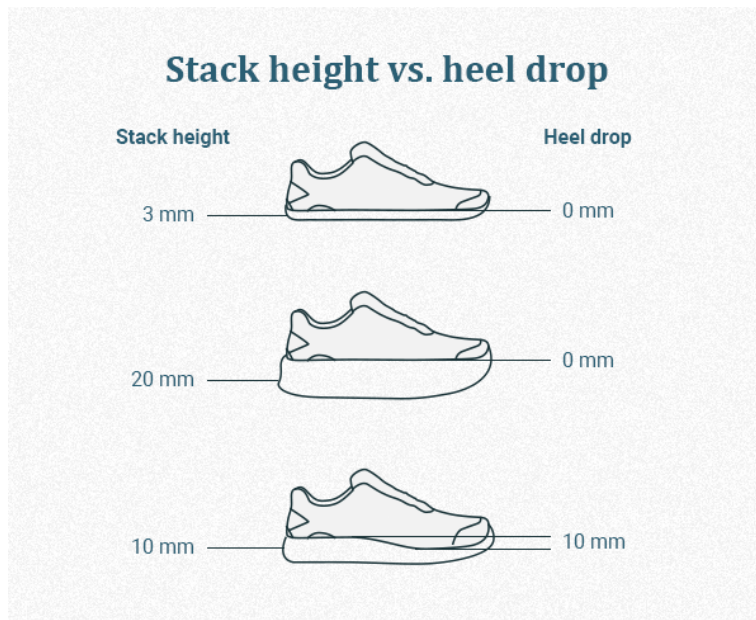


COACH FUAD'S RUNNING SHOES 101

Over the last few years, the technology of running shoes has become more complicated, with brands having different names for similar products. I've broken shoes into several categories to make it easier to digest; but first we'll go over some terminology.

- **Stack Height-** This is the measurement the distance from the bottom of the outsole lugs to the top of the shoe's insole. Shoes with a high stack height let you feel the shoe more while you run, whereas shoes with a low stack height give you a better feel of the ground. Many people with injury issues prefer the high stack, whereas many others prefer the control that a low stack allows. If you're doing a lot of miles on trails, you may desire the control that a low stack height allows. Hoka popularized high stack shoes.
- **Heel Drop-** The difference in cushioning between the heel and toe of the shoe. A bigger heel drop usually puts you on your toes more.

Here is an image that shows both of these words, and the difference-



- **Neutral vs Stability shoes-** Whereas neutral shoes have no stabilizing features, but instead allow the foot to flex and move without any guidance, stability shoes and motion-control shoes are designed to help offset excessive pronation, or the inward rolling of a runner's feet after impact with the ground. Stability shoes can help prevent overuse injuries such as shin splints, tendinitis, etc.
- **Plated Shoes-** Within the last few years, many brands have released shoes that have a carbon plate imbedded in them. This allows for a "rocking" motion while you run, propelling you forward. These shoes are often dubbed "super shoes". These shoes can be useful for road races or track workouts; however, using them every day would be akin to using spikes every day, and can lead to injury. This has led to many brands releasing shoes with a less aggressive nylon plate. I'll get into examples of both of these shoes.

Every Day Running Shoes

These are shoes which you can wear on regular runs, recovery runs, workouts, etc. Everyday shoes can be split into even more categories using the words I mentioned earlier; there are everyday shoes with a high stack height, low stack height, stability features, etc. You should make the call as to what type of everyday shoe you get based on your preferences and injury history. Here are some examples of everyday running shoes:

-Nike Pegasus-

A quintessential everyday shoe with a lower stack height, and neutral feel. Gives you a good control of the ground. The heel drop does put you on your toes a bit.



-Asics Novablast-

A high-stack trainer that gives you a lot of cushion. Ideal for someone doing a lot of miles on a hard surface. Very popular due to the amount of “spring” the foam has.



-New Balance 1080-

This shoe is the happy medium of the previous two shoes. It has a medium stack height. Gives you some cushion without feeling like running on a cloud.



-Saucony Guide-

The first stability shoe on the list. This shoe has a medium stack height.



Lightweight Running Shoes

These are shoes which can be worn more often than racing shoes but are not made to be an everyday shoe. Many of these shoes are ideal for track workouts, tempos, a quick long run, etc. Due to the introduction of plated shoes, this category has a lot of variety, with both feel and price. Here are some examples of lightweight running shoes:

-Saucony Endorphin Speed-

Shoe of the year by many magazines in 2020, this shoe has a Nylon Plate and high stack height. It “rolls” you forward and the high stack puts less strain on your legs. This shoe has a bit of a cult following.



-Adidas SL20-

This is a lightweight shoe with a lower stack height. A high stack can make turns on a track feel a bit rocky, so many opt for a low stack lightweight shoe like this one.



-Saucony Kinvara-

Medium stack and lightweight.



Race/Super Shoes

These are shoes that are definitely not designed for everyday use, and doing so can put a large strain on your legs. These shoes should be reserved for a select few hard workouts, quick long runs, and races where spikes are not preferred. Due to the high price tag of these shoes, I prefer to warmup in my everyday shoe and put these on just for the workout (it is also better for your legs to do this).

-Nike Vaporfly Next%-

The shoe that “changed everything”, this is the shoe you saw on the feet of most runners in the 2021 Olympic Marathon for good reason. Springy ZoomX foam and a carbon plate make this the top option for most runners.



-Adidas Adios Pro-

The second most worn shoe in the Olympic Marathon. The main difference between these shoes and the Vaporfly is Adidas uses rods rather than a plate. The carbon rods allow for more control than a stiff plate does. Many pros prefer the flexibility of the rods.



-Saucony Endorphin Pro-

Another Carbon plated shoe, Saucony’s attempt to challenge the Vaporfly. While the Vaporfly bounce, the Endorphin Pro’s roll you forward.



-Nike Streakfly-

This shoe was released within the last month, but it is the beginning of a newer trend of using these “super foams” without having the aggressiveness of the plate. Made for people who want a very light weight racing flat.



-Adidas Takumi Sen 8-

Shoe that follows the same trend as above, except Adidas included energy rods that are not carbon. I can't find the material but I would assume some sort of plastic or nylon. Very quick and lightweight shoe



Spikes

Spikes avoided the Carbon Plate era for a few years, however Nike broke the ice just before the Olympics. Currently, Nike dominates the Spike scene; so much so that other professional running brands have given their runners permission in the past to wear the Nike spikes to level the playing field. Other brands are beginning to release prototypes for their professional teams, however many of these have not been released to the public. I'll cover the two main Nike Spikes, along with Adidas' attempt to combat them. Let me preface- I have not worn any of these spikes.

-Nike Air Zoom Victory-

ZoomX foam and a carbon plate make this the current ideal 800m to 5,000m spike. It is a very aggressive spike, meaning your calves will be very sore after wearing this in a 3200m.



-Nike ZoomX Dragonfly-

Also donning ZoomX and a Carbon Plate, this is Nike's longer distance and more supportive spike. This spike was made to be raced anywhere from 1,500m to 10,000m races.



-Adidas Ambition-

The Adidas equivalent to the Air Zoom Victory.



-Adidas Avanti TYO-

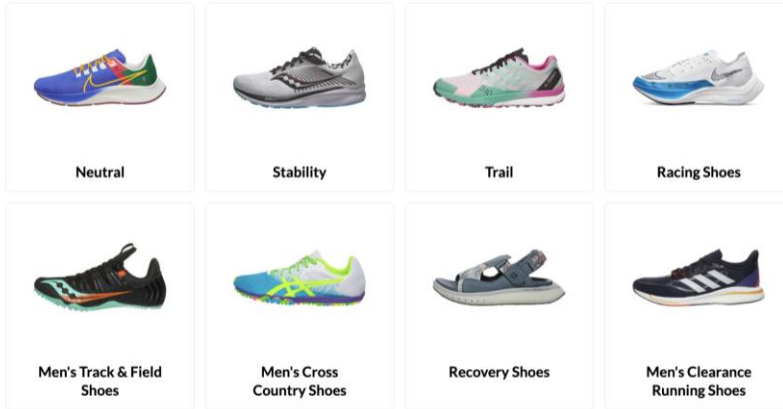
The Adidas equivalent to the Dragonfly.



This was a very small look into the variety we have today of running shoes. There are many great shoes I did not cover, I tried to stick to shoes that either I have owned or tried on so that I could give a good description.

If you're feeling overwhelmed, I recommend using www.runningwarehouse.com They allow you to sort by shoe type, and provide as seen below:

Men's Running Shoes



Footwear Performance Characteristics						
Pronation Control:						What's This?
Neutral		Stability			Motion Control	
	Min	Mod	Max			
Heel-Toe Offset (mm):						
0mm	1-2mm	3-4mm	5-6mm	7-8mm	9-10mm	11+mm
Stack Height:						What's This?
Barefoot	Minimal	Low	Medium	High	Maximal	
Shoe Type:						
Everyday		Lightweight			Race	

For someone who can only have one shoe, I strongly recommend sticking to the basics and running in some sort of everyday shoe. They are given that name for a reason. Since most of your races are done in spikes, the least necessary section that I included would be the racing/super shoe section. The main reason I included that section is because I see so many of you wearing them.

Athletes get a discount and can be fitted by running experts at 1st Place Sports. We highly recommend visiting to get an idea of your own unique needs and to test out the many options. www.1stplacesports.com