

Barefoot Running Program



Specialized Orthopedic and Sports Rehabilitation

Barefoot/Minimalist running changes your running mechanics to convert from a heel strike to a forefoot strike. This change can greatly reduce impact at the knee and hip, but may put a much greater strain on the Achilles, as well as the muscles and bones of the foot. A **GRADUAL** transition is key for injury prevention:

- **Ideally one should start walking around the house barefoot or in their minimalist shoes for a few weeks before running**
 - **If you currently wear an orthotic in your shoe wean out of that first (perhaps to a motion control shoe)**
 - **When running in a minimalist shoe, run on a smooth hard surface (path or track) to discourage heel striking**
 - **Keep your center of mass level and do not over stride**
 - **Listen to any pain: cut back on mileage if you experience pain and do not try and run through pain**
 - **Remember barefoot/minimalist running is not for everyone. Do not attempt to run barefoot if you have diabetes or any sensory loss in your feet**
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Week	Monday	Wednesday	Friday
1	Regular shod run	<u>Barefoot Run</u> : 5 minute warm-up/10 minute run/5min cool down	Regular shod run
2	<u>Barefoot Run</u> : 5 minute warm-up/10 minute run/5min cool down	Regular shod run	<u>Barefoot Run</u> : 5 minute warm-up/10 minute run/5min cool down
3	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down	Regular shod run	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down
4	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down
5	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/15 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down
6	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down
7	<u>Barefoot Run</u> : 5 minute warm-up/25 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/20 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/30 minute run/5min cool down
8	<u>Barefoot Run</u> : 5 minute warm-up/30 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/30 minute run/5min cool down	<u>Barefoot Run</u> : 5 minute warm-up/30 minute run/5min cool down

- Key: Shod = normal running shoes, Barefoot = minimalist shoes
- If you are regular runner, run at your current mileage minus the barefoot runs
- Following week 8, increase your mileage by 10% per week

If you have additional questions, contact Jason Lunden, DPT, Sports Clinical Specialist at Excel Physical Therapy.

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