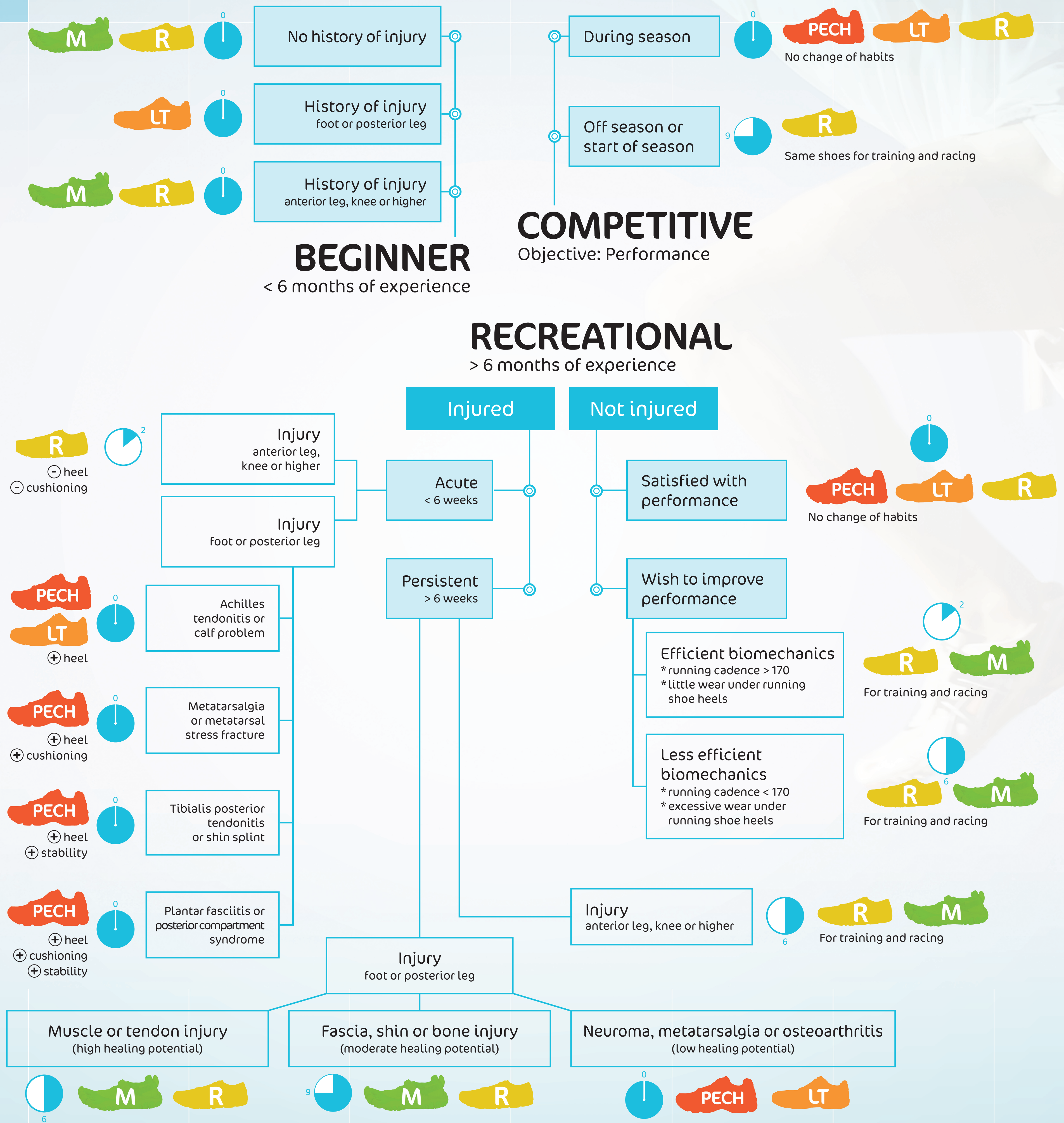
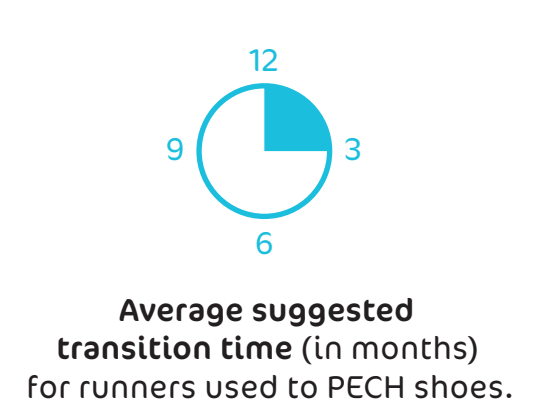


how to select your running shoes



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<p>PECH</p> <p>Pronation control, Elevated Cushioned Heel running shoes.</p>	<p>light trainer</p> <p>Transitional running shoes between PECH and racer.</p>	<p>racer</p> <p>Light and close-to-the-ground racing flats.</p>	<p>minimalist</p> <p>Running shoes with minimal interference and without cushioning.</p>
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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.