

Running Minimalist or Barefoot Transition Program for Average Feet
(i.e. Occasionally walk around barefoot; doesn't wear supportive insoles)

This program is built for runners & walkers who have average foot strength in order to help them transition to barefoot, minimal (i.e. Five Fingers), or Zero Drop (no elevated heel) footwear. Candidates are people who use their feet a fair amount, exercise regularly, don't wear overly supportive shoes or insoles, and those who may occasionally walk around or run barefoot. I suggest doing the following program as part of regular exercise routine. Simply take some time during your workout in your minimalist footwear or bare feet.

For your first outing, go 1 mile wearing your minimalist shoes or barefoot. The following day, evaluate your level of comfort*. If you have no soreness, then add a ½ mile to your routine the following day. Continue running one day, evaluating the next until you get a bit sore. Once you get sore, you've found your base line and foundation to build from. Once you find your baseline, simply add a few minutes every couple of days to your routine and continue to evaluate on a regular basis. Within a few short weeks, you should be able to run long distances with no problems.

*The key to being successful in phasing in a minimalist routine is to evaluate your level of comfort and to find a base line to build from. If you get to the point during your workout where you feel uncomfortable, you have probably gone too long and will most likely be a little sore the next day. This is the premise for the whole program.

Sample Barefooting Transition Program:

Day	Amount of Exercise	Notes
Day 1	1 Mile	Easy
Day 2	Evaluate	Nothing Noticeable
Day 3	1 1/2 Mile	Nice & Easy during the middle of the run
Day 4	Evaluate	Still nothing noticeable
Day 5	2 Miles	Easy
Day 6	Evaluate	Calves & Achilles are a bit tight
Day 7	Rest	Day off to loosen up
Day 8	2 ½ Miles	Feeling good
Day 9	Evaluate	Next to no tightness
Day 10	3 Miles	Felt pretty good
Day 11	Evaluate	Feeling great!
Day 12	3 ½ Miles	Nice & easy
Day 13	Evaluate	A little tender but doing great!
Day 14	4 Miles	It only gets easier from here