

altra shoes fit guide

Altra Shoes Fit Guide: Revolutionizing Footwear and its Implications for the Industry

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Summary: This article delves into the unique aspects of the Altra shoes fit guide, exploring its impact on the running shoe industry. We'll examine the principles behind Altra's "FootShape" toe box and zero-drop platform, analyzing their benefits and potential drawbacks. We'll also discuss how Altra's approach challenges traditional running shoe design and its implications for runners of all levels.

Understanding the Altra Shoes Fit Guide: A Paradigm Shift

The running shoe industry has long been dominated by shoes featuring a narrow toe box and a heel-elevated platform. However, Altra has carved a unique niche with its distinctive fit guide, prioritizing a wider, more natural foot shape and a zero-drop design. The Altra shoes fit guide isn't just about sizing; it's a philosophy about how shoes should interact with the foot.

The cornerstone of the Altra shoes fit guide is its FootShape™ toe box. This wider design allows toes to spread naturally, mimicking the shape of the foot at rest. Unlike traditional shoes that constrict the toes, the FootShape™ toe box provides ample room, promoting better balance, stability, and reduced pressure on the forefoot. This design is particularly beneficial for individuals with bunions, hammertoes, or other foot conditions.

Furthermore, Altra's commitment to a zero-drop platform differentiates it from many competitors. This means the heel and forefoot are at the same height, promoting a more natural gait cycle. While heel-to-toe drop in traditional running shoes can encourage an overstriding running form, Altra's

zero-drop design encourages a midfoot strike, potentially leading to reduced impact on joints and improved running efficiency.

The Altra shoes fit guide goes beyond just the FootShape™ and zero-drop design. It also emphasizes the importance of proper sizing and considers individual foot width and length. Altra offers various widths, typically ranging from narrow (B) to extra-wide (4E), accommodating a broader range of foot shapes and sizes. The brand's website provides a detailed fit guide with helpful advice and measurements to assist runners in finding the perfect fit.

Implications for the Running Shoe Industry

Altra's approach has significant implications for the running shoe industry. By challenging conventional wisdom about shoe design, Altra has sparked a wider conversation about the importance of natural foot function and biomechanics in running. This has led to other brands incorporating wider toe boxes and reduced drop heights into their shoe designs, albeit often as subtle modifications rather than a complete paradigm shift.

The success of Altra's unconventional approach demonstrates that there's a significant market for runners seeking a more natural and comfortable running experience. The brand's growing popularity indicates a shifting preference among runners away from traditional shoe designs towards more minimalist and foot-shaped options. This reflects a growing awareness of the potential negative impacts of restrictive footwear on foot health and running performance.

The increased attention to biomechanics and foot health also highlights the growing importance of data-driven design in the running shoe industry. Altra's commitment to research and development, coupled with extensive user feedback, has played a crucial role in shaping its design philosophy. This focus on evidence-based design sets a new standard for the industry, promoting a more scientific and personalized approach to footwear development.

Challenges and Considerations

While Altra's approach offers numerous advantages, it's not without challenges. Some runners find the transition to zero-drop shoes and a wider toe box uncomfortable or even painful, particularly if they're used to traditional running shoes. A gradual transition, starting with shorter runs and gradually increasing mileage, is often recommended.

Furthermore, the wider toe box might not suit all foot shapes. Some runners with very narrow feet might find the fit too loose, leading to instability. The increased surface area of contact with the ground can also result in increased sensitivity to terrain variations.

The Altra Shoes Fit Guide: A Future of Footwear?

The Altra shoes fit guide represents a significant departure from traditional running shoe design, challenging established norms and offering a compelling alternative for runners seeking a more natural and comfortable running experience. The brand's success and the industry's subsequent response indicate that this approach is gaining significant traction. While not a universally applicable solution for all runners, the principles behind Altra's design philosophy are prompting a broader conversation about the importance of considering foot health and natural biomechanics in footwear design. The future of running shoes may well be shaped by this focus on a more natural, foot-centric approach, spearheaded by the innovative Altra shoes fit guide.

Conclusion: Altra's unique approach, as detailed in their fit guide, has fundamentally shifted the conversation around running shoe design. While not a perfect solution for everyone, its influence on the industry is undeniable, pushing for greater consideration of foot health and natural biomechanics in footwear development. The future will likely see an even greater emphasis on individual fit and biomechanical considerations in the running shoe market.

FAQs:

1. Are Altra shoes good for plantar fasciitis? Altra's wider toe box and zero-drop design can help alleviate pressure on the plantar fascia, making them a potential option for those with plantar fasciitis. However, individual results may vary.
1. How do Altra shoes compare to other minimalist shoes? Altra shoes often have more cushioning than some strictly minimalist shoes, striking a balance between minimal impact and sufficient protection.
1. What is the best Altra shoe for trail running? The Altra Lone Peak and Timp models are popular choices for trail running, offering excellent grip and protection.
1. How should I clean my Altra shoes? Hand washing with mild soap and water is recommended for Altra shoes. Avoid using harsh detergents or placing

them in a washing machine.

1. Do Altra shoes run true to size? Altra shoes generally run true to size in length, but it's crucial to consider your foot width when selecting a size.
1. Are Altra shoes good for flat feet? The wider toe box and supportive midsole of Altra shoes can be beneficial for runners with flat feet, offering better stability and arch support.
1. What is the break-in period for Altra shoes? Most runners find Altra shoes comfortable right out of the box. However, some minimal adjustment may be required depending on your individual foot shape and prior running shoe experience.
1. Can I use Altra shoes for other activities besides running? Yes, many find Altra shoes suitable for hiking, walking, and other activities that require comfortable and supportive footwear.
1. Where can I find more information about Altra shoes and their fit guide? Visit the official Altra website for detailed information on shoe specifications, fit guides, and sizing charts.

Related Articles:

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1. Finding the Perfect Altra Shoe for Your Foot Type: A guide helping runners determine the best Altra model for their unique foot shape and running style.
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1. The Science Behind Altra's FootShape Technology: An exploration of the biomechanical principles underpinning Altra's unique FootShape toe box design.

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world number one, Kilian Jornet (Run or Die).

altra shoes fit guide: *Runner's World Running on Air* Budd Coates, Claire Kowalchik, Editors of Runner's World Maga, 2013-04-09 Renowned running coach Budd Coates presents Runner's World Running on Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

altra shoes fit guide: *Run to the Finish* Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

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food on the trail and other essentials), and updates all gear recommendations.

altra shoes fit guide: *Born to Run 2* Christopher McDougall, Eric Orton, 2022-12-06 From the best-selling author and renowned coach duo from *Born to Run*, a fully illustrated, practical guide to running for everyone from amateurs to seasoned runners, about how to eat, race, and train like the world's best. Whether you're ramping up for a race or recuperating from an injury, *Born to Run 2* is a holistic program for runners of every stripe that centers on seven key themes: food, fitness, form, footwear, focus, fun, and family. The guide contains: On-the run recipes for race-ready nutrition Training regimen to help get you in shape and achieve your running goals Corrective drills to perfect your form Helpful shoe recommendations Advice about how to bring more joy into running Suggestions for finding a running community Christopher McDougall and Eric Orton bring all the elements together into an integrated action plan—the 90-Day Run Free training schedule—that provides everything you need to prepare for a mile-long fun run or a 100-mile ultramarathon. Full of helpful illustrations and full-color photos of the iconic first Copper Canyons race, *Born to Run 2* is the perfect training companion for anyone who wants to get inspired about the sport again and learn the proven techniques to run smoother, lighter, and swifter.

altra shoes fit guide: *Where the Road Ends* Meghan M. Hicks, Bryon Powell, 2016-04-05 Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. *Where the Road Ends: A Guide to Trail Running* captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features: • Techniques for running over dirt, sand, roots, and rock • Equipment recommendations based on terrain, distance, and conditions • Safety guidelines for navigation, injury, and water crossings • Conditioning programs for all levels of runners • Strategies for improving race-day performance Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

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altra shoes fit guide: *Bravey* Alexi Pappas, 2022-01-04 The Olympic runner, actress, filmmaker and writer Alexi Pappas shares what she's learned about confidence, self-reliance, mental health, embracing pain, and achieving your dreams. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE • "Heartbreaking and hilarious."—Mindy Kaling • "A beautiful read."—Ruth Reichl • "Essential guidance to anyone dreaming big dreams."—Shalane Flanagan • "I couldn't put it down."—Adam Grant run like a bravey sleep like a baby dream like a crazy replace can't with maybe When "Renaissance runner" (New York Times) Alexi Pappas—Olympic athlete, actress, filmmaker, and writer—was four years old, her mother died by suicide, drastically altering the course of Pappas's life and setting her on a search for female role models. When her father signed his bereaved daughter up for sports teams as a way to keep her busy, female athletes became the first women Pappas looked up to, and her Olympic dream was born. At the same time, Pappas had big creative dreams, too: She wanted to make movies, write, and act. Despite setbacks and hardships,

Pappas refused to pick just one lane. She put in a tremendous amount of hard work and wouldn't let anything stand in her way until she achieved all of her dreams, however unrelated they may seem to outsiders. In a single year, 2016, she made her Olympic debut as a distance runner and wrote, directed, and starred in her first feature film. But great highs are often accompanied by deep lows; with joy comes sorrow. In *Bravey*, Pappas fearlessly and honestly shares her battle with post-Olympic depression and describes how she emerged on the other side as a thriving and self-actualized woman. Unflinching, exuberant, and always entertaining, *Bravey* showcases Pappas's signature, charming voice as she reflects upon the touchstone moments in her life and the lessons that have powered her career as both an athlete and an artist—foremost among them, how to be brave. Pappas's experiences reveal how we can all overcome hardship, befriend pain, celebrate victory, relish the loyalty found in teammates, and claim joy. In short: how every one of us can become a bravey.

altra shoes fit guide: *Shoes Guide 2015* Jacob Gleam, 2014-11-17

altra shoes fit guide: *North* Scott Jurek, 2018-04-10 From the author of the bestseller *Eat and Run*, a thrilling memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. *North* is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, *North* is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

altra shoes fit guide: *Running with Purpose* Jim Weber, 2022-04-26 Discover how Brooks Running Company CEO Jim Weber transformed a failing business into a billion-dollar brand in the ultracompetitive global running market. *Running with Purpose* is a leadership memoir with insights, inspirational stories, and tangible takeaways for current and aspiring leaders, entrepreneurs, and the 150+ million runners worldwide and those in the broader running community who continually invest in themselves. This leadership memoir starts with Jim Weber's seventh-grade dream to run a successful company that delivered something people passionately valued. Fast forward to 2001, Jim became the CEO of Brooks and, as the struggling brand's fourth CEO in two years, he faced strong headwinds. A lifelong competitor, Jim devised a one-page strategy that he believed would not only save the company but would also lay the foundation for Brooks to become a leading brand in the athletic, fitness, and outdoor categories. To succeed, he had to get his team to first believe it was possible and then employ the conviction, fortitude, and constancy of purpose to outperform larger brands. Brooks' success was validated when Warren Buffett made it a standalone Berkshire Hathaway subsidiary in 2012. In the pages of *Running with Purpose*, you will find: Brooks' bold strategy and unique brand positioning that fueled its move from the back of the pack to lead. The key to building a purpose-driven brand that is oriented around customer obsession, building trust, competing with heart, and having fun along the way. The six clear leadership lessons Jim has learned along his path and applies at Brooks to develop staff into authentic leaders. How Berkshire Hathaway's support and influence provided a tailwind for Brooks' business and brand to surge. An inside look at the ups and downs of Jim's personal journey, which led to his conviction that life is too

short not to enjoy what you do and the people by your side.

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altra shoes fit guide: The Ultimate Guide to Trail Running and Ultramarathons Jason Robillard, 2014-11-11 Jason Robillard has been doing ultramarathons for many years, and started advocating for barefoot running before it was cool and is considered an authority on it. In this guide, he teaches trail-running newbies and experienced marathoners essential survival skills and tips for running long distances: how to run in snow, ice, and mud; how to cross large streams of water; what to do when you have to go number 2 on mile 30 of a 50-mile run; preparing for trouble (building a fire, surviving in the heat and cold); running in thunderstorms. The book is written with an irreverent sense of humor and touches on topics that many running books don't get into. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

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computer and software choice to creating color effects that give the action its maximum impact. Klein discusses whether to letter by hand or by computer—a hotly debated topic among working letterers—and demonstrates an array of techniques for creating word balloons, fonts, logos, and much more.

altra shoes fit guide: *The Cool Impossible* Eric Orton, 2014-05-06 Featured in the book *Born to Run*, running coach Eric Orton offers a guide for every runner... Natural running is more than barefoot running. It's about the joy of running that we were all born with and can reawaken. With a program focused on proper form, strength development, and cardiovascular training, Orton will help beginners, competitors, and enduring veterans reach "the cool impossible"—the belief that any achievement, athletic or otherwise, is within our reach. Inside you'll find: * Foot strength exercises for runners to catapult performance, combat injuries, and transform technique * A total-body-strength program designed for runners * Step-by-step run-form coaching for performance and lifelong healthy running * A training program for building endurance, strength, and speed * No-nonsense nutrition for runners * Visualization and mind-training tactics to run and live the Cool Impossible * And much more... **ATHLETICISM IS AWARENESS**—awareness of form and technique, awareness of our effort level, and, most important, awareness of what we think. And with that awareness comes the endless potential for mastery and achievement beyond anything you thought possible. **INCLUDES PHOTOS**

altra shoes fit guide: The Soldier's foot and the military shoe Edward Lyman Munson, 1917

altra shoes fit guide: **The Minimalist Runner** Nicholas Pang, 2010 *The Natural Running Revolution Has Started* Learn how to use minimalist running shoes as tools for improving your running form and run injury-free for life. Understand what the latest footwear technologies offer and decide which works for your situation. Learn what's wrong with traditional running shoes and how you can prevent injuries in the future. Run Natural. Run Free.

altra shoes fit guide: **The Science of Running** Steve Magness, 2014 *Reviews of The Science of Running*: The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf.-Alan Webb American Record Holder-Mile 3:46.91 For anyone serious about running, The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same.-Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as:· What is fatigue? The latest research on looking at fatigue from a brain centered view.· Why VO2max is the most overrated and misunderstood concept in both the lab and on the track· Why zone training leads to suboptimal performance.· How to properly individualize training for your own unique physiology.· How to look at the training process in a unique way in terms of stimulus and adaptation.· Full sample training programs from 800m to the marathon.

altra shoes fit guide: **The Obed** Kelly Brown, 2011 Featuring monstrous horizontal roofs,

beautiful clean aretes, shear faces, and perfect boulders, the Obed is a sandstone climber's paradise. Located in rural northeastern Tennessee, this Wild & Scenic playground also welcomes you with a mellow climber-friendly campground, fabulous swimming holes, and stunning vistas. Described for the first time in a dedicated color guidebook by longtime local developer Kelly Brown, *The Obed: A Climber's Guide to the Wild and Scenic* will reveal to you the secrets of this world-class climbing destination.

altra shoes fit guide: *Running Smart* Mariska van Sprundel, 2021-09-14 A science writer and recreational runner explores the science behind popularly held beliefs about shoes, injuries, nutrition, runner's high, and more. Conventional wisdom about running is passed down like folklore (and sometimes contradicts itself): the right kind of shoe prevents injury--or running barefoot, like our prehistoric ancestors, is best; eat a high-fat diet--and also carbo load before a race; running cures depression--but it might be addictive; running can save your life--although it can also destroy your knee cartilage. Often it's hard to know what to believe. In *Running Smart*, Mariska van Sprundel, a science journalist and recreational runner who has had her fair share of injuries, sets out to explore the science behind such claims. In her quest, van Sprundel reviews the latest developments in sports science, consults with a variety of experts, and visits a sports lab to have her running technique analyzed. She learns, among other things, that according to evolutionary biology, humans are perfectly adapted to running long distances (even if our hunter-gatherer forebears suffered plenty of injuries); that running sets off a shockwave that spreads from foot to head, which may or may not be absorbed by cushioned shoes; and that a good sports bra controls the ping pong-like movements of a female runner's breasts. She explains how the body burns fuel, the best foods to eat before and after running, and what might cause runner's high. More than fifty million Americans are runners (and a slight majority of them are women). This engaging and enlightening book will help both novice and seasoned runners run their smartest.

altra shoes fit guide: *Summary of Christopher McDougall's Born to Run 2* Milkyway Media, 2024-01-24 Get the Summary of Christopher McDougall's *Born to Run 2* in 20 minutes. Please note: This is a summary & not the original book. *Born to Run 2* by Christopher McDougall is a continuation of the author's exploration into the transformative power of running. The book follows McDougall's journey from an average, injury-prone jogger to an empowered runner, inspired by the Rarámuri people and their game of *rarájiipari*. It introduces the Run free! philosophy, which emphasizes running form over footwear and commercialism...

altra shoes fit guide: *Master the Marathon* Ali Nolan, 2021-09-14 "A must-have for any woman targeting the distance." —*Runner's World* A no-nonsense, interactive guide that empowers all women at all levels to run their strongest, best marathon ever As recently as 1966, women were forbidden to run in the marathon. Professionals—including doctors—believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time, we fought our way in. Today, women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies—to our unique strengths and weaknesses—so that we can avoid injuries and run at our peak. The programming in this book was created by a woman, specifically for women. *Master the Marathon* is a comprehensive guide to marathon training for women at all levels of running—beginner, intermediate, and advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition, guidance on finding the best marathon for you, identifying and avoiding potential injuries, inspirational advice, and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, *Master the Marathon* will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon.

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while wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worlds: comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. *Natural Running* teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike. *Natural Running* is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger, and healthier runners.

altra shoes fit guide: Eat and Run Scott Jurek, Steve Friedman, 2013-01-01 An inspirational memoir by Scott Jurek, one of the finest ultrarunners in the world.

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altra shoes fit guide: The Ultimate Ultra Running Handbook Claire Maxted, 2024-09-12 A practical, accessible training guide for any runner looking to take up the challenge of ultra-running. From runners looking for the challenge of their first ultra running event (anything longer than a marathon distance), to more seasoned long distance runners looking to improve their time or recovery, this book is your must have resource. Packed with training, nutrition, skills, gear and motivation advice - it has all you need to become a more confident ultra runner. This book takes you through the best kit, why to take on an ultra, where to run - both locally and globally, how to get faster and run further, how to find the time to train, training plans from 50k to 160k, as well as advice on overtraining and much more. Completed with inspirational photos, illustrations and case studies from ultra runners of diverse backgrounds, alongside tips and advice from pros and coaches across the sport.

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altra shoes fit guide: *Born to Run* Christopher McDougall, 2010-12-09 A New York Times bestseller 'A sensation ... a rollicking tale well told' - The Times At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

altra shoes fit guide: *Kicksology* Brian Metzler, 2019-10-15 *Kicksology* is your all-access pass into the fascinating, colorful world of running shoes and what makes up a perfect pair of kicks. Sports journalist and veteran shoe tester Brian Metzler takes runners and kicksologists deep inside the \$10 billion dollar running shoe industry with a behind-the-curtain look at what makes iconic running shoe brands tick. *Kicksology* follows a shoe from inspiration to store shelf to show how innovative ideas evolve into industry-wide trends and fads. Metzler tours shoe labs where scientists advance our understanding of shoes and running mechanics as well as the domestic and overseas shoe factories where the world's favorite kicks are assembled. A dedicated shoe nerd and running junkie, Metzler shares his love of great shoes in this fascinating look at the intersections of shoe culture and history, science and storytelling, intel from the innovators with on-the-ground insight from top runners. *Kicksology* is filled with information as entertaining as it is surprising, tapping into the passion runners have for their kicks and feeding their curiosity about what makes a great shoe.

altra shoes fit guide: *Plantar Fasciitis Survival Guide* William Errol Prowse IV, 2012-12-01 Are you in tons of pain from plantar fasciitis and want a guide to fix it for good? *Plantar fasciitis Survival Guide* is a concise and scientific approach to beating your plantar fasciitis by yourself. Information is in a step by step layout with tons of pictures to show you how to fix your heel pain. The program is a combination of soft tissue therapies to address the many causes and perpetuating factors associated with plantar fasciitis. Most people see results even when they have had plantar fasciitis for months. This program is also great for getting results that last, and prevents the heel pain from coming back. check out: www.pfsurvivalguide.com

altra shoes fit guide: *Backpacker*, 1977-12 *Backpacker* brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, *Backpacker* is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. *Backpacker's* Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

altra shoes fit guide: *The Trail Runner's Companion* Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. Not only are runners taking to the trail, but a growing number are challenging themselves to go past the conventional 26.2-mile marathon point. The time is right for a book that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances. Like a trusted coach, *The Trail Runner's Companion* offers an inspiring, practical, and goal-oriented approach to trail running and racing. Whether readers are looking to up their distance or tackle new terrain, they'll find sophisticated, yet clear advice that boosts performance and enhances well-being. Along the way, they'll learn: Trail-specific techniques and must-have gear

What to eat, drink, and think—before, during, and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging, encouraging voice, including tips and anecdotes from well-known names in the sport, *The Trail Runner's Companion* is the ultimate guide to achieving peak performance—and happiness—out on the trails. Sarah Lavender Smith has long been one of trail running's finest and most insightful writers, and her first book, *The Trail Runner's Companion*, ties everything together for all trail runners, from newbies to veterans and all abilities in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner. But perhaps most importantly of all, she tells us what it means to be a trail runner—why this journey, in her words, 'all the way up to the summit and back down,' is worth the effort. If you already are a trail runner, *The Trail Runner's Companion* will make you want to become a better trail runner. If you aren't yet a trail runner, *The Trail Runner's Companion* will make you want to become one." - John Trent, longtime ultrarunner, race director, Western States 100-Mile Endurance Run board member, and award-winning sportswriter *The Trail Runner's Companion* is a must-have for all trail runners, both new and experienced. It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book. If only I had *The Trail Runner's Companion* to read before my first trail race, I could have avoided so many mistakes! I highly recommend it." - Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100-Mile Endurance Run champion

altra shoes fit guide: Kicks Nicholas Smith, 2019-04-30 "A vivid picture of how what we wear on our feet can tell us what it really means to be an American."—Vanity Fair "Expansive, thorough, and entertaining . . . a comprehensive look at how much the sneaker became a signature indicator of cool."—The Wall Street Journal A cultural history of sneakers, tracing the footprint of one of our most iconic fashions across sports, business, pop culture, and American identity "It's gotta be the shoes." When Spike Lee said it to Michael Jordan in a 1989 commercial, it was with a wink and a nod—what makes MJ so good? His Nike Air Jordan IIIs, of course. But as Nicholas Smith reveals in this captivating history, Lee's line also speaks to the sneaker's place at the heart of American culture. Once the athletic shoe graduated from the beaches and croquet courts of the wealthy elite to streetwear ubiquity, its journey through the heart of American life was just getting started. In this rollicking narrative, Nicholas K. Smith carries us through the long twentieth century as sneakers became the totem of subcultures. We follow the humble athletic and watch as sneakers become the calling card of California skaters and New York MCs, the spark of riots and gang violence, the heart of a global economic controversy, the muse of haute couture, and a lynchpin in the transformation of big sports into big business. Along the way, we meet larger-than-life mavericks and surprising visionaries: genius rubber inventor Charles Goodyear, risking everything to get his formula right; the warring brothers who started dueling shoe empires; road-warrior Chuck Taylor, hawking shoes out of his trunk; and many more mavericks, hustlers, and dreamers. With a sure stride and a broad footprint, *Kicks* introduces us to an influential and evolving legacy.

altra shoes fit guide: Nature Magic on the Appalachian Trail Maine Joseph Barnett, 2023-01-31 This book is about Maine, the first of a series experiencing the Appalachian Trail. Filled with colorful photos, made possible in an eBook, make this not just a backpacking book, but also a book illustrating incredible "Nature Magic on the Appalachian Trail. Subway Gramps' nearly yearlong journey from Maine to Georgia is divided into "section hikes" that could be hiked during several week vacations. Subway Gramps began his southbound hike July 4th, on top of Mount Katahdin, watching hikers celebrate their 2,192-mile thru-hikes from Georgia to Maine. As happy as they were, a common regret was, "I wish I'd stopped more often to enjoy nature." "Following fall," he stopped to watch pollinators turn flowers into berries. In Maine's 100 Mile Wilderness he discovered magnificent pink lady's slipper flowers that only grow in special forests, not in gardens. At a mountain bog he stopped to admire hundreds of delicately decorated, carnivorous pitcher plants trick insects into climbing down the pitcher to be "digested." At night he peaked outside his tent to see the big dipper, clearer than ever, reflected over a perfectly smooth pristine lake. Another night

after a big animal moaned painfully and crashed right through camp hidden by darkness, the author searched and discovered giant moose footprints. Surprisingly, when a loon yodeled, few of his more hurried campmates knew they had experienced the famous Maine loon. The author met hikers from all parts of society. Scientists, teachers, vagabonds, business leaders, doctors and even a movie star shared their experiences. Nearly every hiker had an interesting trail name and story. Hiking just a few days together often bonded hikers for life. A common saying was, "This is how all of society should be." Starting with Maine, each section hike eBook can be downloaded onto phones for not only a backpacking book, but also a nature book! Subway Gramps collected forty years of interesting tidbits from nature books, park brochures, kiosks, and biologists that made each stop so wonderful, he called them "Nature Magic." The founder of the Appalachian Trail, Benton MacKaye, once said when asked what the purpose of the Appalachian Trail was, he replied, "to walk, to see, and to see what you see." This eBook helps hikers see what they saw!

altra shoes fit guide: [Biomechanics of Sport Shoes](#) Benno Maurus Nigg, 2010

altra shoes fit guide: [The Trail is the Teacher](#) Clay Bonnyman Evans, 2020-08-15 An account of the author's 2016 thru-hike of the 2,190-mile Appalachian Trail.

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