

Movement Methods: Breaking-In New Athletic Shoes

We're used to the idea of 'breaking-in' a new pair of athletic shoes before using them for regular activity. But advances in materials technology have brought shoes to market that require less break-in time, and are user-friendly after just a few wear sessions. While opinions differ on *exactly* how many miles you need for the break-in period, you can generally plan to spend a couple of weeks integrating the new shoes into your routine. For the first few weeks, alternate wearing old shoes and new shoes on your runs, being careful to use the new shoes only for shorter runs in the beginning. As you feel more comfortable in the new shoes, you can gradually increase use, both in terms of wear frequency and workout mileage.

Running Shoe Break-in Period, information aggregated from the web:

"Even when we purchase the very same shoe, we still need a "break in" period for them. Ideally, the shoe is exactly the same, but, in reality, every pair can be slightly different, so proceed with caution. Keep the first 3 or 4 runs in any new shoes, even when they are the very same model, to less than 6 miles."

The Importance of Breaking In New Shoes. Runner's World, May 6 2014

"Once you break in most newer shoes—which only takes five to 10 miles—they're stable for at least 400 to 500 miles," says biomechanist [Martyn Shorten, Ph.D.](#), director of the Runner's World Shoe Lab."

The Secret to Breaking in New Running Shoes—Without Any Pain. Runner's World, June 27 2018

"When it comes to your actual race, it's not a good idea to run in old running shoes or brand new ones. You should wear shoes that have about 40 to 50 miles on them, so they still have most of their cushioning left. However, they need some miles because at least one small study showed that brand new shoes are not as flexible, they need a little break-in."

Should I Wear New Running Shoes for My Marathon? verywellfit.com, February 8, 2018

"The shoes a marathoner wears during the actual race should be in their prime. The prime of a running shoe is typically between 50 and 150 miles. The first 50 miles is to ensure that the shoe is compatible with the runner's foot. There is very little actual break-in period with running shoes because the materials used are very supple in comparison to leather boots or shoes that traditionally need to be broken in. It is conceivable that if a runner is familiar with a certain shoe, he/she could pull a brand new pair out of the box and run the race. This is not recommended, but this is better than running on a shoe that has too many miles on it."

"After a shoe has reached approximately 150 miles, it starts to lose its capacity to cushion and support the impact that comes from running, especially toward the end of longer runs. The typical life of a shoe is 300-500 miles. A running shoe is obviously still good after the 150-mile mark, but a marathoner runs the risk of having the shoe fail toward the end of the race when the foot and body need the most protection and support."

Getting a Shoe Ready For a Marathon. Salt Lake Running Blog, December 2, 2016

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