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Six-week transition to minimalist shoes improves running economy and time-trial performance

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Abstract

Objectives: This study investigated if gradually introducing runners to minimalist shoes during training improved running economy and time-trial performance compared to training in conventional shoes. Changes in stride rate, stride length, footfall pattern and ankle plantar-flexor strength were also investigated.

Design: Randomised parallel intervention trial.

Methods: 61 trained runners gradually increased the amount of running performed in either minimalist (n=31) or conventional (n=30) shoes during a six-week standardised training program. Five-km time-trial performance, running economy, ankle plantar-flexor strength, footfall pattern, stride rate and length

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