

Name Paul Jones

Your current running shoes are:

ASICS GT2000

Common traits of this running shoe:

a durable, road running stability / support shoe



Summary of performance of your current running shoe:

Your current shoes appear to be a good match with your 'low arch' foot shape. They do however appear to be losing some of their integrity and may need replacing soon..

Based on your running analysis, your ideal running shoe should have the following characteristics:

You are more of a mid foot runner, we therefore recommend a shoe with less build up of EVA in the heel. Think about going for a lighter shoe.

Insole advice, orthotic recommendation:



You could suit a mild insert to help 'fine tune' the foot forward

Homework:

Stretch calves / quads / hip flexors / glutes  
Practice 60 second drills to help point feet forward.

