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Running

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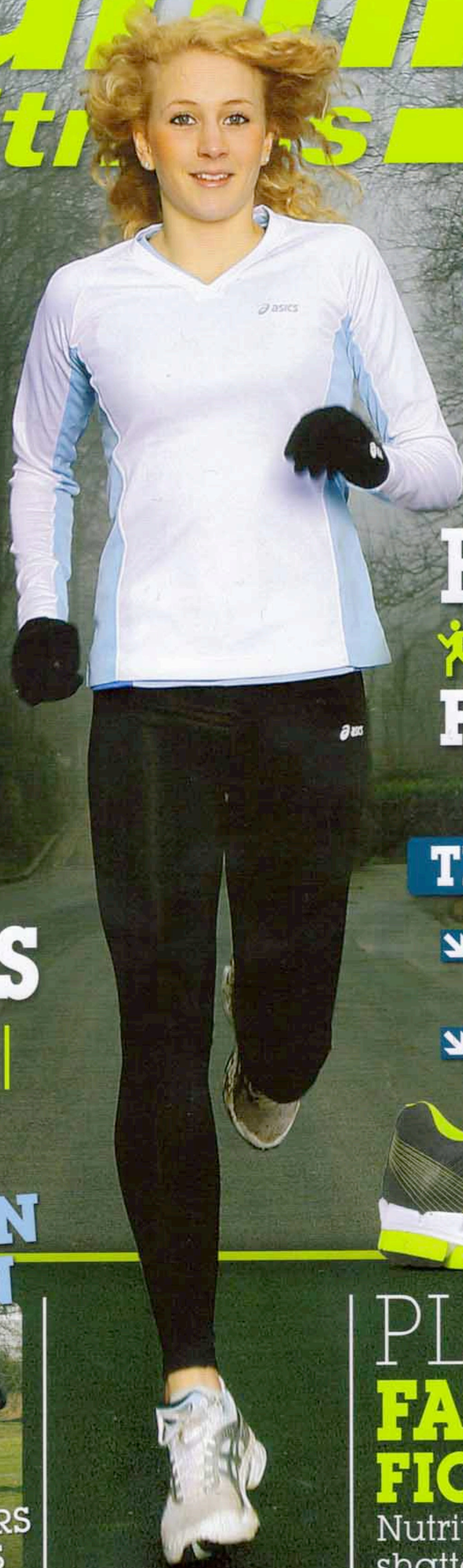
Meat-free running

RECORD
BREAKERS

10 awe-inspiring
bests to target

MARATHON
COUNTDOWN
TO LONDON

TEAM ASICS MEMBERS
AND THEIR PROGRESS



REACH FOR THE
SKIES

Set your running
standards high

FORGET
FAST
FOOD



Takeaway truths

TRIED+TESTED

- ▶ PUT ON YOUR RACING SHOES
- ▶ GET READY FOR RACE DAY



PLUS ▶▶▶
FACT OR
FICTION?

Nutrition myths –
shattered



→ PLUS 23 PAGES OF RACES + REVIEWS IN OUR EVENTS GUIDE ←

HOT PRODUCTS

AT RUNNING FITNESS WE'RE LUCKY ENOUGH TO BE SENT PRODUCTS THAT ARE AT THE CUTTING-EDGE OF INNOVATION. WE THOUGHT YOU'D LIKE TO READ ABOUT THEM TOO!

▶ NEWTON GRAVITY £120



Triathletes are an experimental bunch. When Greg Lemond won the Tour de France by the smallest margin ever (seven seconds) over Laurent Fignon, he used aero bars on his bike borrowed from triathlon. Crop tops, disc wheels, carbon bikes – you name it, triathletes are happy to use it in their pursuit of excellence.

One brand that's been making a name for itself in triathlon in recent years is Newton Running. Beloved of athletes of the calibre of Michellie Jones and Natascha Badmann, both former Ironman World Champions, Newton shoes took more than 10 years to invent, design, test and manufacture but have already gained a loyal following with triathletes in the US, and, more recently, closer to home with some Ironman events reporting that 20% of athletes are now racing in the shoes.

So, what's the principle? Newton (named after the famous physicist) says striking on your forefoot is the most natural way to run; it is also the fastest and most efficient way to run. Its shoes were therefore developed to make your feet think they're barefoot and increase your performance.

OK, that's the theory, but how do they work? The first thing you'll notice when you pick the shoe up is that 1) it's pretty light 2) it doesn't look like a conventional running shoe. This is because there are four 'actuator lugs' that extend from the base of the forefoot

region that are designed to promote a more natural running technique.

When your midfoot/forefoot lands on the ground, the four external actuator lugs are pressed into the hollow chambers inside the shoe's midsole via an elastic membrane. This movement is the shock absorption part of the system. The highly energised membrane supporting the lugs causes them to load up with energy. As your forefoot levers inside the shoe, the lugs release their stored energy and, in effect, lever you forward – the result theoretically being that you run faster.

Mike Trees, who heads up UK and Ireland distributor Triathlon Consultants, is himself a convert to the Newton brand. The former world masters 10k road champion (who wants to become the first M45 to break 30 minutes for the distance) reckons they are worth 1second a lap over 3000m to him – and that others have seen even bigger gains.

But, unlike your tried and tested versions of other brands, you can't just put on a pair of Newtons and expect to see the benefits. Newtons will promote a change in running form, so your body may need time to adjust. You may have sore muscles in areas you were not utilising before (particularly in the calf muscles). "From our wear testing program we have had runners who needed no time to adapt to runners who required 2 to 3 runs to get

acquainted with the technology," says Trees. "While running in Newton shoes, your feet will sense the ground faster and you will want to strike the ground with the actuator lugs. Right away you won't feel the need to land on your heel. If you already run with a mid-foot or forefoot strike, you will notice that you are on and off the ground quicker with less harsh impact and greater forward

propulsion. The faster you run the more you notice the benefits of Newton."

So just how good are they? Well, it's worth pointing out that they won't be for everybody. But if your natural running style bends towards mid-foot to forefoot striking, then the Newton shoes do help you remember to run in the style they are designed for. They offer a surprisingly firm ride – we tested the Newton Gravity – and might just cure my 'midfoot shuffle'. However, they're not cheap, coming in at £120, so we wouldn't recommend buying them on a whim.

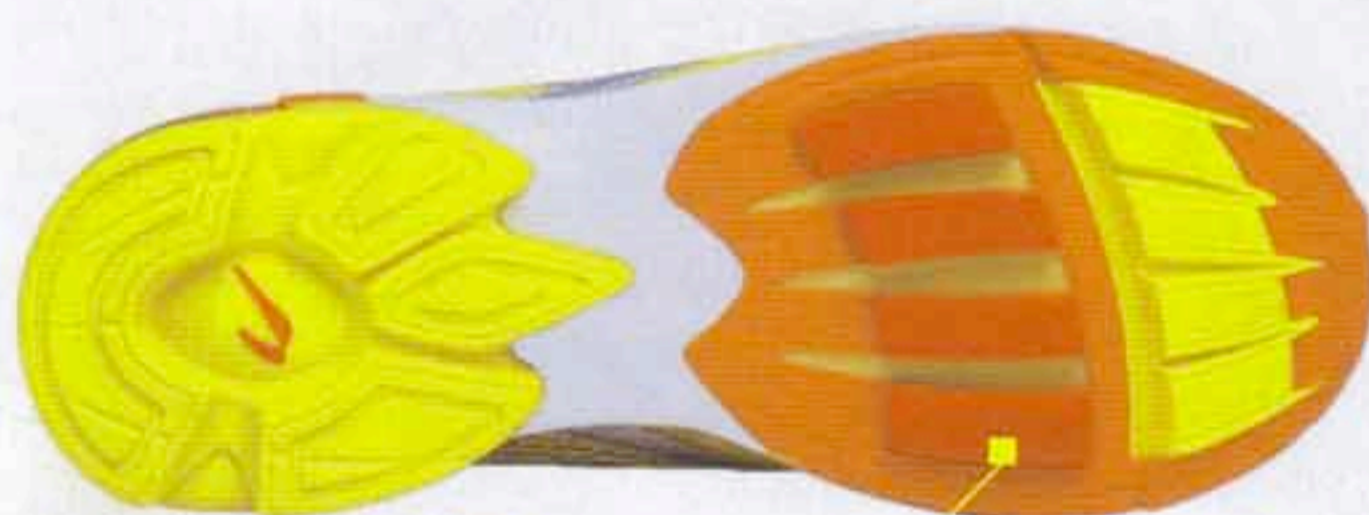
If you are curious to see what all the fuss is about and you know or think you are a mid or forefoot runner, then Newton Running shoes could be a worthwhile investment.

▶ www.newtonrunning.co.uk





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001 GRAVITY



003 MOTION

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