



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

MINIMALIST GUIDE

(A clinical guide)

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Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been made to ensure accuracy.

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By Dennis Rehbock, Sports Podiatrist

MINIMALIST RUNNING SHOES

Introduced 06/11 Updated (11), 7/2015

MINIMALIST RUNNING SHOE GUIDE / SCALE - MRSS

Introduced 07/2012, (7) Updated 7/2015

THE MINIMALIST RUNNING SHOE SCALE - MRSS

- 10 = Traditional running shoes
- 9 = Natural. >8 but <10
- 8 = Natural. >7 but <9
- 7 = Natural. >6 but <8
- 6 = Minimalist. >5 but <7
- 5 = Minimalist. Midway between 0 and 10
- 4 = Minimalist. >3 but <5
- 3 = Very minimalist. >2 but <4
- 2 = Very minimalist. >1 but <3
- 1 = Extremely minimalist.
- 0.5 = Most minimalist.
- 0.1 = Most extreme minimalist.
- 0 = Barefoot / unshod

This is an attempt to develop a classification / index / scale of minimalist running shoes with the help of the individual running shoe companies and experts in the running shoe industry.

As the classification of minimalist running shoes is not an exact science and not based on scientific factors, all information in this classification is from the individual running shoe companies and my own professional opinion.

Thanks to all the running shoe companies for their help.

This classification only includes minimalist running shoes available in South Africa.



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MINIMALIST RUNNING SHOE SCALE - MRSS

Introduced 07/2012, (5) Updated 4/2014

MRSS 10	TRADITIONAL RUNNING SHOES	SWH 5

MRSS 9	NATURAL >8<10	SWH 4
		PFFS 900/1000
ADIDAS		
REEBOK	SmoothFlex	
PUMA	Faas 900	

MRSS 8	NATURAL >7<9	
		PFFS 800/1000
REEBOK	RealFlex Hi-Mileage	
PUMA	Faas 800	

MRSS 7	NATURAL >6<8	SWH 3
		PFFS 500/1000 4↑ Inov8
ADIDAS		
ASICS	Excel 33 Hyper 33 Gel-Super J33 DS Trainer 19 (speed cat) Skyspeed 3 (speed cat) Noosa Tri 9 (speed cat) DS Racer 10 (speed cat) Hyperspeed 6 (speed cat) Noosa Fast 2 – 2014 – (speed cat) Racing flat	
NEW BALANCE	1400 (Racer trainer)	
PUMA	Faas 500	

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MRSS 6	MINIMALIST >5<7	
		PFFS 400/1000
ADIDAS		
ASICS	Lyte 33 3 Super J 33 – 2014 – Natural shoe for pronators	
NEW BALANCE	MR/WR 3090 Road M+W RF16–FF12–HD4mm 210g NB MT/AWT 1010 Trail M+W RF11–FF7–HD4mm 219g	
REEBOK	SmoothFlex	
PUMA	Faas 400	

MRSS 5	MINIMALIST >4<6	SWH 2
		PFFS 300/1000 3↑ Inov8
NIKE	Free 5.0 + 3 RF25–FF18–HD7mm Free Flyknit+ 5.0 RF20–FF14–HD6mm Free 5.0 +2 Shield pack	
ADIDAS		
NEW BALANCE	MR20 + WR20 MT20 + WT20	
SAUCONY	Peregrine trail (slight minimalist) HD4mm	
PUMA	Faas 300	
INOV 8	Road – X 255 3↑ Road – X 250 3↑ Oclite 315 3↑ Roclite 295 3↑ Roclite 268 3↑ Terraflly 313 GTX 3↑ Terraflly 287 GTX 3↑ Hybrid- road and trail Roclite 286 GTX 3↑ Roclite 400 GTX 3↑ Very light boot Roclite 335 GTX 3↑ Leather boot	

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MRSS 4	MINIMALIST >3<5	
		PFFS 250/1000
NIKE	Free 4.0 RF22–FF16–HD6mm Free Flyknit 4.0	
ADIDAS		
BROOKS	Pureflow 3 HD4mm Purecadence 2 HD4mm Puregrip 3 HD4mm	
SAUCONY	Virrata HD0mm Cushioning18mm	
REEBOK	Realflex Run (Reeflex)	
PUMA	Faas 250	
K-SWISS	Blade Foot Run	

MRSS 3	VERY MINIMALIST >2<4	
		PFFS 200/1000 2↑ Inov8
NIKE	Free 3.0 RF21–FF14–HD7mm Free 3.0 v5 RF21–FF17–HD4mm Free Flyknit 3.0	
NEW BALANCE	MR10 + WR10 RF9–FF5–HD4mm 196g MT10 + WT10 RF9–FF5–HD4mm 201g 3190 HD12mm	
BROOKS	Pureconnect 2 HD4mm	
VIBRAM FIVE FINGERS	Trek Pro Speed XC Trek Sport	
REEBOK	Realflex Run (Reeflex)	
PUMA	Faas 100 R v1.5 RF10–FF10–HD0mm	
INOV 8	Road 233 2↑ Mudroc 290 2↑ X-Talon 212 2↑ Railroc 2↑ Oclite 285 2↑ Railroc 255 2↑ Terraflly 303 2↑ Terraflly 277 2↑ F-Lite 220 2↑ F-Lite 230 2↑ F-Lite 240 2↑ F-Lite 215 2↑	

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MRSS 2	VERY MINIMALIST >1<3	
		1↑ Inov8
NEW BALANCE	MTAWT 00 V2 HD0mm MRAWR 00 RF7-FF7=HD0mm 181g	
SAUCONY	Hattori	
VIBRAM FIVE FINGERS	Bikila/Bikila LS Speed Spyridon/Spyridon LS KomodoSport	
INOV 8	Road – X Lite 155 1↑ X-Talon 160 1↑ + kids sizes – soccer / hockey X-Talon 190 1↑ Trailroc 1↑ Trailroc 245 1↑ F=Lite 195 1↑	

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MRSS 1	EXTREMELY MINIMALIST >0<2	SWH 1
		0† Inov8
ADIDAS		
NEW BALANCE	MR1 (Hi-res) RF5 FF5 HD0mm 110g	
SAUCONY	Hattori	
VIBRAM FIVEFINGERS 0 heel drop	Seeya/Seeya LS EL-X Bikila / LS – 6.5mm sole road / multi Komodosport / LS .5mm sole Multi & lat motions Spyridon LS – 6.5mm sole Trail – Aug 2012 Trek sport – 8mm sole Multi – hiking / outdoor / golf ? Speed – 6.5mm sole Run ver of Bikila. Casual wear Traditional laces <u>most min</u> Vibram – Aug 2012 M4.8oz ,W3.75oz Jaya – yoga / gym shoe Kids Sprint - Lace Speed - Lace KSO - Strap Socks Injinji socks – toe socks for Vibram shoes	

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MRSS 1	EXTREMELY MINIMALIST >0<2	SWH 1
VIVOBAREFOOT	Neo Trail M+W-Trail Breatho Trail M+W-Trail Evo II M+W- Trail/Road Ultra M+W -Trail/Road Breezy Lite M+W-Road/Gym Hybrid Golf M+W-Golf/Casual Mid Offroad M+W-Hiking Synth Hiker M+W- Hiking Legacy M+W- Casual Achilles M+W- Casual/Trail Ra M only -Casual Gobi M only- Casual Dylan M only- Casual Kali W only- Casual Aqualite M only- Casual Lucy Lite W only- Casual December 2012 Stealth M+W- Road One M+W- Premier Road Racing Evo Lite M+W- Light Trail/ Road	
INNOV 8	Bare -XF 260 0↑ X Fit shoe / gym / etc Bare -XF 210 0 X Fit shoe / gym / etc Bare - X Lite 150 0↑ Bare X-Lite 135 0↑ Bare - X 200 0↑ Bare - X 180 0↑ Bare - X 150 0↑ Bear-grip 200 0↑ Cross country Trailroc 0↑ Trailroc 235 0↑	

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MRSS 0.5	MOST MINIMALIST >0<1	
VIBRAM FIVE FINGERS	SeeYa	
INOV 8	Evoskin blue	
LUNA	Mono (Sandals) Venado (Sandals)	

MRSS 0.1	MOST EXTREME MINIMALIST >0<0.5	
K SWISS	Protection socks (50%kevlar, 32% polyester, 10% cotton, 8% spandex)	



MRSS 0	BAREFOOT / UNSHOD	

