

THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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This newly revised guide includes Traditional running shoe models available in South Africa,

Carbon plated shoes, Sports socks, Maximalistic running shoes, Minimalistic Running Shoes.

Only shoe & sock 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 experts in the field, the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models that are available.

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.

Carbon plates or similar in shoe devices are included.

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

NEW FORMAT

**CARBON PLATED
GUIDE**

Edition 190 – 29 JULY 2022

PDF - Update to website www.footdoctor.co.za on 30/7/2022

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CARBON PLATED SHOES / PLATED SHOES

Established 2019

Updated: 7/2022

Special mentions:

See article: <http://www.footdoctor.co.za/wp-content/uploads/2022/06/CARBON-SHOE-GUIDE-20.6.2022-website-update.pdf>

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NEW CARBON PLATED RUNNING SHOES SUPERSHOES

Introduced 7/2019 (9), 7/2019, 9/2019, 12/2020, 6/2021, 6/2022, 7/2022

ADIDAS



Adidas Adios Pro 3 RF39.5–FF33–HD6.5mm



Adidas Adios Pro 2 RF39.5–FF28.5–HD8mm



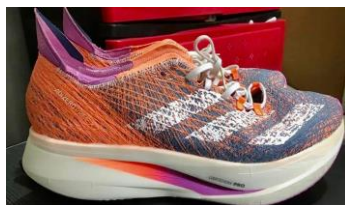
Adidas Adios Pro 1



Adidas Prime X RF50–FF40–HD10mm



Adidas Prime X 2 RF–FF–HDmm













Adidas Adizero Pro RF39–FF31.5–HD8.5mm

AdiZero Boston 10 RF29–FF19–HD10mm Energy rods



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<p>ALTRA</p> 	<p>Altra Vanish – IN JAN 2023 ONLY</p> 
<p>ASICS</p> 	<p>Metaspeed Sky + RF39-FF34–HD5mm Flytefoam Blast on top Flytefoam Blast + on bottom, Repositioned full length CARBON PLATE (1.1mm) closer to foot, Updated m/s geometry,</p>  <p>Asics Metaspeed Sky RF33-FF28–HD5mm (25-15-9mm)</p>  <p>Asics Metaspeed Edge RF28-FF20–HD8mm (25-15-9mm)</p>  <p>Asics Metaracer RF24-FF15–HD9mm (25-15-9mm)</p>  <p>Asics Glideride 2 RF-FF–HDmm Plate between the Flytefoam and Flytefoam propel</p> 
<p>BROOKS</p> 	<p>Brooks Hyperion Elite 2 RF-FF–HD8mm</p> 



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	<p>Brooks Hyperion Elite 1 RF-FF-HD8mm</p> 
<p>HOKA HOKA ONE ONE TIME TO FLY</p>	<p>Hoka Carbon X 2 RF32-FF27-HD5mm</p>  <p>Hoka Carbon X 1 RF32-FF27-HD5mm</p>  <p>Hoka Rocket X RF30-FF25-HD5mm</p> 
<p>MIZUNO Mizuno</p>	<p>Mizuno Wave Dual Neo SP</p>  <p>Mizuno Wave Dual Neo</p> 
<p>NEW BALANCE new balance</p>	<p>New Balance Fuelcell RC Elite 2 RF-FF-HD8mm</p>  <p>New Balance Fuelcell RC Elite 1 RF32-FF22-HD10mm</p> 












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	<p>New Balance Fuelcell 5280 RF-FF-HD8mm</p> 
<p>NIKE </p>	<p>Nike Alphafly Next % RF-FF-HD4mm</p>  <p>Nike Vaporfly Next % 2 RF-FF-HD4mm</p>  <p>Nike Vaporfly Next % 1 RF-FF-HD4mm</p>  <p>Nike Vaporfly 4% Flyknit RF-FF-HD10mm</p>  <p>Nike Vaporfly 4% RF-FF-HD10mm</p>  <p>Coming soon</p> <p>Nike Zoom Vaporfly Next% 2</p> 
<p>MR PRICE MAXED </p>	<p>Elite Zeus RF-FF-HDmm – carbon infused plate</p> 

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<p>PUMA </p>	<p>Puma Nitro Elite RF31-FF23-HD8mm</p>  <p>Puma Fast-R Nitro Elite RF31-FF23-HD8mm</p> 
<p>SAUCONY </p>	<p>Saucony Endorphin Pro 3 RF39.5-FF31.5-HD8mm</p>  <p>Saucony Endorphin Pro 2 RF35.5-FF27.5-HD8mm</p>  <p>Endorphin Speed RF35.5-FF27.5-HD8mm – <u>TPU plate</u> – men men ladies</p>  
<p>ON </p>	<p>ON Cloudboom Echo RF-FF-HD9mm</p> 

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	<p>ON Cloudboom RF-FF-HD9mm</p>  <p>ON Cloudflash 2 RF-FF-HD5mm</p>  <p>ON Cloudflash 1 RF-FF-HD5mm</p>
<p>ONEMIX</p>	<p>Onemix Lunarlite Carbon RF35-FF25-HD10mm</p>  <p>Onemix Armor Lite Carbon RF-FF-HDmm</p> 
<p>SKECHERS</p> 	<p>Skechers Razor Elite</p>  <p>Skechers Speed Elite</p>  <p>Skechers Speed Freek</p> 
<p>361 DEGREES 361°</p>	<p>Flame RF32-FF24-HD8mm</p> 

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NOT AVAILABLE IN SA	Anta C202 GT Atreyu 'The artist' BMAI 42Km Turbo Craft CTM Ultra Carbon Down Speedster Fila Racer Carbon Health Hiracer Li-Ning Feidian Elite 2.0, Li-Ning Feidian Elite 1.0 Li-Ning Feidian Challenger 2.0, Li-Ning Jueying Qiaodam Fetying PB Scott Speed Carbon RC XStep 160X Pro, XStep 160X 2.0, XStep 160X 1.0, XStep 160X 1.0 Knit
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THE TRUTH ABOUT THE "SUPER SHOES"

Forget the hyperbole and folklore, these are the facts.

SUMMARY:

- Repeated research indicates there is an energetic advantage*
- However, this advantage is athlete specific.
- There is no universal advantage.
- All shoes are characterised by a **carbon fibre or nylon hybrid plate, high stack heights and defined geometry.**

All super shoes are characterized by radical geometry, with most incorporating a large rocker.

? protective benefits with regards to attenuating muscle soreness, damage and inflammation.
Kelly B., et al 2019 Footwear Science 11:S1



The foams in most super shoes are not EVA based, but hybrids or technical new materials like PEBAX.

World Athletics has decreed that the heel stack must not exceed 40mm.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

Super shoes may reduce the net energy loss without increasing the mechanical demand at the ankle as we would expect.
Farina et al 2019 Footwear Science 11:S1

Positioning of the plate closer to the foot will improve performance but care should be taken to not alter the perceived comfort and/or increase injury risk.

Flores, N. et al. (2019) The stiff plate location into the shoe influences the running biomechanics, Sports Biomechanics, published online.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

Only one carbon fibre plate is permitted.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

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<https://www.bartoldclinical.com/infographic-the-truth-about-the-super-shoes-and-running-shoes/>

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