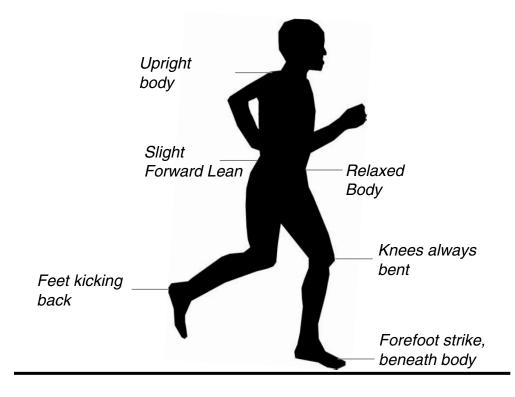
12 Step Program to Run Barefoot

Phase	Step	Activity	Frequency
T. Prepa Body	1.	Walk barefoot in the house	2 hrs everyday for 1 wk
	2.	Walk barefoot outside	30 mins / day for 1 wk
	3.	Perform feet, leg, and breathing exercises	everyday for 1 week
II. Lea	4.	Run 100 feet on grass	3 days for 1 week
	5.	Run 20 feet on hard surface	3 days for 1 week
	6.	Run 100 feet on hard surface	3 days for 1 week
	7.	Run 500 feet	3 days for 1 week
III. Incréa Distanc	Ο.	Run 1 mile	3 days / wk for 2 weeks
Distant	9.	Run 2 miles	3 days / wk for 2 weeks
	10.	Run 5 miles	3 days / wk for 1 month
IV. Maint Yourse	4750000	Run 8+ miles	3 days / wk for 1 month
	12.	Teach someone else to run barefoot.	For life

Running Quest // more info at runningquest.net

Proper Barefoot Running Form



Running Quest // more info at runningquest.net