

Alright, the topic needs to be covered. Your shoes are the most important item you will need for this training, not the GPS unit, cool looking clothing, or anything else you can find to buy other than the sneakers. Your body will pound 3 times your body weight every step you take, and your long runs will add up. Running in old or worn-out running shoes can lead to running injuries. Over time, your running shoes lose shock absorption, cushioning and stability. When you run in worn-out shoes, it increases the stress and impact on your legs and joints, which can cause overuse injuries. One of the best things you can do to prevent running injuries is to replace your shoes at the right time. Many of you have new shoes which is awesome, but if you don't please check out a few things in order to tell if you need new running shoes:

The mileage on your shoes is high

A good rule of thumb is to replace your running shoes every 500-600 kilometers, depending on your running style, body weight, and the surface on which you run. Smaller runners can get new shoes at the upper end of the recommendation while heavier runners should consider replacement shoes closer to 400 kilometers.

Where you run also determines how soon you'll have to replace your shoes. If you run on rough roads or trails, you'll need to replace your shoes sooner than if you do primarily treadmill running. The long runs also beat up your shoes, it's the repetitive pounding that breaks down the foam in the shoes. If you take good care of your running shoes, you may be able to get away with the higher end of that range.

If you have trouble tracking when you bought your shoes and how many kilometers they have on them, write the date on the inside of your shoe when you buy them. By knowing the exact date you bought them, you should be able to roughly estimate how many kilometers you've run in them.

You're feeling pain

If you've been feeling muscle fatigue, shin splints, or some pain in your joints -- especially your knees -- you may be wearing shoes that have lost their cushioning. Also check the wear patterns on the bottom of the shoes, any abnormal wear can indicate that the shoes are not supporting you properly. Alignment is often a key especially on the long runs to keep you healthy and happy, this comes from being in the right shoes. When you're feeling pain on both sides -- both knees, for example -- that's often an indication that you need new running shoes.

Your shoes fail the twist test

If you hold your running shoes at both ends and twist the shoe, it should feel firm. An old shoe or one that doesn't have proper support will twist easily. This is a sign that the midfoot support is no longer doing its job and now the foot is being asked to do even more work. One can forget how important a good pair of shoes is when a nice new top is staring in front of us.

Your treads are worn-out

One tell-tale sign that you need new running shoes is if the treads, especially on the soles, are worn-out. The soles last longer than the shoe's cushioning and shock absorbency, so if the soles are worn down, it's **definitely** time for new ones. You should never run in shoes that have worn-down soles. Save them for working in the garden or mowing the lawn!

Newer shoes feel much better

Some experts recommend that runners rotate two pairs of running shoes. If you get a new pair of running shoes about half-way through the life of your old ones, they can serve as a reference to help you notice when your old ones are ready to be replaced. If you notice a big difference in the cushioning of the newer pair, then it's probably time to retire the old ones. Also, most shoe companies state that their shoes take typically 36 hours to come back to their original format. That means if you run on back to back days you will wear your shoes down faster, having 2 pairs on the go gives you the life of 3 pairs. You need this fire power when your partner complains about how many pairs of runners you have in the closet.

