



PERFECT PAIR
Match your shoes
with your top,
your shorts, your
socks and now the
weather. We runners
do put up with a lot.

RUNNING HOT AND COLD

*Choose your shoes to
suit the temperature*

→ **WE CHANGE** our kit to suit the weather, but should we change our shoes, too? Research¹ suggests EVA, a common midsole material, can be affected by temperature, with a potential effect on injury risk.

‘Colder temperatures render the midsole stiffer and more rigid,’ explains musculoskeletal podiatrist Nicola Blower (walkrite.co.uk). ‘In hotter temperatures, it becomes more squashy, which can lead to instability.’ If you notice you are more susceptible to injuries in specific seasons or climates, it’s worth considering a shoe change. ‘Opt for stiffer materials when it’s hot and more flexible materials for cooler temperatures,’ advises Blower. More shoes? Well, if the experts insist...