

AFX BAREFOOT/MINIMALIST RUNNING TRANSITION PROGRAM

This program has been developed to help you transition to minimalist / barefoot running, by helping to ensure that the muscles of your feet and lower leg are strong and flexible. **PLEASE NOTE:** When transitioning to minimal/barefoot running, ensure that you do it gradually by: 1) reducing the mileage that you run, 2) stopping if it becomes painful, and 3) paying careful attention to your running form. Failure to transition gradually could result in serious injury.

PRECAUTIONS

- If you have an existing injury of the foot or ankle, you should consult with a qualified healthcare practitioner before beginning this program.
- If any sudden pain or discomfort is experienced during the program, stop immediately and consult a qualified healthcare practitioner.
- Ensure at least 48 hours recovery between exercise sessions and gradually increase the number of sets and repetitions.

GUIDELINES

1. Please refer to the AFX Instruction Poster for more information regarding device set-up and directions for use.
2. Perform the strengthening exercises in the order shown below.
3. Always try to do at least 8 repetitions for each strengthening exercise. Once you can do 12 repetitions, increase the resistance so that you can perform at least 8 repetitions again. Work your way back up to 12 reps and repeat this cycle.
4. When you can perform 2 or 3 sets of 12 repetitions for all strengthening exercises, increase to the next resistance level.

5. In addition to training with the AFX, complementary exercises such as barefoot exercises on sand or a Bosu can be performed.

TRAINING PROGRAM - 3 sessions per week

Week 1: Intro

1 set of 8 to 12 reps of each exercise

Week 2: Ramp-up

2 sets of 8 to 12 reps of each exercise

Weeks 3 to 12: Strength & Endurance

Days 1 & 2 (Strength)

- » 3 sets of 8 to 12 reps of each exercise.
- » Only progress to 3 sets of each strengthening exercise if your feet and lower legs do not feel overly fatigued the next day.
- » Include eccentric loading for all strengthening exercises shown below (refer to the Eccentric Loading program for a complete description of the exercises).

Day 3 (Muscular Endurance)

- » Decrease resistance level so that up to 50 reps of each exercise can be performed.
- » Perform one set of each exercise to exhaustion.
- » When 50 reps can be performed, increase the tension or resistance level & work up to performing 50 reps again.
- » Repeat steps 3 and 4 above.
- Increase eccentric resistance on each rep by pulling back slightly on handles.
- Allow **2 days** recovery from AFX training after this workout.

After completing the training program, it is recommended that you follow the program below to maintain the improved performance that you have acquired. For further improvements in performance, continue to follow the program as listed for Weeks 3 to 12.

MAINTENANCE PROGRAM (2 – 3 Sessions per Week)

2 sets of 8 to 12 reps for each exercise including eccentric loading.

EXERCISES

Perform in the order shown. Prior to performing exercises you should complete a 5 minute warm-up including walking in place, heel raises, foot rolls, etc.

Stretch Evertors



- » Ensure toes are flexed
- » Hold for 15 to 30 seconds

Eversion (foot rotates outward)



- » Ensure toes are flexed

Stretch Invertors



- » Ensure toes are flexed
- » Hold for 15 to 30 seconds

Inversion (foot rotates inward)



- » Ensure toes are flexed

Stretch Plantar Flexors & Toe Flexors



- » Hold for 15 to 30 seconds

Plantar Flexion & Toe Flexion



- » Focus on arching the foot and flexing the toes

Stretch Dorsiflexors



- » Hold for 15 to 30 seconds

Dorsiflexion & Toe Extension



- » Focus on engaging the toes