



# **The Barefoot Running Book: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running**

*Jason Robillard , Dirk Wierenga (Editor)*

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## **The Barefoot Running Book: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running** Jason Robillard , Dirk Wierenga (Editor)

The Barefoot Running Book (second edition) provides expert advice for new and experienced runners interested in making the transition to barefoot or minimalist shoe running. Why? Because runners find shedding their heavy, overly-cushioned shoes provides a more enjoyable running experience while reducing injury and allowing better form. Jason Robillard uses a combination of research, collaboration, and his own experiences to bring the latest methods for making a safe, enjoyable transition to barefoot or minimalist shoe running. This new expanded second edition includes training plans, information on ultramarathons, photos, tested running tips and helpful hints. Includes contributions from top barefoot runners and experts including Barefoot Ted McDonald, Barefoot Rick Roeber, Dr. Daniel Lieberman, Dr. Michael Nirenberg, Dr. Mark Cucuzzella, Dr. Scott Hadley, Dr. Joseph Froncioni, and many more.

## **The Barefoot Running Book: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running Details**

Date : Published by Barefoot Running (first published March 1st 2010)

ISBN : 9780615376882

Author : Jason Robillard , Dirk Wierenga (Editor)

Format : 188 pages

Genre : Nonfiction



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# **From Reader Review The Barefoot Running Book: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running for online ebook**

## **Wendi Lau says**

Don't think had any pictures, or very few. But good nonetheless. I like reading about different barefooters experiences because they're not all the same, and that's very interesting. Jason Robillard seems very down to earth. He posts on a minimalist running blog. Worth a read. Also has training plans for various races.

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## **Glenn says**

Some good information, but same could be gotten from more interesting books. Often felt like the author was trying to stretch his content out to get more pages (like I used to do in high school for term papers).

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## **Olivierco says**

After having read Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, I was evidently curious about barefoot running.

This book is aimed at recreational runners and gives practical and detailed advices about the transition to barefoot running, about minimal shoes and many running tips. Some training plans and many references are also included.

I like the fact that Jason Robillard stayed very humble, quoting many other authors and didn't try to pretend that barefoot running is the right, magical and only real way to run.

I don't know whether I will become a barefoot runner (I will however sure give it a try someday) but this book is obviously a very good book to start barefoot running confidently.

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## **Coryke says**

This is a very good book that strikes the right balance for me regarding "how-to" do this barefoot running thing and the flexibility necessary for individual differences. Robillard did a very good job of providing information, encouragement, and resources for the newbie. A strength of the book is that it provides a lot of guidance from the one just beginning all the way to one who has made the transition and is beginning to consider races or very long distances. As a reader, this can be frustrating because I want "to finish the book". But, as someone who recognizes this as a resource, I am grateful that I could not simply finish this book and apply everything immediately. This is a book I will be coming back to as I begin this barefoot journey.

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## **Leviabowles says**

Crap writing, crap stories, crap advice.

Mike's Hard Lemonade during an ultra? Really?

Hey Born to Run was popular, maybe I can make money by telling people to run without shoes, but by being boring about it.

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## **Charlie says**

I really like the idea of this. The book was a very interesting read. The author included letters and additional comments from many others giving their perspectives on barefoot and minimalist running.

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## **Helen says**

Things I liked about this book:

- “I believe the movement will pressure shoe manufacturers to examine the research and development of their current shoes more critically resulting in moving away from the supportive and cushioned technology so prevalent today.”
- Alternative sources (to Vibram) for minimalist shoes
- “There is no single right answer”
- “Listen to your body”
- Includes training plans that incorporate injury-free barefoot running into current running routines
- “If you have the power to be an agent of change, embrace the opportunity.” I especially like this when taken out of context. ;-)
- “Educate yourself about the merits of minimalist shoe running AND the merits of shod running. Both have pros and cons. Learn them and be able to calmly discuss the issues.”

Things I did not like about this book:

- No index!!!! Unforgivable.
- “If the soleus doesn’t stretch properly, the hip extensors can be up to 75% weaker due to a lack of heteronymous reflexive control.” Jason, what are you talking about?
- Alternative sources (to Vibram) for minimalist shoes – now I want moccasins!

I find “the Barefoot Running Book” to be very well balanced, with Robillard even suggesting that barefoot running might not be for everyone. Throughout, he provides many sources for additional information, other “experts” to try if his training plans don’t work for you, and articles written by Doctors and experienced barefoot runners. The evidence suggests that I should forgive Robillard his lack of an index, and I am seriously considering it. But his next book better have one!

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## **Dan says**

I got this book free with my first purchase of a pair of Vibram Five Fingers shoes. While I do think there were some important principles and "visualizations" to be gleaned within, I think the book undoubtedly contributed to a serious case of me "overthinking it" in my first season & a half of converting over to minimalist-style running. The ramp-up, the visualizations, the other assorted advice and asides - I'm not sure there's much you're going to find in this book that isn't available by checking out a handful of reputable sources on the web. And maybe some of the ideas distilled to a simple fact-sheet is preferable.

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## **Amy says**

I only read about half of this book, since only half of it applies to me right now (as a new-to-barefoot-running reader, as opposed to an intermediate or advanced barefoot runner).

Robillard offers some good tips for the novice barefoot (or minimalist shoe) runner, although I wish he'd give more specific instructions on how to do some of the suggested practice drills. A couple of the descriptions are a little vague. Admittedly, it's hard to describe a physical action in words, so the author is not entirely at fault.

I wouldn't say this is a book to read cover-to-cover in one sitting, but one to dabble in from time to time if you have specific questions or topics of interest.

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## **Michael Guilmette says**

### **Extremely Informative**

This book is a highly informational guide to anyone interested in barefooting, running in minimalist shoes, or just working on your strength and form to prevent injury. It's extremely well-written and informative and gives training schedules, exercises, and advice for both barefooting and a little bit for ultrarunning. He is very open to other opinions and doesn't just preach the whole time, acknowledging the many different ideas of the various barefooting and minimalist running groups.

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## **Taueret says**

Full of information and tips for barefoot and minimalist-shoe runners (or wannabe, or the barefoot-curious). This guy is hardcore. He suggests kitty litter in your shoes during winter to keep your 'summer feet'! The same advice on form is covered in ChiRunning and The Pose Method, but lots of anecdotes as well as professional opinions supporting the use of more natural, minimalist footwear. A comprehensive set of drills to prepare one for the change to barefoot without injury.

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## **Kristen MacGregor says**

It's a great informative read for those wishing to run barefoot. It doesn't really talk much about the science behind it or the benefits. It simply assumes anyone reading it has already read other barefoot running books and decided to give it a try. I don't think I will, but some of the exercises to improve form may come in handy.

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## **Adan says**

It has its moments. Way more thorough and cleanly written than his first crack at it, that's for sure. I admire that. In the end, though, my appreciation for the book and its offerings is so strongly colored by my lack of success as a runner that I just, well, I just don't know.

Date I finished it. Huh. That one's going to keep tripping me up, I predict.

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## **Dan Anders says**

Got this book from the author's website for free.

Was a good add-on to help me start barefoot running, after I got super-fired-up (!) from reading Born to Run by Christopher McDougal.

This book lacked a bit of polish, but for being self-produced and offered at no-cost, I'm not complaining. I liked hearing BF running advice from multiple sources, and to have it organized into steps of progress/maturity levels was very helpful.

Now if only I would have listened to the part that said (repeatedly!) "if it hurts, stop". ;-)

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## **Kellyann says**

I started this book months ago and had to stop mid-way because it was getting me too excited to transition to barefoot at a time when I couldn't (due to the need for mileage upkeep for an already planned race). but now i've begun and this book was a good practical guide to making the switch. Robillard is a strong advocate of straight up barefoot running, which is different (and better than, in his mind) minimalist shoe running, like vibrams, which is what i'm giving a go. regardless, i think all of his drills and tidbits of wisdom are still applicable and useful.

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