



Running Socks

At *Coventry Runner* we encourage runners to purchase training shoes that fit properly and provide appropriate support for running. Inside these specialist running shoes most runners will wear socks and at *Coventry Runner* we provide the following tips for this important but often forgotten piece of athletics kit.

- Start each training run with socks that are clean and dry, ideally you should be wearing a freshly washed pair for each run.
- Wear the right size socks for your feet making sure they do not crease within your trainer while running.
- Like your training shoes, your "favourite running socks" will not last for ever and should be changed on a regular basis. Do not wear socks for running if the cushioning is worn around the pressure points of the foot or if holes have appeared in them!
- Foot hygiene should be meticulous, washing feet daily; keeping toe nails cut and protecting any area of the foot with a suitable dressing when the first signs of unusual rubbing are displayed.

These simple measures combined with well fitting running shoes should reduce the potential for blisters (which can be the scourge of runners) and make your running more enjoyable.

In recent years specialist running socks have become increasingly popular. At *Coventry Runner* we offer a range of quality running socks that we have tested and recommend. They will provide the following benefits.

- The material in the socks is lightweight and breathable, preventing the growth of bacteria and germs.
- The technology, support and materials used will wick away moisture and sweat from the feet, resulting in reduced friction and foot slippage.
- There is padding and enhanced cushioning in the sock protecting pressure points of the foot. Often this additional support is found around the toe and heel.
- Some socks are based on two layers of fabric to minimise friction and wick away sweat.
- Some manufactures have even produced socks that are designed for the left and the right foot to maximise comfort.

Should you suffer from blisters on a regular basis please read our "blister advice sheet" on the information and advice pages of www.coventryrunner.co.uk