

Running in Flip Flops: Embracing the Freedom and Joy of Running with Minimal Gear



Running in Flip-flops: a fictionalized memoir of Peace Corps service in Senegal by Abigail Fay

★★★★☆ 4.5 out of 5

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Foreword by Christopher McDougall, author of *Born to Run*

Scott's book is a joyous manifesto for a revolution in running. Running in flip flops is not just a gimmick; it's a way to rediscover the pure joy and freedom of human movement.

In a world obsessed with running shoes and gadgets, *Running In Flip Flops* is a refreshing and liberating guide to running with less gear and more freedom.

Scott Johnston, an experienced runner and coach, shares his journey of discovering the transformative power of running in flip flops. Through personal anecdotes, scientific research, and practical advice, *Running In Flip Flops* will inspire you to:

- Experience the joy and freedom of running with less gear
- Improve your running form and efficiency
- Reduce your risk of running injuries
- Connect with your body and the natural world

Chapter 1: The History of Running in Flip Flops

Running in flip flops has a long and rich history, dating back to the ancient Greeks and Romans. In recent years, running in flip flops has gained popularity as a way to minimize injuries and improve running form.

Chapter 2: The Benefits of Running in Flip Flops

There are many benefits to running in flip flops, including:

- Improved running form and efficiency
- Reduced risk of running injuries
- Increased proprioception and foot strength
- Enhanced connection with the natural world

Chapter 3: Choosing the Right Flip Flops for Running

Not all flip flops are created equal for running. When choosing flip flops for running, look for the following features:

- A thin and flexible sole
- A wide toe box
- A secure fit

Chapter 4: How to Run in Flip Flops

Running in flip flops is a different experience than running in traditional running shoes. Here are some tips for getting started:

- Start slowly and gradually increase your distance and speed over time.
- Focus on running with a light and efficient stride.
- Be aware of your surroundings and avoid running on uneven surfaces.

Chapter 5: Troubleshooting Common Problems

You may encounter some challenges when running in flip flops, such as blisters or sore feet. Here are some tips for troubleshooting common problems:

- Use a thicker pair of flip flops if you are experiencing blisters.
- Take breaks and give your feet a chance to rest.
- See a doctor if you experience pain or discomfort that persists.

Running in flip flops is not for everyone. But if you are looking for a more freeing and enjoyable running experience, it is definitely worth a try.

Running In Flip Flops will provide you with all the information you need to get started and embrace the freedom and joy of running with less gear.

About the Author

Scott Johnston is an experienced runner and coach. He has completed numerous marathons and ultramarathons, and has coached runners of all levels. Scott is passionate about helping people improve their running and enjoy the freedom and joy of movement.

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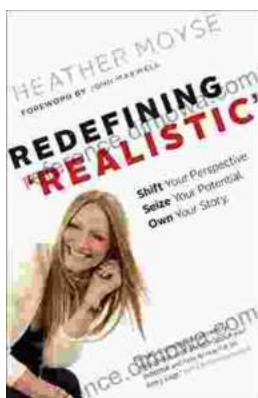
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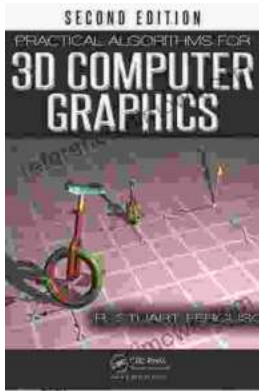
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