
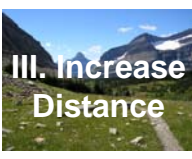
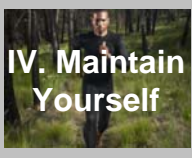
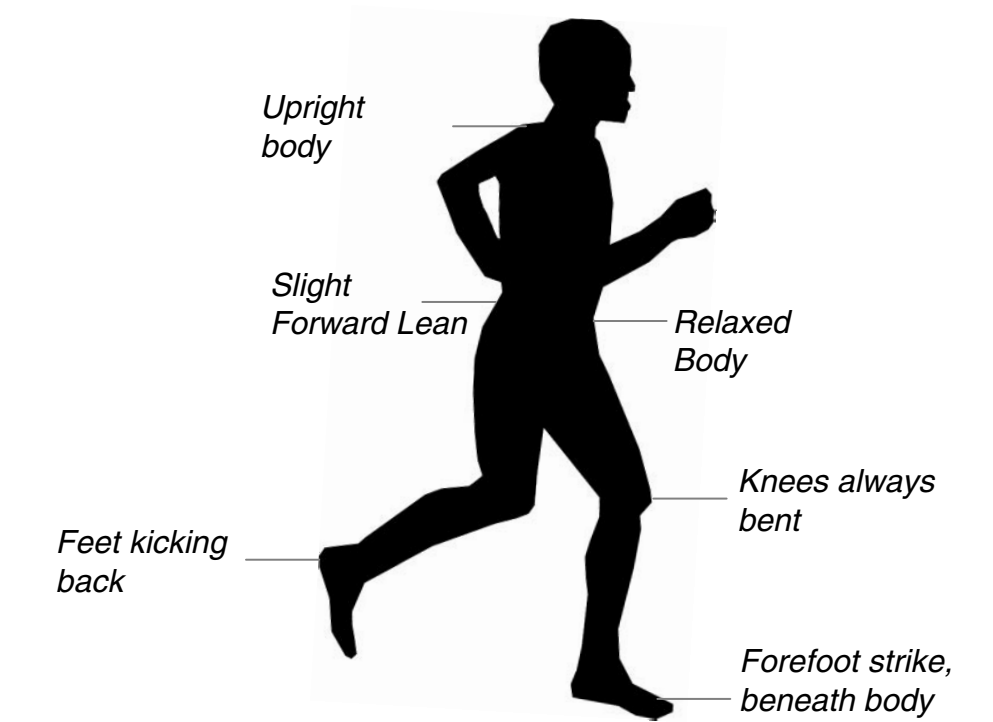


# 12 Step Program to Run Barefoot

Phase	Step	Activity	Frequency
	1.	Walk barefoot in the house	<i>2 hrs everyday for 1 wk</i>
	2.	Walk barefoot outside	<i>30 mins / day for 1 wk</i>
	3.	Perform feet, leg, and breathing exercises	<i>everyday for 1 week</i>
	4.	Run 100 feet on grass	<i>3 days for 1 week</i>
	5.	Run 20 feet on hard surface	<i>3 days for 1 week</i>
	6.	Run 100 feet on hard surface	<i>3 days for 1 week</i>
	7.	Run 500 feet	<i>3 days for 1 week</i>
	8.	Run 1 mile	<i>3 days / wk for 2 weeks</i>
	9.	Run 2 miles	<i>3 days / wk for 2 weeks</i>
	10.	Run 5 miles	<i>3 days / wk for 1 month</i>
	11.	Run 8+ miles	<i>3 days / wk for 1 month</i>
	12.	Teach someone else to run barefoot.	<i>For life</i>

**Running Quest** // more info at [runningquest.net](http://runningquest.net)

## Proper Barefoot Running Form



**Running Quest** // more info at [runningquest.net](http://runningquest.net)