

CAN YOU RUN IN THROWING SHOES?

The answer is yes, you can run in throwing shoes, but there are a few things you should know that might put you off running in throwing shoes.

Running shoes have some features that will help you run, which you won't find in throwing shoes. So, if you keep using throwing shoes for running, you might end up hurting your feet. Plus, there are a few other issues that can pop up when you run in them, like:

SLIP WHILE RUNNING

Those of us who know about throwing shoes, probably get this point. Since throwing shoes have flat soles and no grip, there is a risk of slipping while running.

Also, Throwing shoes are designed to have less traction with the ground, but grip is super important for running. So, if you decide to run in throwing shoes, just keep that in mind!

My Tips to avoid Slipping

Shoe Recommendation:

My personal opinion is to wear a shoe with maximum traction while running. You can use shoes like:

- Under Armour Men's Charged Assert 9.
- ASICS Men's Gel-Contend 7 Running Shoe.

Take small steps while running:

According to [Dr. Jack Daniels](#), an exercise physiologist, running coach, and coach of Olympic athletes:

“You over-stride when you take big steps. In other words, your heel hits the ground first and takes most of the impact. If your heel hits something slippery, it will fly out in front of you and knock you down before you can blink. Not good. When you take small steps, the middle of your foot lands right under your center of gravity. This keeps you from slipping”.

FOOT PROBLEMS

As I mentioned earlier, running in throwing shoes can lead to some foot issues. So, let's dive into the reasons behind this.

If you regularly wear throwing shoes, you probably know they fit pretty snugly. That tight fit can make it uncomfortable to run in them.

Here are some issues you might run into when wearing throwing shoes while running:

- Putting you at risk of falling.
- Change the shape of your toes, give you blisters between your toes, and make problems like hammer toe, mallet toe, and bone spurs.
- You may experience symptoms of bunions, flat feet, numbness, inflammation, and pain in your heel or ball of your foot (metatarsalgia) when you wear snug-fit throwing shoes.
- Your toes and feet may lose cartilage over time.

RUNNING SHOES VS. THROWING SHOES: DIFFERENCES

Running shoes

- **Waffle pattern sole with Toe spring:** Running shoes typically have outsoles with a cool waffle pattern for grip, plus carbon rubber to help them last longer. They

also feature forefoot flex grooves for extra flexibility. And don't forget about toe spring—the upward curve of the toe box that gives your foot a little boost!

It keeps the toes bent up and helps the foot move forward with each step.

- **Heel to forefoot drop:** The "drop" of a shoe is all about the angle between the heel and the toe. Basically, the steeper the angle, the bigger the drop! Most traditional running shoes have a drop of around 10 mm, which means there's extra cushioning at the back to help absorb impact. These days, though, you'll find a lot of shoes with a lower drop or even no drop at all, making it easier to land on the middle of your foot instead of striking with your heel.
- **Comfortable Fit:** When you're wearing socks, it's a good idea to go for running shoes that are half a size bigger than your regular ones. They should hug your heel and midfoot snugly but still have enough space for your toes to wiggle around. A good rule of thumb is to leave about the width of your thumb between your shoe and big toe. And don't forget, your feet can swell a bit when you exercise, so a little extra room is definitely a plus!

Throwing shoes

- **Flat and smooth shoe bottom:** Most shoes used for throwing have a flat, smooth bottom. Because a shoe with a flat, smooth bottom makes it easier for the thrower to spin smoothly, which helps build up speed before the throw.
- **Lockdown:** Lockdown is an important part of a pair of shoes for throwing because it keeps the foot in place and pushed down into the platform.
- **Tight Fit:** Throwing shoe fits like a glove, which means that there is no room for movement anywhere in it. Everywhere is very tight. There is no edge that slips. Many experts think that athletes, especially throwers, do better when their gear fits like a glove. If you want the clothes to fit like a glove, order a half size smaller than your usual size.

FAQ

What are throwing shoes used for?

Ans: Usually the throwing shoe is used for throwing events such as: shot put, discus, hammer and javelin throwing events.

Why are throwing shoes bad for running?

Ans: There are some features in running shoes that will help you run that you won't find in shoes for throwing. Because of this, running in throwing shoes for a long time can hurt your feet. Also, throwing shoes don't grip the ground very well, so if you run in them, you're more likely to fall.

Can I use throwing shoes instead of lifting shoes?

Ans: The purpose of throwing shoes is to have a low coefficient of friction, so you can spin in them, right? I don't think this shoe would be appropriate for powerlifting, where you need to be screwed into the ground.

How do I stop slipping when running?

Ans: Generally, slipping occurs when you run too fast for the conditions underfoot and your shoes' grip. If you are running in slippery conditions, run somewhere else or wear shoes designed for that kind of setting.

Additionally, a long stride and a heel strike may contribute to this problem. Your center of gravity should be maintained over your feet by taking faster shorter strides and not reaching out so much with your leading leg.

FINAL WORD

So it can be said that if you wear throwing shoes, you can run in it, but it can damage your feet, and you can get major injuries. And remember that your health and well-being depend on shoes that fit you well. Always make sure the shoes you buy fit you well before you buy them.