

### Improving the Performance of Athletic Shoes



ADIDAS™ SPRINGBLADE	NIKE™ LUNARGLIDE 5
<p>Some benefits of this running shoe other than the ascetics are as followed:</p> <ul style="list-style-type: none"> <li>• Instead of <b>vertical energy</b> the absence of the midsole promotes <b>forward (horizontal) energy</b> with the springblades.</li> <li>• Great in times of heat because the upper part provides a “<b>synthetic sock-like Techfit</b>” that feels like a <b>second layer of skin</b>.</li> <li>• The height provides a greater level of <b>cushioning</b>.</li> </ul>	<p>Some benefits of this running shoe other than the ascetics are as followed:</p> <ul style="list-style-type: none"> <li>• There is not that big of a difference compared to the Lunarglide 4.</li> <li>• It is <b>light in weight</b>.</li> <li>• Runner is able to <b>run a few miles</b> due to the <b>cushioning</b></li> <li>• Has a very <b>good grip</b> to provide a <b>comfortable fit</b> to create a <b>stable run</b>.</li> </ul>
*Ideal for those who want something flashy	*Ideal for those looking for a minimalist shoe

While both running shoes provide benefits that benefit its buyer. Once it is worn out the shoe loses its **strength**. The reasoning for this is that the **cushioning** in the shoe loses strength when it is worn all the time, because every time it is worn it is gets **squashed**. It may be worn out **faster** depending on how hard one pushes on each step.

To prevent this, it is best to change your shoes once in awhile to let the cushions get back to the original strength. **But**, make sure the second show has a different shoe design to make sure that your feet do not get to comfortable with one biomechanical shape and is able to allow **different muscles** to work.

Works Cited

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*Nike LunarGlide+ 5*. (n.d.). Retrieved from <http://www.runnersworld.com/shoe/nike-lunarglide-5-mens>