EQUIPMENT / PRACTICAL GUIDE

Shoes and foot preparation

Choose a comfortable setup, test it in training, and arrive with fewer equipment surprises.

Your shoes need to work while you run and during station work. Start with fit, then check shoes, socks, insoles and lacing together. A familiar pair that already works may be the right choice.

Start with fit

Fit shoes later in the day or after activity, with your planned socks. Check width and heel hold. AAOS suggests at least half an inch (about 1.3 cm) ahead of the longest toe, with room to move your toes. [1]

WPL application: Try both shoes and move briefly in them. Extra length will not fix every width problem. Do not tighten harder to compensate for the wrong shape or size. Recheck the fit if you notice repeated rubbing, pressure or toe impact.

Compare what you can observe

Check	Look for this in normal training
Running comfort	Familiar running without persistent rubbing or pressure.
Foot security	No repeated forward sliding or excessive heel movement.
Station control	Controlled sleds, lunges, carries and turns at loads already appropriate for you.
Grip on your surface	Record the surface. Gym grip does not establish grip at every venue.
Repeatability	The same shoe, sock, insole and lacing setup works comfortably again.

This is a WPL coaching checklist, not a validated shoe ranking. Price, a carbon plate or a brand name does not establish suitability. Keep prescribed insoles or footwear changes within your clinician's plan. No setup guarantees freedom from blisters or injury.

SMALL ADJUSTMENTS / SPECIFIC FIT ISSUES

Lacing and socks

Keep the setup that works. Change a lace pattern for a specific issue, then check it gently.

Heel lock: for excess movement

1. Lace normally up to the second-to-last eyelets.
2. Feed each lace through the final eyelet on the same side, leaving a small loop.
3. Cross each end through the opposite loop. Adjust to a comfortable hold, then tie. [2]

A runner's loop may improve hold. It cannot correct every fit problem. Avoid pressure across the top of the foot.

Window lacing: for tongue pressure

1. Lace normally to just below the pressure area.
2. Run each lace straight up its own side to the next eyelet, leaving no crossing over that area.
3. Resume crossing above the window. Recheck comfort and foot security. [2]

> **Comfort is the check**
> Stop if an adjustment causes pain, tingling or numbness. Loosen or remove the provoking setup. If tingling or numbness persists or keeps returning, seek medical assessment. [5]

Choose socks with the shoe

Use well-fitting, moisture-wicking sports socks. Smooth out folds and check that their thickness leaves enough room. Change damp socks when practical; pack a familiar spare pair. [3, 4]

Grip socks and toe socks are options to test, not essential upgrades. Some athletes find two layers useful, but extra volume changes fit. Keep any option only if comfortable with your shoes; do not use extra grip or layers to hide a sizing problem. [3; WPL application]

Your check: After a short easy trial, note heel movement, pressure and rubbing. Change one part at a time when practical so you can tell what helped.

WPL COACHING APPLICATION

Test the complete setup

Familiarization should fit your training plan. It should not become an extra hard workout.

Begin with short use. Move on when the previous step was comfortable during the session and afterward. Repeat, shorten or pause as needed. This guide does not prescribe a minimum number of sessions. [4; WPL application]

Stage	Use your normal training	Record
1 / Easy movement	Walk, then a short easy part of a familiar session.	Toe room, heel movement, pressure, rubbing.
2 / Station practice	Controlled movements at loads you already tolerate.	Grip, foot security, lace comfort.
3 / Station then run	A suitable station-and-run combination in your planned socks and lacing.	What changes with warmth, sweat and fatigue.
4 / Repeat	Repeat a comfortable setup in representative training.	Whether it works again without new problems.

Do not retest irritated skin on an arbitrary 72-hour schedule. Let healing and symptoms guide the next step. Near race day, use a proven setup instead of adding extra tests to race week. **These stages are WPL coaching guidance, not a validated HYROX footwear protocol.**

Respond to rubbing early

Stop and inspect when rubbing becomes uncomfortable or skin turns red. A secure soft dressing or a familiar friction-reducing product may help on intact areas that tend to rub. Test the combination first. [3]

If a blister develops, keep it clean and covered. Do not deliberately burst it or remove its skin covering. Avoid the shoe or equipment that caused it until healed; a pharmacist can advise on dressings. Seek medical advice for severe or increasing pain, warmth, pus, spreading redness or recurring troublesome blisters. [4]

Pain and numbness are not a break-in target. Stop the provoking activity. Persistent or recurring symptoms need assessment. If you have reduced sensation or an existing foot condition, follow your clinician's footwear and skin-care plan. [5; WPL application]

PRINT / CHECK / PACK

Your race setup

Complete this before race week; use the final check with your familiar warm-up.

- ☐ I have tested this exact shoe, sock, insole and lacing combination.
- ☐ I can move comfortably without unresolved rubbing, pressure or toe impact.
- ☐ The outsole, upper and laces are in usable condition.
- ☐ My warm-up confirms a secure, comfortable fit; I can adjust it if needed.
- ☐ I packed familiar spare socks and any skin protection I already use.
- ☐ I checked current event instructions for my race equipment.

Shoe and size

Socks and insoles

Lacing and tested skin protection

Last comfortable check / one issue still to resolve

Sources and scope

Adapted from WPL Race Prep Resources Pack, pp. 5-25. Sources checked 21 October 2026. Sources support general fit, lacing and skin care; WPL supplies the training application.

[1] AAOS - Athletic Shoes

[2] ASICS - How to Lace Running Shoes

[3] AAD - How to prevent and treat blisters

[4] NHS - Blisters

[5] NHS - Pins and needles

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