

# Breaking-in PaleoShoes™



**PaleoShoes** may require six or more weeks to adapt and mold to the foot's pressure points. Several adjustments will be needed as the laces gradually settle into a comfortable final position. A slow break-in builds the calluses needed to avoid and minimize blisters and hot spots. **Allowing your PaleoShoes** sufficient time to comfortably mold to the contours of your feet speeds the process.

## 1) Adjust Forefoot Lace Pressure:

Decrease forefoot lace pressure by **Pulling Up** on the portion of lace passing from the big toe through the outside eyelet.

## 2) Center the Foot on the Shoe:

Move the Foot Forward on the footpad by gripping the portion of the lace passing through the inside eyelet near the logo then **Pull Up**.

## 3) Check Adjustment:

Pull lace to the heel. See picture for correct adjustment.

## 4) Finalize a Firm Comfortable Fit:

Adjust the lace as it passes through the cord lock. For more secure fit move the knot tight against cord lock.



## PaleoShoes Workouts:

Walk barefoot for the first part of the workout then jog back in your PaleoShoes. Slowly increase the distance as your feet and legs adjust to the sandals and feel comfortable to complete the transition.

## Worn Laces:

As mileage accumulates laces will begin to fail at the point where they cross over themselves. We advise replacing them when they fray or if any of the internal strands break.

Let's Run Forever, Barefoot...with Sole®