



**RUNNING SHOE**  
LACING TECHNIQUES

**Heel slipping**

*Gives you a compact fit and keeps your heel in place*



**Toe pains**

*Gives your toes more space - no more black toenails*



**Wide forefoot**

*Opens up and gives your forefoot more space*



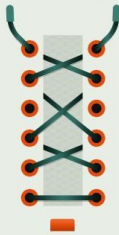
**Wide feet in general**

*Loosens the entire shoe and gives your feet space*



**Narrow feet**

*Tightens the shoe more than usual techniques*



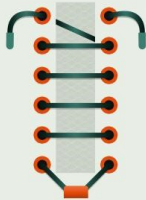
**Narrow heel + wide forefoot**

*Open up or tighten where necessary - that's the secret*



**Too tight on top**

*Feel pressure near the laces? Loosen up like this*



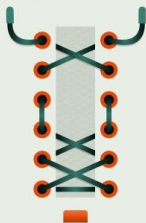
**One area too tight**

*If one area is too tight, you can always loosen up*



**High midfoot**

*By skipping one or two laces, you give your midfoot space*



**High arches**

*Having high arches? This lacing technique will help*



**Flat feet**

*A pulled-up loop provides a great support for flat arches*



**Swollen Feet**

*Perfect technique to secure your feet and keep them comfy when they swell*

