

Treadmill running or walking generally causes less shoe wear compared to outdoor running, due to the softer, more consistent surface of the treadmill belt. **However**, shoes still wear down, especially in specific areas due to the repetitive nature of treadmill workouts. The key is to monitor for signs of wear like midsole compression and outsole degradation, regardless of the running surface. Elaboration:

- **Reduced outsole wear:**

The softer surface of a treadmill reduces the abrasive effect on the outsole, leading to slower wear compared to outdoor running on rougher surfaces like asphalt or concrete.

- **Midsole compression:**

While the treadmill belt is softer, it still puts repetitive stress on the shoe's midsole (the cushioning layer). This can cause the midsole to compress and lose its cushioning properties over time, even if the outsole looks relatively intact.

- **Specific wear patterns:**

Treadmill running tends to create more focused wear patterns on the shoe, particularly in areas where the foot consistently impacts the belt. For example, if you tend to land on your heel, you might see more wear in that area.

- **Importance of proper shoes:**

While treadmills are gentler, it's still important to wear appropriate shoes with sufficient cushioning and support, especially for longer or more intense workouts.

- **Signs of wear:**

Pay attention to the same signs of wear you would look for in any running shoe, including excessive midsole compression (feeling like the shoe is "bottoming out") and visible outsole degradation (worn-down areas, especially on the heel and forefoot).



Treadmill is extremely repetitive movement and can cause shoe to wear quickly on one spot i.e in this picture the lateral section of toe box and rest of the shoe will be totally fine. Best advice is slow and slight elevation to be more neutral.