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## How to Choose a Running Tight: Our Top 4 Tips

Learn about the design features of running tights and the factors to consider when selecting the right pair for your needs. Published: September 14, 2022



A running tight is a versatile piece of performance apparel that can be worn year-round and serves a wide range of functions. From providing breathable, chafe-free comfort and muscle support to offering added warmth, visibility, and storage space, the running tight is a staple in any athlete's wardrobe. At Running Warehouse, we carry a wide selection of men's and women's tights to accommodate sizing, length, functionality, and personal style. Here are our top four tips to keep in mind when choosing a pair of running tights.

### Tip #1: Choose a Tight for Your Specific Weather Conditions



When running outdoors, weather conditions will dictate the kind of material and the length of tights that are optimal. In colder weather, look for running tights with thicker material for thermal insulation, such as a brushed fleece interior that will keep you comfortably warm while wicking moisture and offering breathable comfort. Full-size or 7/8-length tights (that rest just above the ankles) offer full coverage, ensuring your legs stay protected in chilly weather. On those rainy runs, select a tight with a wind- and water-resistant finish to keep you dry and prevent moisture saturation. For added warmth and to preserve modesty, some runners prefer wearing linerless shorts over their tights, a popular layered look among athletes.



Conversely, when running in warmer weather, shorter-length tights, such as women's capris that hit just below the knee or men's 3/4 that hit mid-calf, allow for cooling airflow while protecting your skin from sun exposure. Many tights also feature perforations for added breathability and ventilation and are made with moisture-wicking fabric to keep the sweat at bay.

### Tip #2: Find the Right Fit



While the name suggests how running tights should fit (tight), they should not feel confining and restrictive. The stretchy fabric should feel comfortably snug, like a second skin, hugging your waist and hips while supporting mobility and offering light compressive muscle support (which increases blood flow and circulation for overall flexibility). The body-hugging fit also helps reduce irritation or chafing and protects against windchill, which are issues experienced with looser-fitting running shorts.

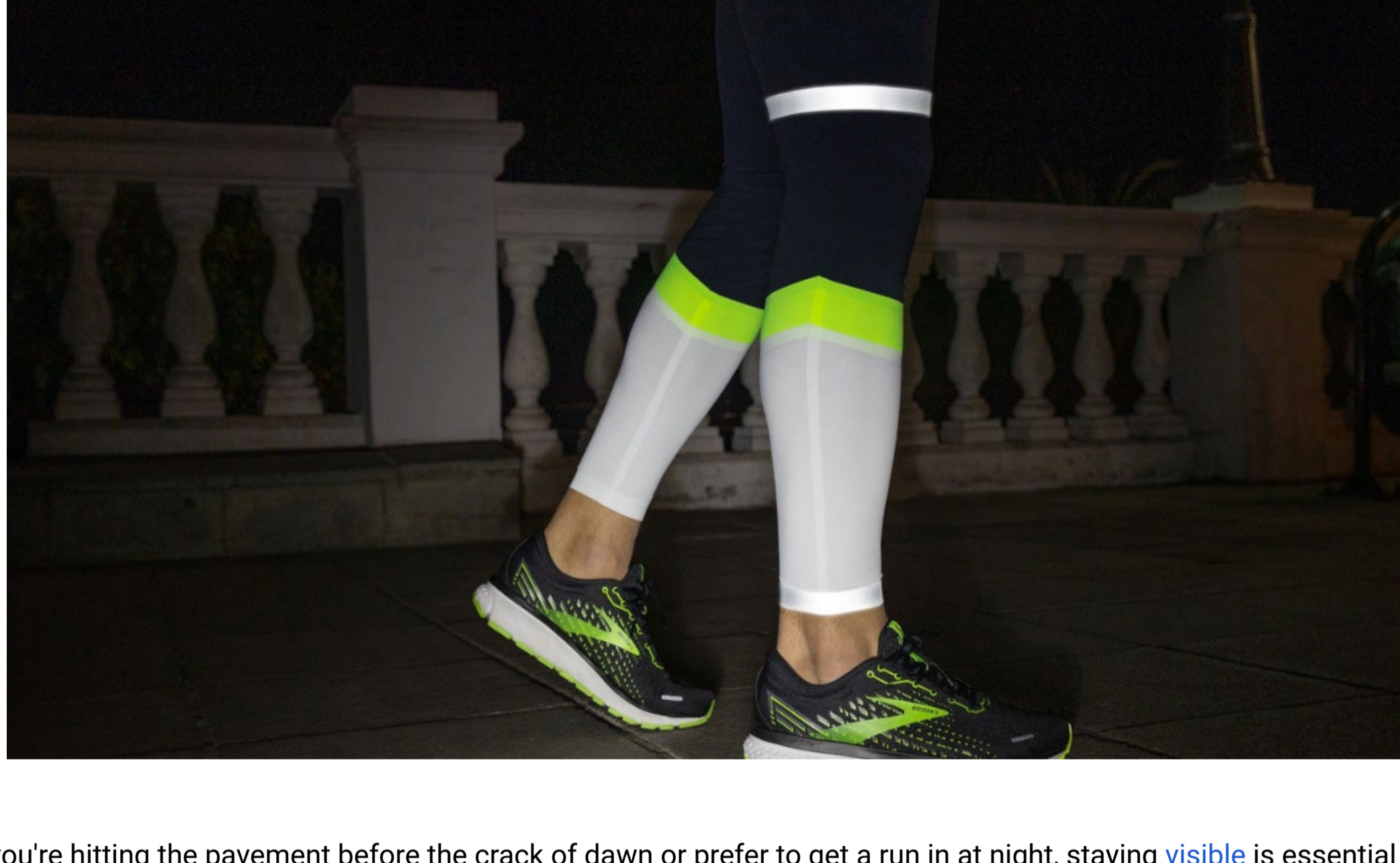
Rubberized grips are a common feature of running tights that aid in a stay-put fit, preventing the tight from moving up and down your leg when running. To further prevent any slippage, look for tights with internal drawcords or external drawstrings on the waistband. Most waistbands are typically flat and wide for a flattering silhouette, and having adjustability ensures a secure fit, eliminating any discomfort or distractions while running. Some tights may feature ankle zippers for quick and easy on and off wear pre- and post-run.

### Tip #3: Decide How Much Storage You Want



When you don't want to feel weighed down by gear on your back or chest, pockets are a great feature to look for in running tights, allowing you to store your essential items on the go for a hands-free run. Some tights have an external rear zipper pocket for securely holding smaller items such as keys. Side hip pockets are optimal for stowing your phone without hindering leg mobility, while internal waistband pockets come in handy on the trail or during long runs for quick access to nutrition and gels.

### Tip #4: Look For Reflectivity If Running In Low-Light Conditions

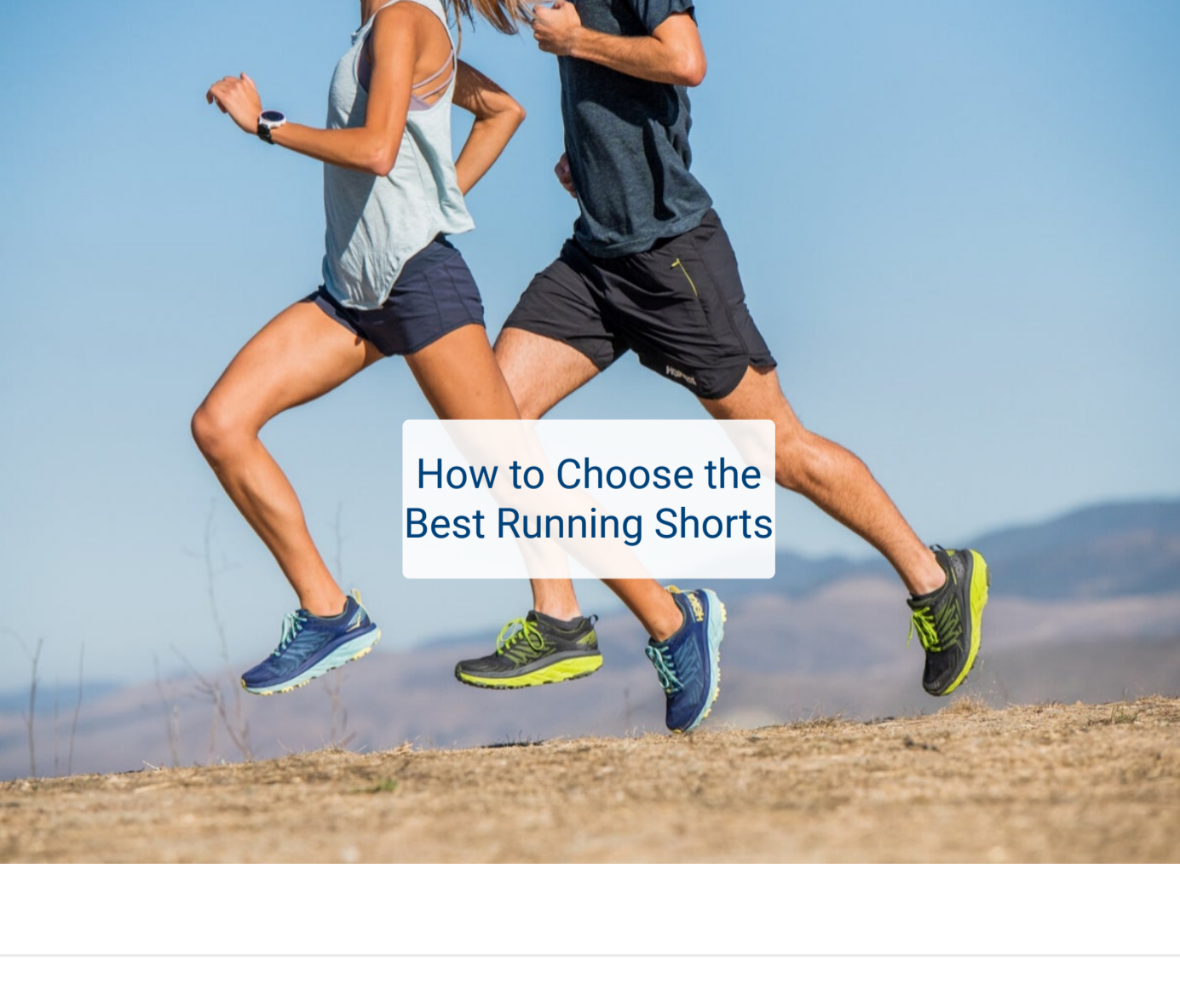


Whether you're hitting the pavement before the crack of dawn or prefer to get a run in at night, staying visible is essential for overall safety when training outdoors. Running tights are a great place to incorporate reflectivity, ensuring you are spotted by passing motorists due to their positioning on the body. Most running tights have reflective elements on the front, sides, or back for added visibility. Whether it's brands logos, strips, or stripes on the lower leg, these reflective features keep you easily seen in dim, low-light conditions or on those shorter wintry days. To help you further stand out, select tights with bright, hi-vis colors, which also deliver a bit of pop and fun to your run!

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Written by Caroline  
Caroline is a lifelong, avid runner who enjoys the outdoors. Whether on the road or on the trail, running or hiking, being surrounded by the sights and sounds of nature is her ultimate happy place.

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