Best Men's Long Sleeve Running Shirts of 2024

Updated: April 11, 2024

From lightweight coverage and sun protection to cozy warmth, a technical long-sleeve shirt is a necessary staple in any runner's wardrobe. Whether you're looking for a performance piece for racing or training, or just need a comfortable alternative to a short-sleeve tee, we've rounded up our top picks for men's long-sleeve shirts. While they may seem simple, the performance tops feature thoughtful details such as thumbholes or watch windows, technical odor-resistant fabrics, and half-zip options for temperature regulation. Put the latest and best pieces currently for sale to big release day for your needs.

How We Made Our Picks

At Running Warehouse, our team of runners leans out a wide range of products to find the best gear. The following list is a compilation of our staff favorites and customer favorites for men's long-sleeve running shirts, whether you are looking for a sun protection during hot weather or warmth during chilly runs.

Best Men's Long Sleeve Running Shirts of 2024
ratio6 UPF Deflector 2.0
ARCTERYX Cormac Hoodie
Patagonia Capilene Cool Daily Long Sleeve
Brooks Atmosphere 2.0 Long Sleeve
ratio6 EZ Tee Long Sleeve
Vuori Ponto Performance
Craft Gain Midlayer
Sapphy Pace Long Sleeve
Under Armour ColdGear Armour Fitted Crew

Best For Sun Protection

ratio6 UPF Deflector 2.0

If you're looking for superior sun protection, ratio6's UPF Deflector 2.0 is the online do-to-shirt. With UP 50 rating and a lightweight, breathable fabric that dries quickly, this shirt is ideal for long runs in the sun. Thumbholes provide additional sun protection, pure bags, and pulls from the sun, and the material (UPF) with thumbholes offer added coverage and a snug fit. Whether you're a little, a lightweight, or a middleweight, this performance top features convenient watch windows on both wrists and a half-zip option for ventilation. Plus, the material is odor-resistant and quick-drying, so you can wear the shirt for running, while the UPF Deflector delivers an optimal layer of sun protection without overheating breathability.

Highlights

- UPF 50 rating
- Scuba-style hood with brim
- Lower cut performance under arms
- Thumbholes with watch windows on both wrists
- Zipper pocket on right side for keys, nutrition
- Half-zip neck for coverage
- Raglan sleeves
- Reflective logo
- Semi-relaxed fit
- Ultra-lightweight, breathable, quick-drying
- Sustainably made

ratio6 Men's Deflector 2.0 UPF
$75.00

ARCTERYX Cormac Hoodie

Whether you're going for a cool run or climbing mountains, the ARC'TERYX Cormac Hoodie offers maximum sun protection in all year outdoor exercise. This long-sleeve has a UPF 50+ rating and a high neckline for added coverage with minimal skin exposure and a zipper pocket for keeping the keys and cash on a long run. With pretty friendly seams and a helmet-compatible hood, this shirt is your perfect companion for exploring the outdoors in ultimate comfort.

Highlights

- UPF 50+ rating
- Brimmed helmet-compatible hood
- Thumbholes
- Higher neck for coverage
- Breathable material, low profile seams for carrying pack
- Regular fit
- Moisture-wicking, odor-resistant Polartec LT fabric
- Sustainably made, Fair Trade certified

Women
ARC'TERYX Men's Cormac Hoodie
$99.00

Women
ARC'TERYX Men's Cormac Hoodie
$99.00

Patagonia Capilene Cool Daily Long Sleeve

Our go-to long sleeve for everyday wear and coverage against sun exposure, Patagonia's Capilene Cool Daily offers the comfort and versatility you need on your outdoor adventures. This long-sleeved shirt features lightweight, stretchy material that is velvety smooth to the touch and helps keep you comfortable in a wide range of temperature. The anti-odor technology keeps the shirt fresh even after a long run, and the UPF 50 rating provides additional sun protection when you're down the remainder of workouts. Serve up as a base layer or as a stand-alone top on warm days, the Capilene Cool Daily is an staple that pairs well with your running gear. Sustainably made, the technical tee comes in a variety of fun colorways and solid or graphics are low-key.

Highlights

- Crew neck with set-in sleeve construction
- Graphic design
- Lightweight, velvety smooth, stretchy material
- ineo Mini odor control
- Chafe-free seams
- Quick-drying
- Sustainably made, Fair Trade certified

Patagonia Men's Capilene Cool Daily Long Sleeve
$55.00

Patagonia Men's Capilene Cool Lightweight Crewneck Shirt
$45.00

Patagonia Men's Capilene Cool Lightweight Crewneck Shirt
$45.00

Patagonia Men's Capilene Cool Daily Graphic Shirt
$55.00

Brooks Atmosphere 2.0 Long Sleeve

Another great street staple for sun protection, the Brooks Atmosphere 2.0 Long Sleeve is a solid base layer that offers you the ultimate in comfort and versatility. Made from a soft, stretchy, and quick-drying fabric, this shirt is ideal for long runs or anything that's on your workout rotation. With a classic raglan sleeve design for enhanced mobility and thumbholes for a snug fit, the Atmosphere is a reliable and affordable performance shirt that has your back.

Highlights

- UPF 50+
- Thumbholes
- Updated operable blend for mobility
- Crew neck
- Raglan sleeves
- Hanger loop
- Odor-resistant, sweat-wicking, quick-drying fabric
- Sustainably made

Brooks Men's Atmosphere Long Sleeve 2.0
$[illegible] - $[illegible]

Brooks Men's Long Atmosphere Long Sleeve 2.0
$[illegible] - $[illegible]

Best for Cooler Weather

ratio6 EZ Tee Long Sleeve

A staff favorite around our Running Warehouse offices, the ratio6 EZ Tee Long Sleeve is a soft and comfy that you won't want to take off, even after your run! This classic crew neck tee features raglan sleeves for unrestricted arm movement and sweat-wicking materials that perform exceptionally well during grueling workouts. Lightweight and versatile, this long-sleeve tee is a great option for cool weather workouts, and it's also a great layering piece for colder days. Available in a variety of muted colors, this tee is also a great option for any runner.

"Lightweight between the short and long sleeve versions depending on the temps, tee this is my go-to shirt for running, hiking, skiing, and snow boarding. The fabric feels buttery soft against my skin. I don't think I could ever leave home for the comfortable!" David, Running Warehouse Marketing Manager

Highlights

- Buttery soft feel
- Lightweight
- Crewneck
- Raglan sleeves
- Reflective logo
- Tailored fit
- Quick-drying

ratio6 Mens Crew EZ Tee Heather Long Sleeve
$[illegible]

ratio6 Mens Crew EZ Tee Heather Long Sleeve
$[illegible]

ratio6 Mens Crew EZ Tee Heather Long Sleeve
$[illegible]

ratio6 Mens Crew EZ Tee Pull Long Sleeve
$[illegible]

Vuori Ponto Performance

If you want an ultra-soft and luxe long sleeve for all-day wear, look no further than the Ponto Performance from Vuori. This cozy top has a lightweight, sweat-wicking, four-way stretch material for multi-directional movement. The half-zip design, with a comfy hood and a kangaroo pocket, allows you to manage your airflow and warmth as desired, while the crew neck option provides a classic look. Plus, the fabric is UPF 50+ rated, so it's ideal for long runs in the sun. Available in several popular colors, this top is stylish enough for everyday wear. It's good-looks weren't enough to sway you already, this versatile long sleeve is available in a range of staple colors and is sure to become a favorite in your wardrobe.

Highlights

- Half zip and crew neck options
- Soft brushed knit fabric
- Kangaroo pocket on Half Zip, zip pocket on Crew
- Attached hood
- Lightweight, sweat-wicking, four-way stretch material
- Athletic fit
- Sustainable

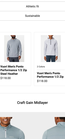
Vuori Men's Ponto Performance Crew Midnight Heather
$[illegible]

Vuori Men's Ponto Performance Crew Steel Heather
$[illegible]

Vuori Men's Ponto Performance Crew Heather Light Blue
$[illegible]

Vuori Men's Ponto Performance Crew Heather Light Blue
$[illegible]

Craft Gain Midlayer



A versatile half zip midlayer, the Craft Gain is designed with super soft and toasty materials to keep you warm on your cooler weather runs. With its relaxing performance fabric and a comfortable brushed interior, this is the perfect outer layer when working out in breezy temps. Should the sun emerge mid-run, the half-zip construction with a zipper garage allows for temperature regulation without stopping to remove a layer. Plus, the fabric is also stretchy and pilling, the Craft Gain Midlayer packs fashion and functionality into one comfy-cozy package.

Highlights

- Half zip
- Soft, lightly brushed interior
- Zipper garage
- Stylish color options
- Moisture-transport

Craft Mens CORE Gain Midlayer
$[illegible]

Craft Mens CORE Gain Midlayer
$[illegible]

Craft Mens CORE Gain Midlayer
$[illegible]

Craft Mens CORE Gain Midlayer
$[illegible]

Sapphy Pace Long Sleeve

A strong contender for one of the best performance tees of the year, the Sapphy Pace Long Sleeve takes an ease to tees up and hit the road. This lightweight crew neck has a brushed interior for softness and comfortable coverage in moderately cool temps. Plus, the material is quick-drying and UPF 50+ rated, so it's ideal for long runs in the sun. Available in a variety of muted and pop colors, this tee offers a comfortable design and fabric combo that's ideal for recreational sports and performance. The Sapphy Pace Long Sleeve is a great choice. Pair this sleek top with Sapphy's matching Pace shorts for skilled flair.

Highlights
Crew neck, raglan sleeves
Brushed interior for softness
Logo branding
SAYSKYDRY lightweight, moisture-wicking, stretchy fabric
Sustainably made

2 Colors

Saysky Men's Core Clean Pace Long Sleeve Tee
$77.00

2 Colors

Saysky Men's Core Clean Pace Long Sleeve Tee
$77.00

2 Colors

Saysky Men's Logo Pace Long Sleeve
$77.00

2 Colors

Saysky Men's Logo Pace Long Sleeve
$77.00

Under Armour ColdGear Armour Fitted Crew

For runners who enjoy the feel of a fitted base layer, the Under Armour ColdGear Armour Fitted Crew is a great pick. This long sleeve features a dual-layer fabric with a brushed interior and a quick-drying exterior, ensuring you stay warm and dry without the bulk. The ventilated panels in the underarms help keep you from overheating when you start to pick up the pace, while the stretch mesh back delivers cooling airflow and breathability. This crew neck top has an ergonomic design to keep seams off of high-abrasion areas, and its four-way stretch material enables unrestricted movement for a distraction-free run.

Highlights
Dual-layer fabric
Warm brushed interior
Fast-drying exterior
Stretch mesh back and ventilated panels in underarms
Sweat-wicking, four-way stretch material
Dropped hem
Ergonomic seams for abrasion-resistance

3 Colors

Under Armour Men's Core ColdGear Armour Fitted Crew
$55.00

3 Colors

Under Armour Men's Core ColdGear Armour Fitted Crew
$55.00

3 Colors

Under Armour Men's Core ColdGear Armour Fitted Crew
$55.00

Shop Featured Men's Long Sleeve Running Shirts

Best Seller

Patagonia Men's LS Capilene Cool Graphic Shirt Grey
$59.00

2 Colors

ARC'TERYX Men's Cormac Hoodie
$90.00

2 Colors

ARC'TERYX Men's Cormac Hoodie
$90.00

Brooks Men's Core Atmosphere Long Sleeve 2.0
$46.95 ~~$52.00~~ *

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Men's Long Sleeves

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Men's Long Sleeves

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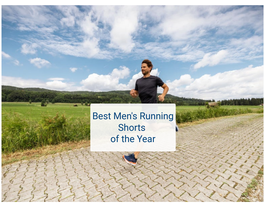

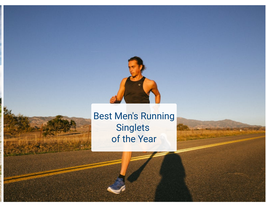

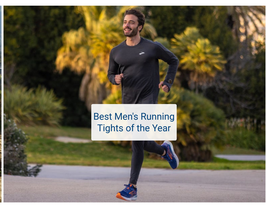

Written by Caroline

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.

*Price comparisons are based on the Manufacturer's Suggested Retail Price ("MSRP") or Original Selling Price. Actual sales may not have occurred at this price.
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