The 5 Best Women's Running Shoes of 2024

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Whether you enjoy long trips around the neighborhood, checking in miles on the road or trails, are training for a 5K or a marathon, or concentrating on the gym, wearing the right pair of running shoes makes all the difference when it comes to comfort and performance. For female runners especially, having comfortable running shoes is an important as selecting the right sports bra.

Choosing the Best Running Shoe

Running shoes, as opposed to sneakers, have specialized technology to help you run more efficiently and prevent injury. From everyday training to off-road adventures, choosing the best running shoe depends on the kind of running you want to do and the terrain you will be running on. Road runners need a lightweight, cushioned shoe with a durable outsole for pavement, while trail runners need grip and durability in rugged conditions (such as rocky, dirty, or muddy trails). Learn more about the specific features of each shoe and what to look for in your search. Click to Choose a Trail Running Shoe. For road running, remember everyday trainers provide cushioned support and impact protection, while lightweight racing shoes help with increased energy return for a more propulsive ride.

Do You Need Added Stability?

Running shoes also come in neutral or stability options. Stability shoes are designed to correct overpronation in runners where the foot rolls too far inward when landing. This can be a sign of weak ankle or foot muscles, or simply a result of how your feet are built (you. The shoe should very comfortably accept your foot and provide support your specific foot shape (arch, ankle, and toe box). Discover how to accurately measure your foot size and find your width in our article How to Find Your Running Shoe Size and Fit.

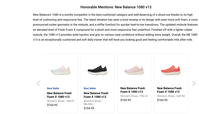
How We Made Our Picks

Here at Running Warehouse, our group of experts have been tested and tested all the latest running shoes to discover the best options available for women's specific running needs. Whether you're looking for plush comfort for daily mileage, durable traction for the trail, or cushioned speed for race day, our guide will help you find the perfect shoe for your next run. Check out our list of the best women's running shoes of 2024 below:

The Best Women's Running Shoes of 2024	
Shoe Type	**Our Picks**
Best Cushioned Running Shoe Plush cushioning and a comfortable ride	HOKA Clifton 9
Best Stability Stable and protective	Brooks Adrenaline GTS 23
Best All Around Blends cushioning and responsiveness	ASICS Novablast 4
Best Trail Durable trail workhorse	HOKA Challenger 7
Best Racing Fast and efficient for peak performance	Nike Zoom Alphafly Next% 3

Best Cushioned Running Shoe

HOKA Clifton 9



A soft yet light daily trainer, the HOKA Clifton 9 is a highly cushioned, neutral running shoe that performs at any distance. With a comfortable upper and a well-cushioned midsole, the Clifton is a perfect everyday option for runners of all levels. From runners to elite athletes, it's no wonder this classic has a reputation for reliability and remains a favorite for its ultra-smooth ride. The latest iteration features an additional 2 mm foam in the heel height while weighing less for a better overall ride experience. For a glossy, soft cushioning that is inviting on every step, the HOKA Clifton 9 Women's is ideal for both performance and ultra-comfort, which is why it gets our vote as the best cushioned running shoe of the year.

HOKA Clifton 9	HOKA Clifton 9	HOKA Clifton 9	HOKA Clifton 9
Women's Shoes - Black / White	Women's Shoes - Blue Graphite / Stellar Blue	Women's Shoes - Cloud Blue / Airy Blue	Women's Shoes - Black / Black
$140.00	$140.00	$140.00	$140.00
Shop Women's Clifton 9			

Honorable Mentions: New Balance 1080 v13

New Balance's 1080 is another big competitor in the neutral cushioned category and will delighted fans of a brand Hoka is no longer fond of (cushioning and responsive feel. The latest iteration has seen a total revamp in its design with even more soft foam, a more pronounced rocker geometry, and a comfortable fit. Another fan-favorite feature is the heel counter. The updated midsole features an elevated heel of Fresh Foam X compound for a plush and more responsive feel underfoot. Finished off with a lighter rubber outsole, the New Balance 1080 v13 is a comfortable and well-cushioned option for everyday training. Check out our full review of the 1080 v13 for an unexpectedly cushioned and soft ride(s) frame that will have you lacking good and feeling comfortable after miles.

Best Seller New Balance Fresh Foam X 1080 v13	Best Seller New Balance Fresh Foam X 1080 v13	New Balance Fresh Foam X 1080 v13	New Balance Fresh Foam X 1080 v13
Women's Shoes - Sea Salt / Moonscape	Women's Shoes - Black / Black	Women's Shoes - Sea Salt / Sea Salt	Women's Shoes - Black / Black
$164.95	$164.95	$164.95	$164.95
Shop Women's New Balance 1080 v13			

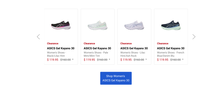
Honorable Mentions: HOKA Bondi 8

Extremely plush without feeling heavy, the Bondi is the most cushioned shoe in HOKA's lineup and merits special recognition in this list. Cushioned with a generous 32 mm heel and 28 mm forefoot, it's an ideal rolling ride for the crew, offering maximum cushioning, comfort, and unlefuel protection (including the rocker geometry). For long runs and recovery days, the Bondi 8 delivers a smooth and balanced ride over any distance.

Best Seller HOKA Bondi 8	New HOKA Bondi 8	HOKA Bondi 8	HOKA Bondi 8
Women's Shoes - Stellar Blue / Airy Blue	Women's Shoes - Black / White	Women's Shoes - Cloud Blue / Airy Blue	Women's Shoes - Black / Black
$170.00	$170.00	$170.00	$170.00
Shop Women's Bondi 8			

Best Stability Running Shoe

Brooks Adrenaline GTS 23

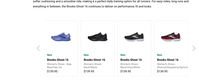


For a low-profile stability shoe that is versatile, supportive, and stylish, the Brooks Adrenaline 23 delivers on all counts. With its ultra-straight, comfortable cushioning, and reliable support, it's no surprise that the Adrenaline has been the go-to shoe for so many runners for decades. The latest iteration has been a total revamp in its design with even more soft foam, a more pronounced rocker geometry, and a comfortable fit. Another fan-favorite feature is the heel counter. The updated midsole features an elevated heel of Fresh Foam X compound for a plush and more responsive feel underfoot. Finished off with a lighter rubber outsole, the Brooks Adrenaline GTS 23 is an unexpectedly cushioned and soft ride(s) frame that will have you lacking good and feeling comfortable after miles.

Best Seller Brooks Adrenaline GTS 23	Best Seller Brooks Adrenaline GTS 23	New Brooks Adrenaline GTS 23	Brooks Adrenaline GTS 23
Women's Shoes - Black / White	Women's Shoes - Blue / Blue	Women's Shoes - Pink / Pink	Women's Shoes - Black / Black
$140.00	$140.00	$140.00	$140.00
Shop Women's Brooks Adrenaline GTS 23			

Honorable Mentions: HOKA Arahi 7

The HOKA Arahi has been a loyal Women's Running Shoe favorite for many years, including one of the most popular stability options on the market. Before the Arahi, components had to run heavy rigid shoes, but then the game changer came along. With a smooth, natural ride thanks to its J-frame design (eliminating very harsh medial posting) and lightweight, comfortable construction, the Arahi is a breath of fresh air for overpronators. Newly updated with an engineered flex for improved midfoot kinklessness, and a plushier tongue with a stretchy dual-gusset beneath the lace line for a snug grip, the Arahi 7 continues to be a fan favorite in the stability shoe category.



Best Seller HOKA Arahi 7	Best Seller HOKA Arahi 7	New HOKA Arahi 7	HOKA Arahi 7
Women's Shoes - Stellar Blue / Airy Blue	Women's Shoes - Black / White	Women's Shoes - Cloud Blue / Airy Blue	Women's Shoes - Black / Black
$140.00	$140.00	$140.00	$140.00
Shop Women's HOKA Arahi 7			

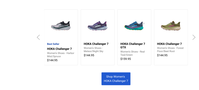
Honorable Mentions: ASICS Gel Kayano 30

The Gel Kayano 30 is an ASICS legendary stability shoe with a stability silhouette for only more. With an ultra-support system and a softer ride, the Kayano 30 is ready to help overpronators on their daily runs. The latest iterative features a new 4D GUIDANCE SYSTEM for adaptive stability and a more supportive and balanced ride, a revamped FF BLAST PLUS ECO midsole with an additional 3 mm stack height of added cushioning, and a more durable and eco-friendly Pure Gel heel cushioning and a smoother ride. With more cushioning, support, and protection, the Kayano is a confirmedly reliable and fun stability option.

Clearance ASICS Gel Kayano 30	Clearance ASICS Gel Kayano 30	Clearance ASICS Gel Kayano 30	Clearance ASICS Gel Kayano 30
Women's Shoes - Black / White	Women's Shoes - Black / Black	Women's Shoes - Pink Sulphur / Pink Sulphur	Women's Shoes - Black / Black
$170.00 $140.00	$170.00 $140.00	$170.00 $140.00	$170.00 $140.00
Shop Women's ASICS Gel Kayano 30			

Best All-Around Running Shoe

ASICS Novablast 4



Bouncier and lighter with a comfortable fit, ASICS Novablast 4 is a highly efficient performance trainer that is one of the most versatile shoes on the market. Inspired by the iconic GEL-NIMBUS® 25 and FLYTEFOAM technology, the latest iteration has the same smooth and bouncy ride but in a more sustainable package. Added foam in the forefoot and a pronounced rocker and extended plate group delivers more bounce and energy with every step. The engineered mesh upper offers ventilation and durability with the soft, premium feel and adaptable breathability. Sustainably made, the ASICS Novablast gives runners a cushioned and responsive ride that is versatile for everyday training and even some speedier days. Check out our full review of the Novablast 4 for a deep dive into comfort and durability. Our Novablast 4 is the best all-around shoe for the runner looking to amplify her performance.

Best Seller ASICS Novablast 4	Best Seller ASICS Novablast 4	ASICS Novablast 4	ASICS Novablast 4
Women's Shoes - Cream / Cream	Women's Shoes - Black / Black	Women's Shoes - Pink Sulphur / Pink Sulphur	Women's Shoes - Black / Black
$140.00	$140.00	$140.00	$140.00
Shop Women's ASICS Novablast 4			

Honorable Mentions: Brooks Ghost 16

With its soft yet responsive cushioning, the Ghost 16 is a versatile shoe that offers a smooth ride that you can take from the gym to your longer workouts on the road. Thanks to its stable and supportive upper and excellent cushioning, the Ghost is a staff favorite and the most popular neutral, everyday running shoe in the Brooks lineup. In the newest model, the Ghost 16 offers even more cushioning and a smoother ride, making it a perfect daily training option for all runners. For easy miles, long runs and everything in between, the Brooks Ghost 16 continues to deliver on performance, fit and ride.

New Brooks Ghost 16	New Brooks Ghost 16	Brooks Ghost 16	Brooks Ghost 16
Women's Shoes - Sea Glass / Ice Flow	Women's Shoes - Black / Black	Women's Shoes - Blue Graphite / Cloud Blue	Women's Shoes - Alloy / Lilac Sachet
$140.00	$140.00	$140.00	$140.00
Shop Women's Brooks Ghost 16			

Honorable Mentions: Nike Zoom Pegasus 40

A perennial classic, the Nike Zoom Pegasus has been a staple in the running shoe category for years, and the 40 edition proves that everything that was working has been kept in the latest iteration. With a bouncier feel and an overall improved ride, the Pegasus 40 is a versatile shoe that can handle everyday miles, speedy workouts, and even some tempo runs. Its versatile performance is supported by a comfortable fit, the Pegasus provides a responsive ride, lower proportions for a softer feel, and more bounce and durability. The latest iteration has a new engineered mesh upper for improved foot control and breathability. The shoe's versatility extends to its stylish design, which looks great at the gym, on afternoon errands, or when paired with casual everyday clothes.

Nike Pegasus 40	Nike Pegasus 40	Nike Pegasus 40
Women's Shoes - Light Iron Ore / Sail	Women's Shoes - Black / White	Women's Shoes - Light Iron Ore / Sail
$130.00	$130.00	$130.00
Shop Women's Nike Pegasus 40		

Best Trail Running Shoe

HOKA Challenger 7

Delivering comfortable cushioning and protection on full-on adventures, the HOKA Challenger is our top trail running shoe that can really do it all. Its HOKA's Gold trail-to-trail shoe, the Challenger has been revamped from top to bottom for a softer, plushier unlefuel experience that you can enjoy day after day. With an updated mesh upper for an improved fit and a redesigned lug pattern, the Challenger delivers amazing traction on all types of terrain. Whether you want a reliable daily trail shoe or a cushioned workhorse for training or mileage during long races on cross-country or ultra-trails the HOKA Challenger rises to the challenge.

Best Seller HOKA Challenger 7	HOKA Challenger 7	HOKA Challenger 7 GTX	HOKA Challenger 7
Women's Shoes - Stellar Blue / Airy Blue	Women's Shoes - Black / White	Women's Shoes - Black / Black	Women's Shoes - Forest / Forest
$140.00	$140.00	$160.00	$140.00
Shop Women's HOKA Challenger 7			

Honorable Mentions: Topo Ultraventure 3

For runners and hikers looking for a lightweight trail runner with a smooth and cushioned ride on terrains ranging from easy to technical terrain, the Topo Ultraventure is an optimal choice. Offering enhanced cushion and protection for long trail runs, the Ultraventure features generous room for toe spacing with updated Zipfoam cushioning for the midsole that provides a lighter, softer, and more responsive unlefuel experience, along with a new Vibram outsole that seeks an weight and increases flexibility. For a more natural running experience and a roomy toe box, the Topo Ultraventure is a great option.

New Topo Athletic Ultraventure 3	New Topo Athletic Ultraventure 3	Topo Athletic Ultraventure 3	Best Seller Topo Athletic Ultraventure 3
Women's Shoes - Lime / Orange	Women's Shoes - Black / Black	Women's Shoes - Blue / Blue	Women's Shoes - Forest / Forest
$145.00	$145.00	$145.00	$145.00
Shop Women's Topo Ultraventure 3			

Lightweight and versatile, the Nike Terra Kiger 9 is a great option for trail runners who are looking for a shoe that provides an excellent balance of performance cushioning and responsiveness. Its neutral, traction-ready sole is ready for a variety of terrain and footing speeds. Whether running on smooth roads or technical trails, the Terra Kiger can handle it all, thanks to its abrasion-resistant outsole and multidirectional lugs for improved grip on uneven surfaces and diverse conditions. The latest iteration features a newly-designed breathable upper with a lighter design for a more comfortable ground feel, ensuring you can spend doesn't comfort and style.

Nike Terra Kiger 9	Nike Terra Kiger 9	Nike Terra Kiger 9	Nike Terra Kiger 9
Women's Shoes - Light Iron Ore / Light Iron Ore	Women's Shoes - Black / Black	Women's Shoes - Light Iron Ore / Light Iron Ore	Women's Shoes - Black / Black
$130.00	$130.00	$130.00	$130.00
Shop Women's Nike Terra Kiger 9			

Best Racing Shoe

Nike Zoom Alphafly Next% 3

For the woman who has a need for speed, the Nike Zoom Alphafly Next% 3 is a highly cushioned, carbon fiber-plated racing shoe designed to shatter marathon records and PRs at any pace. As Nike's newest marathon racer, the Alphafly integrates cutting-edge technology for increased efficiency and maximizes energy return for top performance. Featuring dual Zoom Air units in the forefoot, a full-length carbon fiber plate, and a new continuous bottom layer of ZoomX cushioning in the midsole with a widened base, the Alphafly Next% 3 delivers ultimate propulsion while providing an unreal level of cushioning. Fast and lightweight, the Alphafly Next% 3 will take your racing to the next level.

New

Nike Alphafly Next% 3

Women's Shoes - Volt/Concord/Cactus

$284.95

Shop Women's Nike Zoom Alphafly Next% 3

Honorable Mentions: Saucony Endorphin Pro 4

With bouncy cushioning and an efficient rocker design, Saucony's Endorphin Pro 4 makes running at top speed feel easier for faster finish times. The latest iteration features a dual-layer midsole with Saucony's ultra-responsive PWRRUN HG cushioning in the top layer combined with PWRRUN PB foam for an overall more energetic underfoot experience. With a carbon-fiber plate embedded between the two layers of foam, this racer stands toe-to-toe with the very best shoes in the field. The Speedroll rocker technology provides a propulsive feel, pushing you to run faster and more efficiently. The Endorphin Pro 4 also features a race-ready upper with an integrated tongue design and smooth heel liner to help provide a better lockdown and a comfortable fit for speeding ahead. Offering durability and protection while keeping weight to a minimum, the Endorphin Pro 4 has what it takes to get you to the finish line at breaking speed.

Best Seller

Saucony Endorphin Pro 4

Women's Shoes - White/Violet

$224.95

Saucony Endorphin Pro 4

Women's Shoes - Vizi/Red

$224.95

Saucony Endorphin Pro 4

Women's Shoes - Cavern/Violet

$224.95

Saucony Endorphin Pro 4

Women's Shoes - Black/Vizi/Red

$224.95

Shop Women's Saucony Endorphin Pro 4

Shop Best Women's Shoes of the Year

HOKA Clifton 9

Women's Shoes - Blanc De Blanc/Swim Day

$144.95

HOKA Clifton 9

Women's Shoes - Cerise/Cloudless

$144.95

Best Seller

HOKA Clifton 9

Women's Shoes - Dusk/Pink Twilight

$144.95

HOKA Clifton 9

Women's Shoes - Black/Stellar Blue

$144.95

FAQ

• Do I need women's-specific running shoes?

Women's-specific running shoes are designed to address the physiological and biomechanical differences between men's and women's feet (such as a wider forefoot and narrower heel in females). To accommodate the anatomical gender differences for enhanced support and performance, women's-specific running shoes are made from women's-specific lasts as opposed to unisex molds. Ultimately, it comes down to personal choice and selecting the shoe that feels the most comfortable for your unique foot shape and size.

• How often should I replace my running shoes?

There are several telltale signs indicating whether it's time to replace your current running shoes. How many miles have you racked up on them? How do they feel during your runs? Are there visible markings of wear and tear in the outsole or midsole? Are you experiencing any aches or pains in your body? It's important to replace worn-out shoes to avoid injuries. For more detailed information on what to look for, check out our article.

• How much should I spend on running shoes?

The amount you spend on running shoes is dependent upon several factors such as what your budget is, how often you run, and whether you have injury concerns. The shoes that made the list in our article range anywhere from $100 to $275.

• How many pairs of running shoes should I have?

From injury prevention and durability to training at different speeds and on versatile terrains, there are several benefits to owning multiple pairs of shoes (even just for the fun factor of added variety). If you're typically running most days of the week, have multiple races on the calendar, or just love to add some variety to your routine, then it sounds like a running rotation is right for you!

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.
**Price matching restrictions vary by brands. Contact us for details.

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