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## How to Choose the Best Running Insoles

Whether you need running insoles for arch or stability support, a more cushioned insole for added comfort, or cushioning pads specifically targeting the heel or forefoot, we've got you covered. Read our guide to discover the right type of insole for your running needs.

Updated: July 22, 2022



At Running Warehouse, we hope you will find the best shoes for your specific running needs. We understand, however, that it may not be possible to meet all of a runner's unique needs and preferences within the shoe itself, and sometimes the solution lies in the addition of an insole.

When using an insole, keep in mind that the sock liner in your shoe needs to be removed first, then the alternate insole can be substituted. These additional insoles tend to last the lifespan of two pairs of shoes or about 400-1,000 miles. There are a few different types of insoles to choose from, and selecting the best one for you will depend on what experience you are looking for.

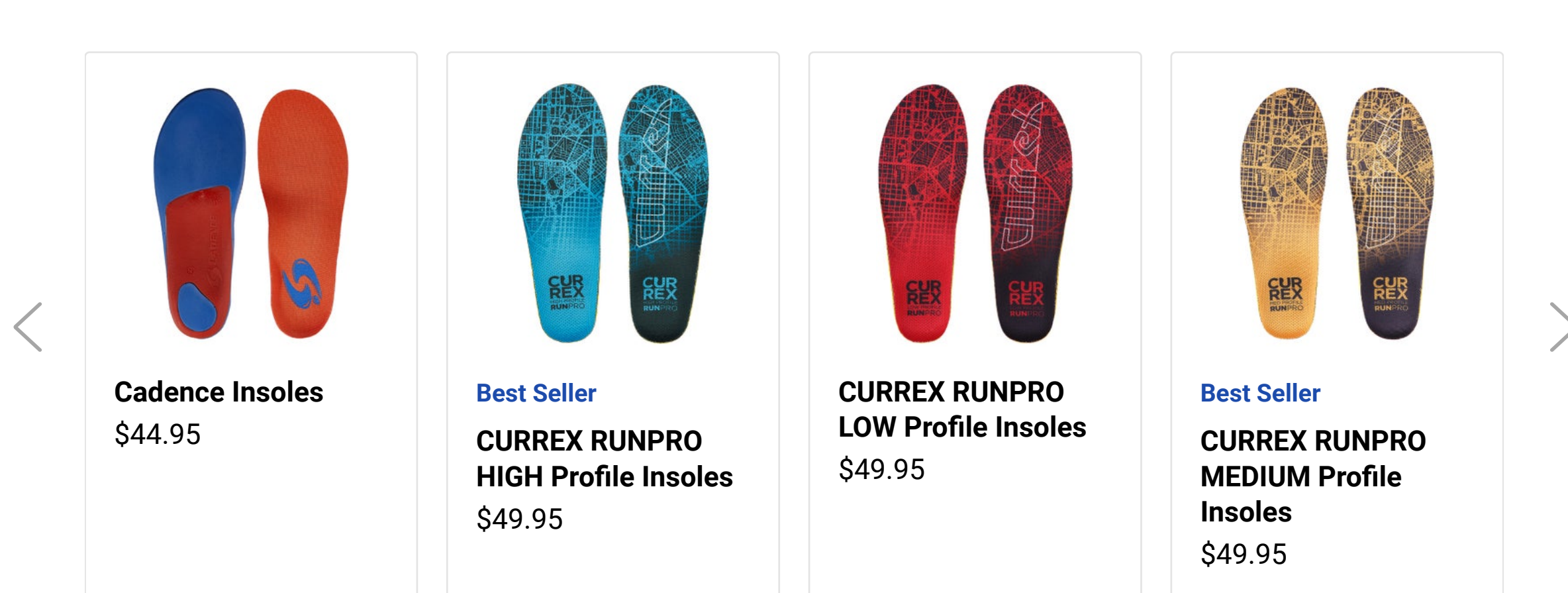
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### Running Insoles for Support

Supportive running insoles offer structured support and comfort by stabilizing the foot and reducing the movement of the arch. These insoles are designed to address foot issues like plantar fasciitis and overpronation and feature distinctive heel cups, which aid in positioning the heel and aligning the heel bone with the ankle and lower leg muscles. Another benefit of these insoles is that they are made to reduce the elongation of flexible arches. Both bone misalignment and excessive arch movement can contribute to overpronation, and for that very reason, supportive insoles can add a degree of stability to your footwear. The additional support under the arch also provides more security, which might be desirable for some runners.

When choosing between options in the running insoles for support category, some brands offer models with different structured support for varying arch heights, while others feature insoles that can be heat molded to the shape of your feet. Some may also offer a low-profile fit, making them ideal for racing or tempo shoes that tend to have less volume. Check the "Product Details" tab on each product page to see what features a particular insole provides.

#### Shop Running Insoles for Support



### Running Insoles for Support and Cushioning

Another option to achieving stability without compromising comfort in your shoe is to select an insole that provides both support and additional cushioning. A supportive cushioned insole makes your shoe feel softer underfoot and a little more flexible. These insoles are designed with technologies to enhance the comfort of the shoe when you put it on while still providing structured arch support for plantar fasciitis and stability for overpronation issues. Some models offer targeted cushioning to a specific area such as under your arch, or additional cushioning under the balls of your feet or heels.

Running insoles for support and cushioning might use either gel or foam to provide the targeted cushioning. In general, an insole made with foam will be a little more springy or bouncy, while an insole that features gel cushioning will have a plush and impact-absorbing feel to it. Choose a supportive and cushioned insole based on where you would like the additional cushioning, and check the "Product Details" to see where any targeted cushioning is located.

#### Shop Running Insoles for Support and Cushioning

### Custom Insoles

For personalized support and comfort without the cost of custom orthotics, choose Custom Insoles. With Wiivv's Custom Insoles, you receive 3D-printed insoles that are precision designed for your unique feet. These personalized insoles include arch support for healthy pronation and reduced stress on the plantar fascia, while a deep heel cup promotes optimal balance and joint alignment. Other benefits of Wiivv's custom design include all-day foot comfort, shock absorption, increased stability, and decreased lower body discomfort. Since these insoles are made specifically to contour to your feet, they don't require any trimming in size, and you can show off your creative style from the wide selection of colorful designs they have to offer.

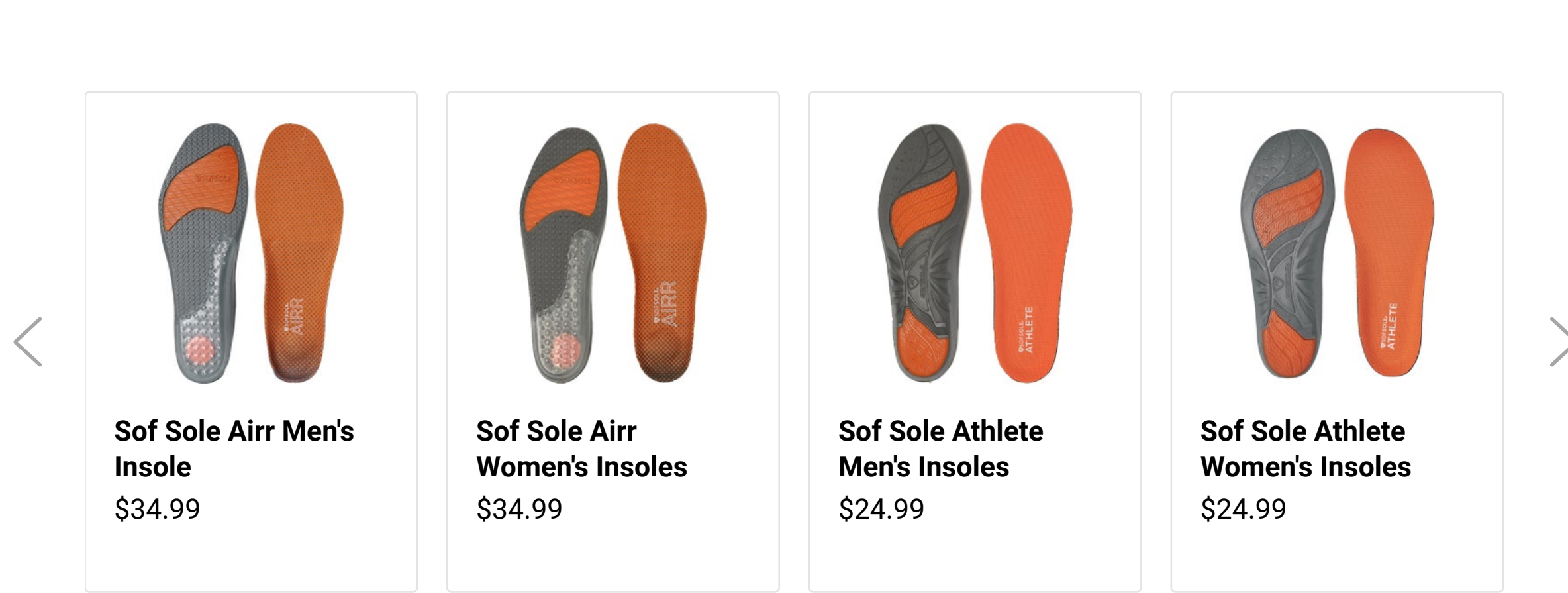
#### Shop Custom Insoles

### Running Insoles for Added Cushioning

If you don't have issues with overpronation or require any arch support but still want additional comfort, opt for running insoles with added cushioning. These cushioned insoles provide extra cushioning for maximum comfort and a softer, step-in feel. Keep in mind that these types of insoles will reduce the volume inside of your shoe, so tighter-fitting footwear will not pair well with them.

However, if you're looking for added comfort or want a snugger fit in your footwear, then these cushioned insoles will get the job done.

#### Shop Running Insoles for Added Cushioning

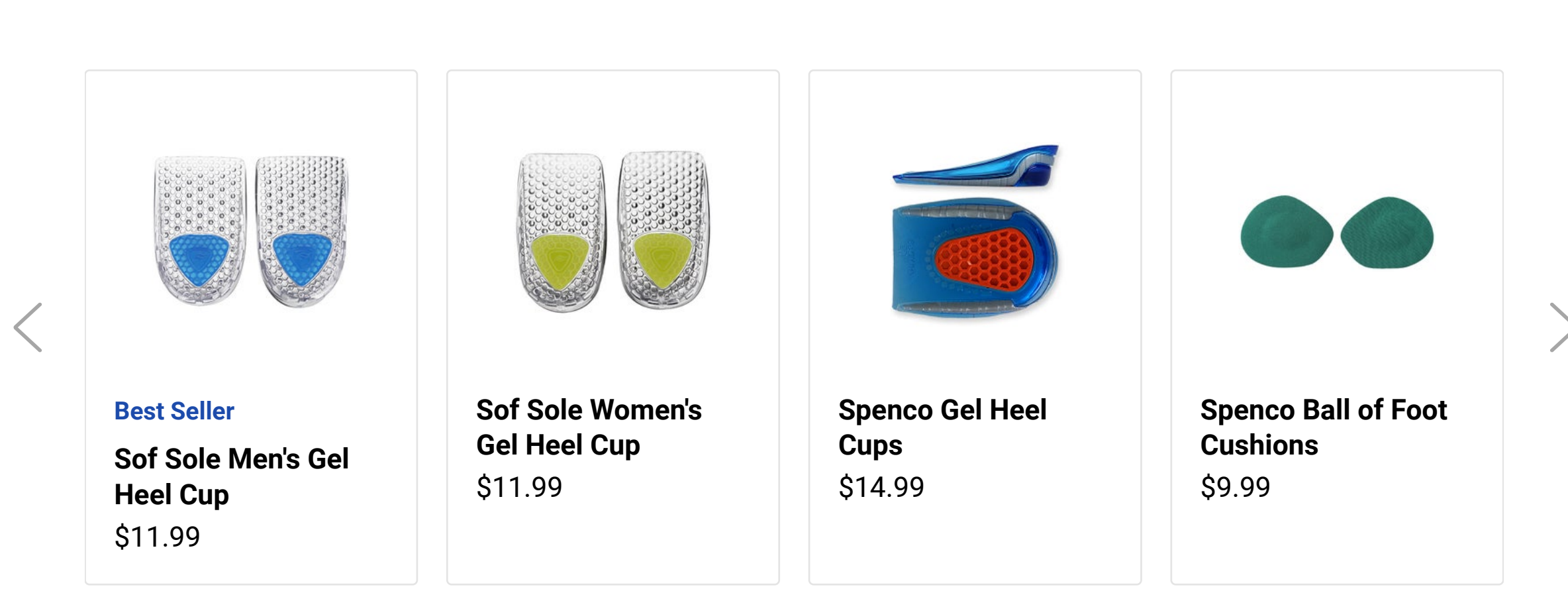


### Forefoot and Heel Pads

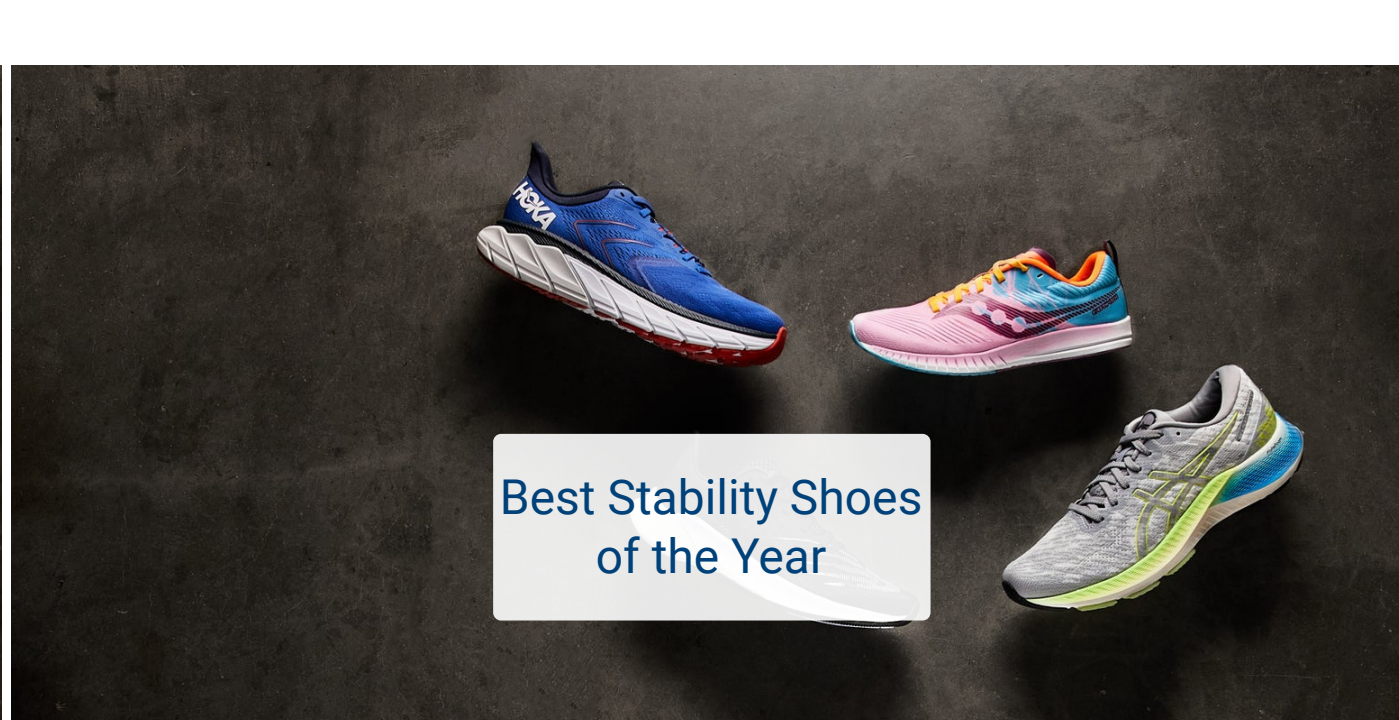
You might find that you don't need a full-length insole but would like a bit more cushioning in either the heel or the forefoot area. We carry a few heel cups and pads offering targeted relief for the heel, which will help cushion the heel from the force of impact. These cups or pads can help provide relief from bone spurs and sore or sensitive heels. Some heel cups offer a plastic reinforcement for increased stability, while others are softer and less structured.

Ball of foot cushions or pads are ideal when you are looking for specific cushioning for your forefoot, or just under the balls of your feet. These pads offer gel cushioning for a plush feel and are designed to be placed under the sock liner of your shoe for maximum comfort.

#### Shop Forefoot and Heel Pads


[Shop All Running Insoles](#)

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



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