How to Choose the Best Brooks Bra

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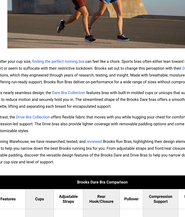


No matter your cup size, finding the perfect running bra can feel like a chore. Sports bras often either lean toward insufficient support or seem to suffocate with their restrictive lockdown. Brooks set out to change this perception with their Dare and Drive Bra collections, which they engineered through years of research, testing, and insight. Made with breathable, moisture-wicking fabrics and offering no-ready support, Brooks Bra Bras deliver on performance for a wide range of sizes without compromising on style.

With its nearly seamless design, the Dare Bra Collection features bras with built-in molded cups or unicups that support each breast to reduce motion and securely hold you in. The streamlined shape of the Brooks Dare bras offers a smooth, natural silhouette, lifting and separating each breast for encapsulated support.

In contrast, the Drive Bra Collection offers flexible fabric that moves with you while hugging your chest for comfortable compression-led support. The Drive bras also provide lighter coverage with removable padding options and come in a wide range of customizable styles.

At Running Warehouse, we have researched, tested, and reviewed Brooks Bra Bras, highlighting their design elements in the chart below to help you narrow down the best Brooks running bra for you. From adjustable straps and front-rear closures to built-in or removable padding, discover the versatile design features of the Brooks Dare and Drive bras to help you narrow down the perfect fit for your cup size and level of support.

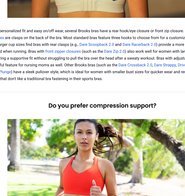
Brooks Dare Bra Comparison

Features	Cups	Adjustable Straps	Rear Hook/Closure	Pullover	Compression Support	Encapsulated Support
Dare Crossback 2.0	Built-in individual			X		X
Dare Scoopback 2.0	Built-in unicup	X	X			X
Dare Racerback 2.0	Built-in unicup	X	X	X		X
Dare Strappy Bra	Built-in individual			X		X
Dare Zip 2.0	Built-in individual					X
Dare Underwire	Built-in individual	X	X			X

Brooks Drive Bra Comparison

Features	Cups	Adjustable Straps	Rear Hook/Closure	Pullover	Compression Support	Encapsulated Support
Drive 3 Pocket	Removable			X	X	
Drive Convertible	No	X	X		X	
Drive Interlace	No	X	X		X	
Drive Plunge	Removable			X	X	

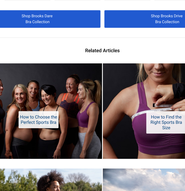
Do you like built-in cups?



Whether you are a fan of built-in or removable cups or prefer no cups at all, different padding options determine the level of support and modesty of a bra. The Dare bras all feature built-in cups designed to complement the natural shape of the breast. These molded cups lift and divide each breast, providing a traditional, contoured silhouette and targeted support. As you might expect, the inserts are built-in, making it easier to launder because you don't have to worry about losing cups or removing/adding them before and after washing. Wearing bras with built-in molded cups also helps avoid any uncomfortable bouncing or jiggling while working out.

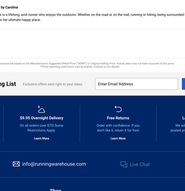
Conversely, Drive bras offer coverage options, with some features featuring removable cups (Drive 3 Pocket and Drive Plunge), while others have no padding at all. Removable cups provide optional added protection, modesty, and support when needed. As the name suggests, they can be removed easily for versatile use, and the cups can either be a one-piece pad or individual inserts. During that time of the month, many women find that their breasts increase in volume, and removing the cups enables more room for comfort. On the other hand, when the weather gets colder, having an additional layer of padding ensures modest coverage for your girls. Non-padded cups are featured in the classic Drive Convertible and Drive Interlace compression bras that press the breasts against the chest and do not offer any padding. These are best suited for smaller breasts (A/B), lower to medium-impact activities, and athleisure wear.

Do you want adjustable straps?



Bra straps play an essential role in the proper fit and comfort of a sports bra. The straps should be taut and secure but not dig into or fall off your shoulders. Many Brooks Bra Bras offer front-hook and ladder adjustable straps for a comfortable hold to ensure a perfect, dialed-in fit for your body shape. The Drive Convertible and Dare Underwire bras have convertible straps that enable the wearer to change the back style from a scoopback to a crossback design, depending on individual needs and preferences. This feature is helpful if you're looking for something with flexibility in style or prefer to have your straps hidden under your tank top. Some women, especially those with smaller cup sizes, prefer a pullover bra without adjustable straps, such as the classic Dare Crossback 2.0 and the popular Drive 3 Pocket Bra (with a phone pocket on the back).

Do you need front or rear hook closures?



For a personalized fit and easy on/off wear, several Brooks bras have a rear hook/eye closure or front zip closure. The hook and eye closures are classic on the back of the bra. Most standard bras feature hooks to choose from for a customized fit. Women with larger cup sizes find bras with rear closures (e.g. Dare Scoopback 2.0 and Dare Racerback 2.0) provide a more secure, "locked-in" hold when running. Bras with front zipper closures (such as the Dare Zip 2.0) also work well for women with larger bust sizes by delivering a supportive fit without struggling to pull the bra over the head after a sweaty workout. Bras with adjustable closures are a helpful feature for nursing moms as well. Other Brooks bras (such as the Dare Crossback 2.0, Dare Strappy, Drive 3 Pocket, and Drive Plunge) have a sleek pullover style, which is ideal for women with smaller bust sizes for quicker wear and removal or for those that don't like a traditional bra fastening in their sports bras.

Do you prefer compression support?

When it comes to the level of support, sports bras offer compression or encapsulated support. All the Brooks Drive Bras provide compression-led support that presses the breasts against the chest to minimize movement while delivering a flexible hold that moves with your body as you run. Some women like the compression feel that eliminates any bounce, while others prefer to avoid the flatter "unisexed" appearance. If you like a more natural shape and silhouette, check out the Dare Bra Collection. All the Dare bras deliver encapsulated support, which provides a defined cup structure and supports each breast individually, making it the best option for those with larger bust sizes.

Shop All Brooks Bras

Brooks Core Dare Scoopback 2.0 Bra
$79.99

2 Colors
Clearance
Brooks Full Dare Racerback 2.0 Bra
$44.98 $79.99 *

2 Colors
Clearance
Brooks Core Dare Zip 2.0 Bra
$79.99

Brooks Core Dare Zip 2.0 Bra
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Written by Caroline

Caroline is a lifelong, and 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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