Best Women's Long Sleeve Running Shirts of 2024

Updated: April 15, 2024

Front lightweight sun protection is cozy warmth, a technical long sleeve shirt is a versatile staple in any runner's wardrobe. Lightweight and breathable, long sleeve shirts are ideal for cool weather training, protection against the elements and sun protection. Scale back for training, and half up-zip for temperature regulation. Feel completely exposed, or keeping you comfortable without overheating are a stand-alone top or an [layering piece](#) on your chilly morning or evening runs.

How We Made Our Picks

At Running Warehouse, our team of runners tests out a wide range of products to find the very best gear. Here is a list of our staff's top picks for long-sleeve running shirts that offer ventilation, breathable, comfort, and storage space.

Best Women's Long Sleeve Running Shirts of 2024
[ridlet UPF Deflector 2.0](#)
[The North Face Summer LT Sun Hoodie](#)
[Patagonia Capilene Cool Daily Long Sleeve](#)
[ridlet EZ Tee Long Sleeve Cropped](#)
[Vuori Daydream Crew](#)
[Brooks Distance 3.0 Long Sleeve](#)
[Brooks Notch Thermal Hoodie 2.0](#)

Best for Sun Protection

ridlet UPF Deflector 2.0

The name says it all—the superior sun protection, ridlet's UPF Deflector 2.0 has got you covered. This long sleeve has a UPF 50 rating and a high neckline to protect your skin from the sun's rays. The scalloped hood with an extended bill will shield your face, ears, and neck from the sun's rays while providing a comfortable and lightweight fit. Thumbholes and a back zipper pocket offer a quick and hassle-free accessible storage option, and a secure zipper pocket for storing your keys and gels. Updated with laser-cut perforations under the arms for airflow, the UPF Deflector delivers an optimal layer of protection without overheating.

The breathtakingly wicking long sleeve tops for sun protection on trip long runs, and the Deflector 2.0 is no fade gym. The [ridlet](#) Deflector 2.0 is available in a variety of colors, and it's a great choice for the Pacific Northwest weather, warm windows and scuba-style hood." - by Running Warehouse Web Content Manager

ridlet Women's UPF Deflector 2.0 Fancy Hoodie
$74.00

Highlights

- UPF 50 rating
- Scuba-style hood with built-in brim
- Laser-cut perforations under the arms
- Thumbholes with watch windows on both wrists
- Zipper pocket on right side for keys, nutrition
- Semi-loose fit
- Ultra-lightweight, breathable, quick-drying

The North Face Summer LT Sun Hoodie

Another great sun protection option, The North Face Summer LT Hoodie, with a UPF 40+ rating, provides all-day coverage without weighing you down. This long sleeve features a zipper—pull it down for extra ventilation and an attached three-piece hood with a convenient opening to rock your ponytail in comfort and style. Sustainably made with donated performance fabric and recycled polyester, this lightweight and breathable hoodie is a great option for comfortable sun-protecting airflow. Ski hats and whatever fabrics The North Face LT Hoodie always rises to the occasion.

Women	Men
The North Face Women's Summer LT Hoodie $60.00	The North Face Women's Summer LT Hoodie Men's $60.00

Highlights

- UPF 40+ rating
- Attached three-piece hood with a ponytail opening
- High collar for added protection
- Front vented seams
- Thumbholes at cuffs
- Reflective elements
- Slim fit
- FLASHDRY® moisture-wicking, abrasion-resistant
- LIGHTWEIGHT UPF performance fabric
- Sustainably made

Patagonia Capilene Cool Daily Sleeve

A Running Warehouse staff favorite for sun coverage and year-round wear, the Patagonia Capilene Cool Daily Long Sleeve is up for any outdoor adventure. This versatile shirt features a raglan, crewneck design with mechanically soft lightweight stretchy fabric for freedom of movement and shafts that comfort. We love this shirt's slim-fit and vented wicking fabric, which keeps you cool and dry on the trail. Sustainably made with recycled nylon, this long sleeve is a great option for comfort and sun protection, the top is one you'll be happy to wear all day long, or ditch the outgoing! Lace first pocket! Heading for a hyper-and-again.

"With my sensitive skin and fair complexion, I wear long-sleeved shirts on my outdoor runs to protect my skin from sun exposure. The Patagonia Capilene Cool Daily Long Sleeve is hands down my favorite running shirt. I love the buttery soft, ripped-stretch fabric, the slim fit, the thumbholes, the reflective details, and the ability to roll up the sleeves when I need to. The fabric is made of recycled nylon, is lightweight, so I don't overheat, and I never have any visible sweat stains on the shirt, even during long, long runs. The beautiful colorways are fun graphics also put me in a good mood whenever I lace up. An all-around." Caroline, Running Warehouse Web Content Editor

Women's	Women's	Women's	Women's
Patagonia Women's Capilene Cool Daily Long Sleeve $55.00	Patagonia Women's Capilene Cool Daily Long Sleeve $55.00	Patagonia Women's Capilene Cool Daily Long Sleeve $55.00	Patagonia Women's Capilene Cool Daily Long Sleeve $55.00

Highlights

- Cross raglanline
- Soft, breathable fabric
- Internal tracker loop
- Stretchy, lightweight material
- Tagless neck
- Sleeve construction supports movement
- Hi(G) Mini odor control
- Quick-drying, moisture-wicking
- Fair Trade certified, Sustainably made recycled fabric

Best for Cooler Weather

ridlet EZ Tee Long Sleeve Cropped

For those comfortable cooler runs, the ridlet EZ Tee is a must-have for any runner's wardrobe. Whether you opt for the full-length or cropped version, the ridlet EZ Tee is a great option for a long-sleeve shirt that provides ventilation and a cozy feel that is lightweight and fit for a trail run. A favorite among runners is the ridlet EZ Tee for its breathable crystal-clarity feel and the exclusive wicking properties that keep you dry and chafe-free. For many lovers, coverage, the ridlet EZ Tee hits the mark and is our top choice for training you stay comfy all the way home.

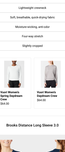
The ridlet EZ tops are so buttery soft, that we ma go on. I have the cropped version and like the slightly cropped style. I actually wore it to work, it is so cozy. It is a very flattering cut, and it is very comfortable. It is not the most breathable, but it is breathable enough for my taste. - Nina, Running Warehouse Sales Manager, Web Content Editor

ridlet Women's Core EZ Cropped Tee Long Sleeve $55.00	ridlet Women's Core EZ Cropped Tee Long Sleeve $55.00	ridlet Women's Core EZ Tee Long Sleeve $55.00	ridlet Women's Core EZ Tee Long Sleeve $55.00

Highlights

- Full-length and cropped options
- Crewneck
- Raglan sleeves
- Relaxed fit on cropped, tailored fit on full-length tee
- Reflective logo
- Soft, lightweight, Dual-X CR fabric
- Moisture-wicking, quick-drying

Vuori Daydream Crew



Ultra-lightweight and ultra-soft, the Vuori Daydream Crew will be your versatile go-to long sleeve, whether out in the breezy sun or in the cooling shade. This top features Vuori's Brisk Yarn fabric, which is variety soft, breathable, and quick-drying, with UPF 30+ sun protection and anti-odor properties for longer-lasting wear. The cropped fit sits at the hips, and the top has a relaxed fit that allows for a comfortable range of motion. The Daydream Crew is available in a variety of colors, and it's a stunning fit for running but for casual outings too. Layer this crew with [Vuori joggers](#) for a lounacious and comfy leisure look.

Highlights

- UPF 30+ rating
- Lightweight crewneck
- Soft, breathable, quick-drying fabric
- Moisture-wicking, anti-odor
- Four-way stretch
- Slightly cropped

Vuori Women's Daydream Crew	Vuori Women's Daydream Crew	Vuori Women's Daydream Crew	Vuori Women's Daydream Crew
$65.00	$65.00	$65.00	$65.00

Brooks Distance Long Sleeve 3.0

In tireless classic, the Brooks Distance 3.0 Long Sleeve is perfect for the cooler holiday for a simply stylish top for everyday wear. Updated with soft, sustainable fabric, this shirt features an interior locker loop for quick hanging and thumbhole cuffs for extra coverage. The Distance 3.0 Long Sleeve is available in a variety of colors, and it's a great option for a comfy, stretch up a crewn. With the graphics and pop of color, this long sleeve is a quality yet affordable top that delivers on performance and will serve you well in cooler temps.

Highlights

- Soft KO fabric
- Thumbholes
- Cross raglanline
- Hanger loop
- Quick-drying
- Flatlock seams for comfort
- Sustainably made

Brooks Women's Distance Long Sleeve 3.0 Run Logo Long Sleeve $40.00	Brooks Women's Distance Long Sleeve 3.0 Run Logo Long Sleeve $40.00 - $45.00	Brooks Women's Distance Long Sleeve 3.0 Run Logo Long Sleeve $40.00 - $45.00

Brooks Notch Thermal Hoodie 2.0

We call Notch 2.0 outdoor ready for every cold weather run in this cozy top from the Brooks Notch. Thermal Hoodie 2.0. This long sleeve has a brushed interior to keep you warm and feel extra-fleecy comfortable. The zipper lets you air out when it gets too warm. We love the convenient watch window and thumb-over hole to keep the cuff in place, along with raglan sleeves that allow you to move freely. This top also has a zipper garage for an initiation free feel around the neck and a small zipper pocket for storing your keys or gel. Sustainably made with recycled fabric, the Brooks Notch Thermal Hoodie 2.0 is available in a variety of colors and the dress clear, so. And to finish it off, the half zip is made from soft elastomeric, treatment-ready fabric to keep the sweat and stink at bay. Packed with thoughtful design features that allow you to regulate your insulation, the Brooks Notch Thermal Hoodie is a top-notch layering piece for any runner.

Highlights

- Half zip with a zipper garage
- Thumbholes with Flatlock cuffs
- Watch window
- Roll-snug hood
- Small zip pocket at the back
- Brushed interior
- Raglan sleeves
- External hanger loop
- Reflective elements
- Semi-fitted
- Sweat-wicking, odor-resistant fabric
- Flatlock, chafe-free seams

Brooks Women's Notch Thermal Hoodie 2.0 Long Sleeve $80.00 - $100.00

Shop Featured Women's Long Sleeve Running Shirts

Women's	Women's	Women's	Women's
Brooks Women's Core Notch Thermal Hoodie 2.0 $80.00 - $100.00	Brooks Women's Core Notch Thermal Hoodie 2.0 $80.00 - $100.00	Brooks Women's Core Notch Thermal Hoodie 2.0 $80.00 - $100.00	Brooks Women's Core Notch Thermal Hoodie 2.0 $80.00 - $100.00

New

The North Face Women's Summer LT Sun Hoodie

$80.00

New

The North Face Women's Summer LT Sun Hoodie

$80.00

New

The North Face Women's Summer LT Sun Hoodie

$80.00

Core Notch Thermal Hoodie 2.0

$88.95 ~~$98.00~~ *

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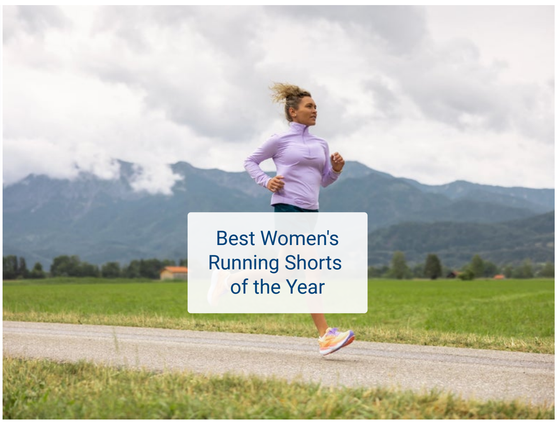

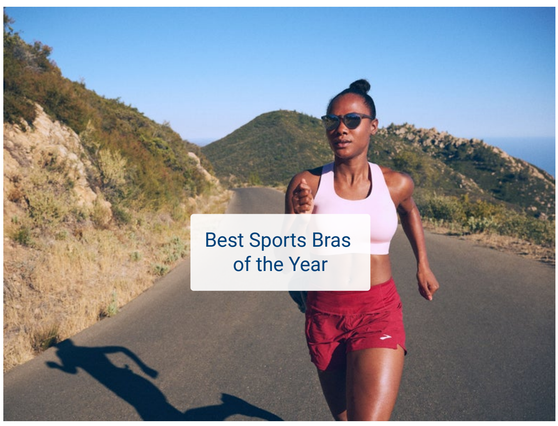

Written by Caroline

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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