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The Best Women's Running Shorts of 2024

Updated March 27, 2024

Finding the perfect running short can be a challenge. As an essential piece of every runner's wardrobe, running shorts provide comfort, support and breathability, but they coverage, lifting and chafing are all important factors to consider, not to mention, realizing what works best for individual preferences and training needs. For maximum flexibility and freedom of movement, consider contours and a short inseam length for a 5-7". Alternatively, a longer inseam (9 to 9.5") or cover short offer greater coverage and protection, particularly for hot running. Fitted tech shorts are another popular option that have a tend to dri-fit fabric reduces bunching and chafing. Lastly, consider pockets for storage of gels, keys and phones, and reflective details for visibility in low conditions. For a smooth, and pockets for stashing essential items, Learn more about the different features of running shorts in our article How to Choose the Best Running Shorts. Whether you're looking for a sports bra or short, online coverage, or a long fit for muscle support, our experts have reviewed, tested, and compiled the best women's shorts for all your injury-running needs.

Best Women's Running Shorts of 2024	
Best Overall Women's Running Shorts	Nike Dri-FIT ADV Aeroswift Short
Best Women's Short Tight With Phone Pocket	lululemon Speed Longer Short
Best Value Women's Short Tight	Nike 365 Plus Short
Best Women's Marathon Shorts	adidas Fast F1 Fly Short
Best Women's Short Running Shorts	Saucony Outpace Short
Best Women's Trail Running Shorts	Patagonia Strider Pro Short
Best Women's Shorts for Long Trail Runs	adidas Terrexfast Shorts
Best Versatile Women Running Shorts	Brooks Chaser Short
Best All Around Budget Women's Running Shorts	Puma Velocity Short
Best Women's Casual Shorts	Vuori Clementine 2.5 Short
Best Women's Short	adidas Empower Short
Best Fun Women's Running Shorts	Chubbies Lapis Shorts

Best Overall Women's Running Short

Nike Dri-FIT ADV Aeroswift Short

Light and speedy Nike's Dri-FIT ADV Aeroswift short gets our overall vote as the perfect companion for helping runners achieve their personal best. These shorts feature lightweight and breathable fabric and sweatband Flywire sandwiched for lightweight stabilization, comfort, and mobility, and an updated brief liner for added coverage. An adjustable sheered provides a distance fit, and side split hems allow you to pick up the speed. Reflective details and open pocket. These shorts are comfortable and consistently stand out these nights, a cool. For our resident Running Warehouse ultrarunner Grace, These lightweight spitting electric bare a highly comfortable fit and breathable fabric that's ideal for long-distance runs. Reflective details for the stylish phosphorescent lime, the Aeroswift short will have you feeling loving and cool on your chosen route.

Highlights

2" Inseam

Brief liner

Side splits

Pleated back design

Flywire sandwiched w/ adjustable cord

Three internal stripe w/ pockets for small items

Soft, flat, mid-rise waistband

Sewed-ending

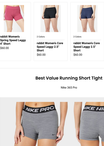
Amazon
Nike Women's Dri-FIT ADV 2" Aeroswift Short
$79.00

Amazon
Nike Women's Dri-FIT ADV 2" Aeroswift Short
$79.00

Amazon
Nike Women's Dri-FIT ADV 2" Aeroswift Short
$79.00

Best Short Tight With Phone Pocket

lululemon Speed Longer



A unanimous crowd-pleaser by the ladies at Running Warehouse, the lululemon Speed Longer wins accolades. Whether you're gearing up for a long run or a quick 5K, the Speed Longer short tight is a versatile option that provides ample coverage and comfortable support for maximum comfort, performance, and ease. With a reflective rear zipper pocket and two side mesh pockets, this nugget has more than enough for your phone and other running essentials, the comfort and energy gels, helping you stay fueled no longer runs. The flat, mid-rise waistband provides a supportive fit, and the Speed Longer's heavy-duty silicone offers optimal coverage for a smooth, iconic-zero feel. Thanks to its lightweight, quick-drying, four-way stretch fabric, these shorts comfortably move with your body without rolling up or bunching. Grace loves to run every. With its lower design, flattering fit, and hidden bonus bag, lululemon's Speed Longer is simply essential!

The Longer comes in 2.5", 4", and 7" lengths, so there's a perfect option for any runner. For Running Warehouse marathon runner Riley, the 7" Longer is the perfect fit, and she loves it for long runs. The shorts don't ride up, cause any irritation or chafing on her long runs, and I also really appreciate the side pockets for stashing phone, gels, and the small hand pocket for LL. Our expert Sarah Lewis loves the 4" Speed Longer for its ultra-lightweight, breathable, and comfortable fit, and the 2.5" version is a great option for cooler and protect. The Longer is also ideal for those who want the right pockets to handle phone, etc. And for apparel expertise Mara, "The lulu Speed Longer has a great fit and feel. I love the construction and serious lengths for your comfort level. I have worn and recommended this short for years. Lululemon's Speed Longer is a great comfort and performance." Ride into the Longer for yourself, and you'll see why these shorts are the talk of the town!

Amazon
lululemon Speed Longer Short Tight 2" Black
$64.00

Amazon
lululemon Speed Longer 2.5" Black
$64.00

Amazon
lululemon Speed Longer 4" Black
$64.00

Amazon
lululemon Speed Longer 7" Black
$64.00

Best Value Running Short Tight

Nike 365 Plus

The best value short tight and concealed baseballer, the Nike 365 Plus short is the perfect blend of fashion meets function. These short's signature features to fit, the ultra-long inserted waistband with a mid-rise fit that sits comfortably and wont slide down for a body-hugging feel. Designed for movement, the stretchy fabric and flatlock seams ensure chafe-free comfort all-run long. The 365 Plus comes in a variety of lengths, including 2", 3", and 5", and the 2" version is our pick for the best women's running shorts. Learn more about the Nike 365 Plus and beautifully complimentary running gear, Nike's Running Gear. Whether you're the road or cross-train at the gym, the Nike Fits is an affordable and supportive option for everyday workouts.

Highlights

2" and 5" Inseams

Wide waistband, logo branding

Mid-rise

Gusseted crotch

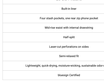
Stretchy fabric

Reflective logo

Anti-chafe, flatlock seams

Tight fit, body-hugging feel

Dri-FIT moisture-wicking



Amazon
Nike Women's Spring Mid-Rise 2" Short
$25.00

Amazon
Nike Women's Spring Mid-Rise 3" Short
$25.00

Amazon
Nike Women's Spring Mid-Rise 5" Short
$25.00

Amazon
Nike Women's Spring Mid-Rise 8" Short
$25.00

Best Short for Marathon Running

adidas Fast F1 Fly

For a fierce and comfortable marathon day option, the adidas Fast F1 fly will be my choice as we cut one of the way to the finish line. These shorts have a semi-relaxed feel and feature a mid-rise adjustable waistband for a personalized fit and a built-in liner made from Primeflex Power Dry with Fast Technology to keep the wearer cool. The half-inch design allows for freedom of mobility, while the laser cut perforations and peppered-based anti-chafe features and airflow and sustainable also control for long-distance runners. The Fast F1 fly comes in a variety of lengths, including 2", 3", and 5", and the 3" version is our pick for the best women's short. Learn more about the comments and the best Beautifully complimentary running gear, Nike's Running Gear. Whether you're the road or cross-train at the gym, the Nike Fits is an affordable and supportive option for everyday workouts.

Highlights

2" and 4" Inseams

Built-in liner

Four-sided pockets, one rear zip phone pocket

Mid-rise waist with internal drawstring

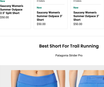
Half zip

Laser-cut perforations on sides

Semi-relaxed fit

Lightweight, quick-drying, moisture-wicking, sustainable color control

Breeze Comfort



Amazon
adidas Women's Core Fast F1 Fly 3" Short
$70.00

Amazon
adidas Women's Core Fast F1 Fly 4" Short
$70.00

Best Short For Road Running

Saucony Outpace Short

If you're looking for classic, high-performance shorts that keep up the pace on your daily runs, the Saucony Outpace shorts are here to prepare the call. These shorts feature a mid-rise waistband with an adjustable drawcord and a built-in liner for a secure fit. The design is pockets and a rear zipper pocket can store energy gels to keep you refuel on large efforts, while perforated panels aid airflow and keep you cool. The Outpace comes in a variety of lengths, including 2", 3", and 5", and the 3" version is our pick. Learn more about the comments and beneficial contributions, there is a style to suit every road runner's needs.

Highlights

2.5", 3", and 5" Inseams

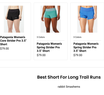
Built-in brief liner

Mid-rise adjustable waistband

Zipper back pocket, two drop-in internal pockets

Perforated panels

Reflective logo



New
Saucony Women's Outpace Short 2" Black
$55.00

Sale
Saucony Women's Outpace Short 3" Black
$55.00

Sale
Saucony Women's Outpace Short 5" Black
$55.00

Sale
Saucony Women's Outpace Short 7" Black
$55.00

Best Short For Trail Running

Patagonia Strider Pro

Perfect for any outdoor adventure, the Patagonia Strider Pro short offers comfort and protection with its updated design to better accommodate various and dirty shapes. These performance shorts are constructed from extra-lightweight, stretchy, breathable, moisture-wicking material to keep you dry as you work up a sweat and feature a convenient locker loop for easy hanging and storage. Sustainably made with PFC-free DWR, you can stay equipped and protected in inclement weather on the trail. In the center line, the comfortable pull-on fit and an adjustable waistband allow you to move freely for a personalized fit. The Strider Pro comes in a variety of lengths, including 2.5", 3", and 5", and the 3" version is our pick. Learn more about the phone liners to cool for your gear and other comments. "These shorts feel like butter. The quality of the material is apparent and the length provides just enough coverage without getting in the way. I also think the color is super flattering and cute" Heather, Marketing Coordinator.

Highlights

2.5" Inseam

Built-in brief liner

Wide, flat waistband w/ internal drawcord

Rear zip pocket w/ key loop, two drop-in stash pockets

Mid-rise

Locker loop for hanging

PFC-free DWR finish

Stretchy, Fair Trade certified

Amazon
Patagonia Women's Strider Pro Short 2.5" Black
$79.00

Amazon
Patagonia Women's Strider Pro Short 3" Black
$79.00

Amazon
Patagonia Women's Strider Pro Short 5" Black
$79.00

Amazon
Patagonia Women's Strider Pro Short 3.5" Black
$79.00

Best Short For Long Trail Runs

adidas Terrexfast

On these long trail runs, you need comfort-forward shorts for energy gels and sustenance to support your flowing roots and all your endeavors. With multiple sweatband pockets, two zip phone pockets, and side chest pockets (in the cargo option), the adidas Terrexfast are the perfect shorts to accommodate your outdoor alternatives. Sustainably made from recycled coffee grounds, these shorts feature innovative Aeroknit bonded technology for cooling comfort, odor control, and quick-drying action. The traditional 7" Terrexfast comes in a variety of lengths, including 2", 3", and 7", and the 3" version is our pick for the best long trail runs. The cargo option Terrexfastrex now comes in a 7" long short design, combining everything we love about the relaxed Cargo version fit with the simple sweatband pockets of the legendary Terrexfastrex shorts. With its superior performance and longer-lasting freshness, the cargo Terrexfastrex will help you go farther and faster on your trails.

Highlights

2" short, 7" Cargo Inseam

Flat, mid-rise waistband w/ internal drawcord

Two zip phone pockets, sweatband pockets for energy gels

Six pockets w/ the cargo version

Built-in liner in the shorts, no liner in the cargo

Super lightweight, quick-drying, odor control

HAIKARNET EC coat to the touch

Amazon
adidas Women's Terrexfast 2" Black
$70.00

Amazon
adidas Women's Terrexfast 3" Black
$70.00

Amazon
adidas Women's Terrexfast 7" Black
$70.00

New
rabbit Women's Core Leggy Smoothens 5" Short
$19.00

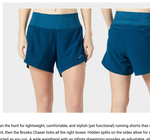
New
rabbit Women's Leggy Smoothens 5" Short Blueberry
$19.00

New
rabbit Women's Core Smoothens Smoothens 5" Short
$50.00

rabbit Women's Core Smoothens 5" Short
$60.00

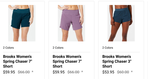
Most Versatile Running Short

Brooks Chaser



If you're on the hunt for lightweight, comfortable, and stylish (yet functional) running shorts that won't bunch, chafe, or restrict your movement, then the Brooks Chaser ticks all the right boxes. Hidden splits on the sides allow for a full range of motion, so you won't feel restricted as you run. A wide waistband with an infinity drawstring provides an adjustable, athletic fit that stays perfectly in place, and the soft jersey brief liner offers a little extra peace of mind. There are plenty of convenient pockets for storing your phone, keys, and other essentials. The Chaser comes in a variety of lengths, including 2", 5", and 7" (for those seeking more modest coverage), as well as a 2-in-1 short-tight option. For its many great features and multifunctionality, it's no surprise that the Brooks Chaser remains a top-rated versatile short for a worry-free, enjoyable run.

Highlights
2", 5", 7", and 2-in-1 options
Brief liner
Flat, adjustable waistband with infinity drawstring
Rear phone pocket, envelope pockets
Bungee loop for keys
Dri-Layer
bluesign



2 Colors
Brooks Women's Spring Chaser 7" Short
$59.95 $69.00 -13 %

2 Colors
Brooks Women's Spring Chaser 7" Short
$59.95 $69.00 -13 %

2 Colors
Brooks Women's Spring Chaser 2" Short
$52.95 $69.00 -23 %

2 Colors
Brooks Women's Spring Chaser 2" Short
$52.95 $69.00 -23 %

Best Affordable Running Short

Puma Velocity

Whether you're running outdoors or hitting the gym, the Puma Run Favorite Velocity short is a great go-to budget option that you'll be reaching for time and time again. These shorts feature a built-in brief liner and a ruched, adjustable waistband with an infinity drawstring for a comfortable fit. The lightweight construction combined with 6-inch slits and mesh panels on the sides deliver airflow when your run heats up, and two small envelope pockets can securely hold your keys and cash. With its signature design, reliable performance, and affordability, the Puma Velocity is a classic training staple to add to your running wardrobe.

Highlights
3" and 5" inseams
Brief liner
Ruched elastic waist
Two small envelope pockets
Side mesh panels, 6 notch slits
Reflective details
Lightweight
dryCell Moisture-wicking

PUMA Women's Run Favorite AOP Velocity 3" Short
$33.00

PUMA Women's Run Favorite Velocity 5" Short
$35.00

PUMA Women's Run Favorite Velocity 3" Short
$30.00

PUMA Women's Spring Run Favorite Velocity 5" Short
$35.00

Best Casual Running Short

Vuori Clementine 2.5 Short

So luxuriously soft and comfortable, it's hard not to fall in love with Vuori's Clementine Shorts. With a new-and-improved modern fit and four-way stretch fabric, these lightweight shorts are all about delivering freedom of movement for an unrestricted run. The shorts feature a breathable bikini-brief liner, a mid-rise elastic waistband with an external drawcord for a flattering fit and a zipper pocket that will keep your essentials secure. Thanks to Vuori's anti-odor, quick-drying fabric, you can give it your all and stay dry and fresh while doing so. From casual outings to post-run lounging at home, the Clementine shorts, with their classic design and versatile performance, will support you wherever you go.

Highlights
4" inseam
Bikini brief liner
Mid-rise, ruched elastic waist with external drawcord
Front zipper stash pocket
Anti-odor, quick-drying
Ultra-light, 4-way stretch fabric

New
Vuori Women's Clementine Short 2.5 Atlantic
$58.00

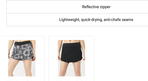
New
Vuori Women's Clementine 4" Short 2.5 Iris
$58.00

New
Vuori Women's Clementine 4" Short 2.5 Pink
$58.00

New
Vuori Women's Clementine Short 2.5 Isle Blue
$58.00

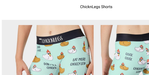
Best Running Skort

rabbit Empower Skirt



We love switching up our running gear, and rabbit's Empower skirt offers a stylish new option that stands apart from the traditional running shorts. With its 2-in-1 design, this skirt provides chafe-free comfort for miles on end. A rear zip pocket can store nutrition, and two side pockets can conveniently store your phone. While there's no drawcord, the flat, smooth waistband and silicone grippers inside the leg openings ensure a snug fit, so there's no slippage for a distraction-free run. The Empower is also super lightweight and quick-drying, so you can continue wearing them post-workout. For the perfect union of fashion and functionality, slip into the rabbit Empower skirt.

Highlights
4" inseam
2-in-1 fitted liner shorts
Rear zip pocket, two side phone pockets
Flat, smooth, low-rise waistband
Silicone grippers
Reflective zipper
Lightweight, quick-drying, anti-chafe seams



rabbit Women's Empower Skirt Floral Fantasy
$19.00

rabbit Women's Core Empower Skirt Black
$19.00

Best Fun Running Short

ChickLeaf Shorts

With their fun prints and bold colors, the ChickLeaf shorts add a stylish flair to your running game. Popular amongst young athletes and for race-day wear, these shorts have a lightweight feel and feature a flat, satin-like waistband for a comfortable fit. The 1.5" and 2" split shorts come with a rear zip pocket for storing small essentials and a built-in brief liner for added coverage, while the tiewless compression shorts, with their spandex polyester blend fabric, offer extra support and chafe-free comfort. With a wide range of playful designs and breathable fabric, the Chickleaf shorts are a great option for the runner or athlete looking to breeze pace the competition while highlighting their playful fashion sense.

Highlights
1.5" & 2" Splits and 2" Compression
Mesh liner on split shorts
Flat, satin-like waistband
Rear zip pocket on split shorts
Fun prints
Anti-chafe, flatlock seams

ChickLeaf Women's Snoopy Chickee 3" Compression Shorts
$50.00

ChickLeaf Women's Blue Banana 3" Compression Shorts
$50.00

New
ChickLeaf Women's Blue Flamingos 3" Compression Shorts
$50.00

ChickLeaf Women's Flamingo 3" Compression Shorts
$50.00

Shop Best Women's Shorts

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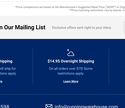

Best Women's Running Shirts of the Year

Best Women's Running Tights of the Year

Written by Caroline

Caroline is a lifelong, and winner 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") of original listing Price. Actual sales may not have occurred at this price.
**Prices indicating reductions only during Clearance or Sale.

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