

Support Shoes

Support running shoes come in various levels of support, including maximum support and moderate support. These shoes are designed to provide stability and cushioning to help prevent injuries and support the feet during running. Here are the top 3 support running shoes for both men and women in each category:

Maximum Support Running Shoes:

For Men:

- Brooks Adrenaline GTS 23: Known for its excellent stability and cushioning, the Adrenaline GTS is a popular choice among runners looking for maximum support.
- ASICS Gel-Kayano 28: The Gel-Kayano series is famous for its comfort and stability. The Gel-Kayano 28 continues this tradition with excellent cushioning and support.
- New Balance Fresh Foam 860v12: This shoe offers a combination of plush cushioning and stability, making it a great choice for runners seeking maximum support.

For Women:

- Brooks Adrenaline GTS 23: Also a top pick for women, this shoe provides maximum support, making it a reliable option for female runners.
- ASICS Gel-Kayano 28: Women can also enjoy the benefits of the Gel-Kayano 28's stability and cushioning.
- Saucony Hurricane 23: This shoe offers a high level of support for female runners, with a focus on comfort and injury prevention.

Moderate Support Running Shoes:

For Men:

- Nike Air Zoom Structure 24: The Air Zoom Structure series is known for its moderate support and responsive cushioning, making it a great choice for those who need stability without excessive stiffness.
- Hoka One One Arahi 6: Hoka's Arahi series combines moderate support with a lightweight design, providing a smooth and stable ride.
- Mizuno Wave Inspire 17: This shoe offers a balanced combination of support and cushioning for runners looking for a moderate level of support.

For Women:

- Nike Air Zoom Structure 24: Women can also benefit from the moderate support provided by the Air Zoom Structure 24.
- Hoka One One Arahi 6: Hoka's Arahi 6 is a great choice for women seeking moderate support and comfort during their runs.
- Mizuno Wave Inspire 17: The Wave Inspire 17 is designed to offer women a comfortable and supportive running experience.

Keep in mind that the right running shoe for you may also depend on your running gait, foot shape, and specific needs. Note the models change each year and there may be a new number associated with the shoe.