



Running Shoe Guide

from Runners World

Brands: Mizuno Brooks New Balance Asics Avia
 Nike Saucony Ryka

Stability Shoe:

Stability shoes offer a good blend of cushioning, medial support (to limit excessive inward rolling of the foot, which can cause injury) and durability. To provide stability, they often have a medial post or dual density midsole - these are features that provide a firmer density under the inner edge of your foot. They are usually built on a semicurved last.

You should buy these if: you're a midweight runner who haven't severe motion control problems and wants a shoe with some medial support and good durability. Runners with normal arches are often fine in stability shoes.



Motion Control Shoe:

Motion control shoes are the most rigid, control-oriented running shoes. They're designed to slow down or limit extreme inward rolling of the foot and ankle, which can cause injury (this excessive rolling is called 'overpronation'). Motion control shoes are generally heavy but very durable. They may include features such as a medial post (a firmer section under the inner edge of your foot, for pronation control); a polyurethane midsole (for midsole durability) and a carbon rubber outsole (for outsole durability). Many are built on a straight last, which offers stability and maximum support on the inner side of your foot.

You should buy these if : you're an overpronator who needs control features and place a premium on durability; or you wear orthoses (sculpted shoe inserts) and want a firm midsole and deep heel counter; or you're a heavy runner who needs extra durability and control. Runners with flat feet often do best in motion control shoes.



Cushioned Shoe:

Cushioned shoes generally have the softest midsoles and the least added stability. They're usually built on a semi-curved or curved last to encourage foot motion, which is helpful for runners who have rigid, immobile feet ('underpronators').

You should but these if: you're an efficient runner whose feet don't roll inwards excessively ('overpronate') when you run. Runners with high arches often do best in cushioned shoes.

