

THE TECHNICAL RUNNING SHOE GUIDE

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(A clinical guide)

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This newly revised guide includes Traditional running shoe models available in South Africa,

Carbon plated shoes, Sports socks, Maximalistic running shoes, Minimalistic Running Shoes.

Only shoe & sock models that are available in South Africa are included.

BIOMECHANICAL GUIDE



UPDATED 2026

12/2025 ASICS

1/2026 ANTA

1/2026 OLYMPIC

1/2026 ADIDAS

1/2026 NIKE

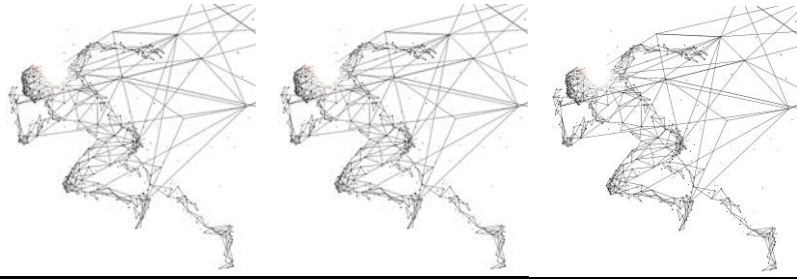
2/2026 SAUCONY

UPDATED 2026

UPDATED 2026

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BIOMECHANICAL SHOE GUIDE

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STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES





Updated: 08/99 (107), 8/2021, 10/2021, 6/2022, 7/2022, 10/2022, **2/2023**, **3/2024**, **5/2024**, 10/2024, 11/2024, 4/2025, 7/2025, 8/2025, 1/2026, 2/2026

ADIDAS 	SOLAR CONTROL RF29.5mm–FF19.5–HD10mm Inc boost pellets, stable L.E.P 2.0 frame, Stable Platform
ASICS 	GT 4000 4 RF28–FF20–HD8mm (27-19-8mm) BUNION WINDOW, 2E width only, FLYTEFOAM, FF BLAST m/s, PUREGEL in heel, Litetruss Gel Kayano 32 RF40–FF32–HD8mm (39-21-8mm) ADAPTIVE STABILITY, FF Blast + ECO, PureGEL, slight firmer feel, 4D GUIDANCE SYSTEM, AHAR o/s, Engineered mesh
	Addiction GTS 15 RF24-FF12 12mm Cushion Support
HOKA 	Graviota 5 RF39–FF33-HD6mm W-RF37–FF31-HD6m Arahi 7 RF37-FF32-HD5mm W-RF34-FF29-HD5mm
NEW BALANCE 	FRESH FOAM X 880 V14 Widths (M/W): D, 2E, 4E B, D RF26mm - FF18mm – HD8mm Weight (M/W): 270 (g) 209 (g) (Available in Kids) Firm cushioned traditional neutral shoe – multiple widths Midsole - Fresh Foam X (FFX) – TOP 15/45 BOTTOM12/40 durometer,
NIKE 	NIKE STRUCTURE 26 - Everyday Road running UPPER; Updated engineered mesh for optimal, comfort, breathability and support. MIDSOLE: Full ReactX OUTSOLE: High abrasion rubber in the heel for durability and traction, blown rubber in the forefoot for lightweight durability. Weight M10 321g, W8 262g Heel 29mm, forefoot 28mm, offset 10mm NIKE STRUCTURE PLUS – Everyday Road Running UPPER; Nuanced structural overlays help the silhouette feel more secure, and an engineered mesh upper delivers zonal breathability and support. A plush collar and tongue add comfort and containment while contributing to an improved fit MIDSOLE: The midfoot support system pairs with a ZoomX midsole and ReactX foam carrier that provide exceptional cushioning, reducing impact on the body. This combination of support and cushioning helps deliver the stability runners need while maintaining a more comfortable, fluid running experience — all without the use of firmer materials or rigid medial structures traditional to stability footwear. Weight W8: 248g; M10: 309g Heel 42mm, forefoot 32mm, offset 10mm The Structure Plus has received the American Podiatric Medical Association Seal of Acceptance, which is awarded to footwear and other products found to promote good foot health.

MILD ANTIPRONATION / STABILITY RUNNING SHOES




Updated: 8/99 (112) ,5/2021,8/2021 10/2022, 2/2023, 4/2023, 6/2023, 3/2024, 5/2024, 10/2024, 4/2025,7/2025, 8/2025, 1/2026, 2/2026

ADIDAS 	<p>SUPERNOVA SOLUTION RF35mm – FF25mm – HD10mm Dreamstrike+ Power foam, Foam stability support rods</p> <p>SUPERNOVA SOLUTION 2 RF37mm-FF27mm-HD10mm (Dreamstrike+ power foam, improved Sandwich mesh upper)</p> <p>SUPERNOVA SOLUTION 3 RF37mm-FF29mm-HD8mm (denser foam in midfoot to offer enhanced stability)</p>
ALTRA 	<p>Experience Form RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)</p>
ASICS 	<p>Gel Kayano 32 RF40–FF32–HD8mm (39-21-8mm) ADAPTIVE STABILITY, FF Blast + ECO, PureGEL, slight firmer feel, 4D GUIDANCE SYSTEM, AHAR o/s, Engineered mesh</p> <p>Gel Kayano Lyte 2 RF23–FF13–10HDmm (25-12-13mm) No medial post Flytefoam NANO</p> <p>GT 2000 14 D/2E RF26.5–FF28.5–HD8mm (35.5-27.5mm) FF blast MAX midsole, Puregel, Rearfoot visible gel, 3D Guidance, midsole flare</p> <p>GT 1000 14 RF34.5–FF26.5–HD8mm (33.5-25.5-8mm) Flytefoam midsole, Forefoot blast, Puregel</p> <p>GT PERSUE 10 RF25–FF17–HD8mm (24-16mm) Neutral to support, FLYTEFOAM BLAST +, PureGel, 3D Guidance system</p>
BROOKS 	<p>Adrenaline GTS 24 RF24-FF12-HD12mm Cushion me Guide rails</p> <p>Launch GTS 11 (guidance section – bet N and MAP) RF22-FF12-HD10mm Speed - BIOMOGO DNA M/S. Guide rails. GTS – <u>go to support</u></p> <p>Glycerin 22 GTS RF24–FF14-HD10mm DNA Loft v3</p>
HOKA 	<p>Graviota 5 RF39–FF33-HD6mm W-RF37–FF31-HD6m</p> <p>Arahi 7 RF37-FF32-HD5mm W-RF34-FF29-HD5mm</p>
MIZUNO 	<p>Wave Inspire 20 RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy</p> <p>Wave Inspire 20 SP RF37.5–FF25 – HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy</p> <p>Wave Equate 8 RF37–FF25-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy</p> <p>Wave Paradox 5 RF39.5–FF25 – HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy</p>
NEW BALANCE 	<p>FRESH FOAM X VONGO v6</p> <p>Widths (M/W): 2E D</p> <p>RF32mm – FF26mm – HD6mm</p> <p>Medial; Dual Density Post</p> <p>Weight (M/W): 303 (g) 243 (g)</p> <p>Midsole - Fresh Foam X (FFX) – TOP bed 15/35 – BOTTOM bed 15/45 durometer</p>

NIKE 	NO
PUMA 	Deviate Nitro – RF40-FF30-HD8mm Innoplite / carbon composite plate - Nitrofoam – “Max cushioning with improved efficiency for long runs”
SAUCONY 	GUIDE 19 RF35-FF29-HD6mm PWRRUN FOAM - TUNED FOR ROADA new blend of EVA that incorporates high performance thermoplastics and an improved molding process that delivers the perfect blend of lightweight, bounce, cushion, and an enhancement of Center Path technology. HURRICANE 25 RF38-FF32-HD6mm PWRRUN PB & PWRRUN FRAME , Max cushioning & protection, Ortholite sockliner,
UNDER ARMOUR 	Hovr Guardian 3 RF26.5–FF18.5-HD8mm

NEUTRAL RUNNING SHOES

Updated: 8/99 (125) 9/2022, 10/2022, 12/2022, 2/2023, 4/2023, 8/2023, 3/2024, 5/2024, 10/2024, 11/2024, 4/2025, 7/2025, 8.2025, 1/2026, 2/2026

<p>ADIDAS </p>	<p>ULTRA BOOST 5 RF31mm–FF21mm-HD10mm 30% lighter BOOST material - Ultra responsive, Upper - Primeknit+ forge – torsion midfoot support</p> <p>ULTRARUN 5 RF27mm–FF17mm-HD10mm</p> <p>ULTRA BOUNCE RF25mm – FF16mm – HD – 9mm</p> <p>SUPERNOVA RISE RF36mm – FF26mm – HD10mm</p> <p>SUPER NOVA RISE 2 RF29mm–FF19mm–HD10mm</p> <p>SUPER NOVA RISE 3 RF37mm–FF29mm–HD8mm</p> <p>SUPERNOVA PRIMA RF31mm- FF23–HD8mm Wider (the supernova workhorse)</p> <p>SUPERNOVA PRIMA 2 RF38mm-FF30mm-HD8mm (improved woven upper)</p> <p>ADISTAR 3 RF40mm-FF34mm-HD6mm (long easy-pace run, max cushioning shoe)</p> <p>ADISTAR 4 RF40.9mm-FF35.4-HD5.5mm (improved mono mesh upper)</p> <p>DURAMO SL RF33mm - FF23.5mm-HD9.5mm Training to achieve your PB, or even just trying to make the bus stop on time.</p> <p>DURAMO SPEED RF35mm-FF28.5mm-HD6.5mm Fast mid-distance running shoe.</p> <p>DURAMO SPEED 2 RF32mm-FF26mm-6mm Train with purpose</p> <p>DURAMO SL 2 RF32mm-FF23-HD9mm Start with ease</p>
<p>ALTRA </p>	<p>Escalante 3 RF25–FF25-HD0mm M&W</p> <p>Torin 7 RF30–FF30-HD0mm M&W</p> <p>Rivera 3 RF28-FF28-HD0mm M&W</p> <p>Experience Flow RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)</p>
<p>ANTA </p>	<p>ANTA ROCKET PRO</p> <p>Tempo runs or mid distance training</p> <p>Responsive springy feel</p> <p>Midsole – Dual density midsole – NITROEDGE – for responsive cushioning and good energy return, EVA BASE LAYER – durable and light and to support the softer midsole layer above</p> <p>ENBEDDED NYLON PLATE – midfoot stability and energy transfer</p> <p>RIDE – softer than a pure racing flat but firmer than a daily trainer</p> <p>Stack heights – RF28-FF22–HD6mm (28-22-6mm)</p>

Weight – M 227, W 210

ANTA ROCKET 6.0

Tempo runs or mid distance training

Responsive springy feel

Midsole – NITROEDGE – for responsive cushioning

V-SHAPED ELASTIC PROPULSION PLATE – rebound and forefoot drive during faster running

Moderate fast workouts – tempo, steady state, daily runs

Stack heights – RF28-FF20–HD8mm (28-20-8mm)

Weight – M 295, W 245

ANTA MACH 5

Speed training & tempo runs

Road races 5km to 21km

Midsole – EVA & RUBBER – lightweight cushioning, grip & durability

AW-SHAPED NYLON FORK – enhances snappy roll-off. Cuts lateral torque while allowing forefoot flexibility

Stack heights – RF28-FF22–HD6mm

Weight – M 235

ANTA WALK 1.5 / JOURNEY WALKER 1.5

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Cushioning & moderate energy return

NO PLATE

Outersole - rubber

Stack heights – RF31-FF23–HD10mm W 31-23-10mm

Weight – M 270 W 220

ANTA WALK 2.0 / JOURNEY WALKER 2

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Softer high shock absorption foam

NO PLATE

Outersole – A grip rubber

Stack heights – RF33-FF25–HD8mm W 33-25-8mm

Weight – M 260 W 220

ANTA BALLERO 3.0 SE

Smooth cushioning with moderate rebound

Light to medium daily running, gym cardio & active lifestyle

Midsole – NITROEDGE FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return

NO PLATE

Outersole - rubber

Stack heights – RF30-FF22–HD8mm

Weight – M 300

ANTA C202 6.0 PRO

Marathon race day, long tempo runs,

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

FULL LENGTH AVIATION GRADE CARBON PLATE – engineered to improve propulsion, reduce ground contact time, smooth out the stride from landing to toe-off

Upper – A-web & xian fiber

Outersole – A-grip pro – high traction & durability

Stack heights – RF33-FF29–HD4mm

Weight – M 190

C 202 G9

Marathon race day, long tempo runs

10km to marathon

Midsole – NITROEDGE PRO FOAM – responsive cushioning & excellent energy return

ENHANCED CARBON PLATE WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

Upper – A-web & xian fiber

Outersole – Full-length liquid anti-slip rubber

Stack heights – RF33-FF29–HD4mm

Weight – M 181

C 202

Marathon race day, long tempo runs

10km to marathon

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

EMBEADED CARBON PLATE FOR PROPULSION WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

Upper – A-web & xian fiber

Outersole – A-grip pro

Stack heights – RF33-FF29–HD4mm

Weight – M 210


PG 7



Running





& gym cross trainer

Midsole –


NON PLATED




	<p>Upper – Anatomically wide toe box & memory foam insole</p> <p>Outersole – A-grip</p> <p>Stack heights – RF-FF–HD6mm</p> <p>Weight – M 280</p>
<p>ASICS </p>	<p>GEL-NIMBUS 28</p> <p>Iconic comfort, now in a lighter package</p> <p>Maximum comfort & cushioning</p> <p>Midsole – full length FF BLAST PLUS and PUREGEL</p> <p>Stack heights - RF43.5-FF35.5–HD8mm W 42.5-34.5-8mm</p> <p>Midsole height – M 32–24, W 31–23</p> <p>Weight – M 281, W 242</p> <p>Gel Nimbus Lite 3 M D/2E W B/D Flytefoam RF25-FF15–HD10mm (27-14-13mm) M 270g W 220g MAXIMUM COMFORT, Plush ride</p> <p>GEL-CUMULUS 28</p> <p>Your go – to daily trainer with more snap</p> <p>Maximum comfort & cushioning</p> <p>Midsole – full length FF BLAST PLUS and PUREGEL</p> <p>Outersole – Fluidride with Asics LO-HRD rubber pod in heel</p> <p>Stack heights - RF38.5-FF30.5–HD8mm W 37.5-29.5-8mm</p> <p>Midsole height – M 32-24, W 31–23</p> <p>Weight – M 259, W 223</p> <p>MetaRide RF31–FF31–HD0mm ENERGY SAVING No carbon plate</p> <p>GlideRide 3 RF32-FF26–HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology</p> <p>GlideRide MAX RF33-FF27–HD6mm (32-26mm) FF BLAST, ECO / FF BLAST MAX, Guidesole technology, TPU plate between the 2 layers of foam,</p> <p>Evoride RF27-FF22–HD5mm (26-21-5mm) ENERGY SAVING, Flytefoam</p> <p>SUPERBLAST 3</p> <p>Faster / Train</p> <p>More stack, more bounce, more energy, more comfort</p> <p>Maximum comfort & cushioning</p> <p>Midsole – FF BLAST PLUS (bottom layer) and FF LEAP (top layer)</p> <p>Trampoline pod set-up for extra energy underfoot</p> <p>Outersole – Asicsgrip</p> <p>Stack heights – RF47-FF39–HD8mm</p> <p>Midsole height – M 38–30</p> <p>Weight – M 239</p> <p>MEGABLAST RF46–FF38–HD8mm Flytefoam TURBO foam midsole</p>


	<p>SONICBLAST RF46–FF38–HD8mm RF45–FF37–HD8mm Pebax plate, Flytefoam TURBO foam bottom midsole layer – Flytefoam BLAST MAX upper midsole layer.</p> <p>Novablast 5 RF-31FF23–HD8mm (30-22-8mm) FF BLAST MAX m/s, Soft cushioning, FF trampoline pod – bounce effect</p> <p>Gel Pulse 13 RF23–FF13–HD10mm (23-13-10mm) Amplifoam m/s</p> <p>Gel Excite 9 RF23–FF13–HD10mm (22-12-10mm) Amplifoam m/s</p>
<p>BROOKS</p> 	<p>Ghost Max 2 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available</p> <p>Glycerin Max RF28–FF18-HD10mm Cushion me - Loft DNA v3 Nitrogen-Infused</p> <p>Ghost 16 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available</p> <p>Glycerin 22 RF28–FF18-HD10mm Cushion me - Loft DNA v3 Nitrogen-Infused</p> <p>Launch 11 RF24-FF14-HD10mm Speed - Lightweight DNA cushioning M/S</p> <p>Launch GTS</p> <p>Trace 3</p>
<p>DIADORA</p> 	<p>Nucleo 2 Men & women. 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole,</p> <p>Nucleo 2 Y <u>Youth</u> model. 1 – 6 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole</p> <p>Vigore 3 Men & women. 6 – 13 Uk (4 – 8 Uk) RF38mm – FF27mm – HD11mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole</p> <p>Volo 4 Men & women. 6 – 13 Uk (4 – 8 Uk) RFmm – FFmm – HD10mm (w – 9mm) Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole</p> <p>Mythos Blushield Volo 4 Hip 6 – 13 Uk RFmm – FFmm – HD10mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole</p> <p>Strada 2 Entry level. 6 – 13 Uk RFmm – FFmm – HD10mm Anima midsole, Duratech 5000 outersole</p> <p>Passo 5 Men & women. Entry level. 6 – 12 Uk (3 – 8 Uk)</p>





	RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole
HOKA 	Clifton 9 RF38–FF33-HD5mm W-RF37–FF32-HD5mm Bondi 8 RF33–FF29-HD4mm W-RF31–FF27-HD4mm Mach 6 RF37–FF32-HD5mm W-RF35–FF30-HD5mm Skyflow M-RF40–FF35-HD5mm W-RF31–FF26-HD5mm
INOV-8  ALL TRAIL & OTHER ADVENTURE SHOES	Trailfly Ultra 300 AX RF 25 –FF 19 - HD6mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole ; Graphene Grip Rubber Outsole Terraultra G 270 RF 12 – FF 12 - HD0mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole Graphene Grip Rubber Outsole Trailtalon 290 RF19 – FF11 - HD8mm Width 4 ; Cleats 4mm ; Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole Trailtalon 235 RF11– FF7 - HD4mm ; Width 4 ; Cleats 4mm ; Powerflow Midsole ; Inov-8 Rubber Outsole Parkclaw G 280 RF20 – FF12 - HD8mm Width 5 ; Cleats 4mm ; Graphene Grip Outsole Rubber ; G-Fly Midsole Roclite G 275 RF16 – FF8 - HD8mm Width 3 ; Cleats 6mm ; Powerflow Midsole; Graphene Grip Outsole Rubber Roclite G 290 RF11– FF7 - HD4mm Width 3 ; Cleats 6mm ; Powerflow Midsole ; Graphene Grip Rubber Outsole Roclite Pro G 400 GTX RF20 – FF12 - HD8mm Width 4 ; Cleats 6mm ; Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole F-Lite G 230 RF9 – FF6 - HD3mm Width 2 ; Fitness, Cardio. Graphene Grip Rubber Outsole F-Lite 245 RF9 – FF6 - HD3mm Width 4 ; Fitness, Cardio. Exteroflow midsole ; Inov-8 Rubber Outsole Bare-XF 210 RF3 – FF3 - HD0mm Width 3 ; Training, Barefoot walking / running, yoga ; Inov-8 Rubber Outsole F-Lite G 300 RF14 – FF8 - HD6mm Width 5 ; Fitness, Training ; Graphene Grip Rubber Outsole
JOMA 	R - 2000 2404 M&L RF-FF-HD10mm Stable ?, Foam reactive midsole, Fly reactive technology, <u>Premium</u> R - 4000 2404 M&L RF-FF-HD6mm Neutral, Foam reactive midsole, Fly reactive technology, <u>Premium</u> R - 6000 2404 M&L RF-FF-HD8mm Stable ?, Foam reactive midsole, Fly reactive technology, <u>Premium</u> ACTIVE RF-FF-HDmm Neutral, <u>Initiation</u> VITALY RF-FF-HD10mm <u>Initiation</u> , neutral, Foam reactive midsole, Fly reactive technology META RF-FF-HD10mm Neutral, <u>Initiation</u> , Foam reactive midsole, Fly reactive technology TITANIUM RF-FF-HD6mm Neutral, <u>Training</u> , Foam reactive midsole, Fly reactive technology VICTORY RF-FF-HD8mm Neutral, <u>Training</u> , Foam reactive midsole, Fly reactive technology, Dual density phylon midsole SPEED RF-FF-HD10mm Neutral, <u>Training</u> , Foam reactive midsole, Fly reactive technology FENIX 8 RF-FF-HD8mm Neutral, <u>High performance</u> VIPER RF-FF-HD6mm Stable, <u>High performance</u> SUPERCROSS RF-FF-HD8mm Stable, <u>High performance</u> HISPALIS RF-FF-HD10mm Stable
MIZUNO 	Wave Neo Ultra RF39–FF31-HD8mm Mizuno Energy Series, Wave m/s Wave Neo Wind RF36.5–FF^1 5-HD12mm Mizuno Energy Lite, Wave Plate m/s

	<p>Wave Prophecy 13 RF38–FF27.5-HD10.5mm Infinity wave midsole</p> <p>Wave Sky 7 RF41–FF33-HD8mm Mizuno Enerzy Core / Mizuno Enerzy:</p> <p>Wave Rider 27 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy</p> <p>Wave Rider 27 WIDTH OPTION RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate</p> <p>Wave Sunrise 5 RF37.5–FF29.5-HD8mm Mizuno Wave, Mizuno Enerzy, Wave plate</p> <p>Wave Ultima 15 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate</p> <p>Wave Kizuna 3 RF36–FF24-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate</p> <p>Wave Prodigy 5 RF36–FF24-HD12mm Mizuno Wave, Wave plate</p> <p>Wave Stream 2 RF37.5–FF25.5-HD12mm Mizuno Wave</p> <p>Wave Revolt 3 RF34–FF26-HD8mm Mizuno Wave, Wave plate</p> <p>Enerzy runnerZ RF31–FF23-HD6mm Mizuno Wave, Wave plate</p> <p>Wave Horison 7 RF41–FF33-HD12mm Mizuno Wave, Wave plate</p>
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<p>NEW BALANCE</p> 	<p>1080 V14 Widths (M/W): standard width only RF32mm – FF36mm – HD6mm Weight (M/W): 302 (g) 267 (g) Soft, plush, smooth midsole - Fresh Foam X (FFX)</p> <p>FRESH FOAM X MORE v5 <i>(updating to v5 in 2024)</i> Widths (M/W): 2E D RF33mm – FF29mm – HD4mm Weight (M/W): 312 (g) 244 (g) Max cushion, Midsole - Fresh Foam X (FFX)</p> <p>FRESH FOAM X 880 V14 Widths (M/W): D, 2E, 4E B, D RF26mm - FF18mm – HD8mm Weight (M/W): 270 (g) 209 (g) (Available in Kids) Firm cushioned traditional neutral shoe – multiple widths Midsole - Fresh Foam X (FFX) – TOP 15/45 BOTTOM12/40 durometer,</p> <p>Fresh Foam X Balos v1 <i>(specialist stores only)</i> RF33mm – FF27mm – HD6mm Weight (M/W): 260 (g) 206 (g) Ground contact EVE outersole, Bouncy feel, Max cushioning, Fresh foam X midsole (12/35 durometer)</p> <p>FRESH FOAM X EVOZ v3 <i>(update to v4 early 2024)</i> Widths (M/W): 2E D RF27mm - FF21mm – HD6mm Weight (M/W): 276 (g) 210 (g)</p>
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	<p>Midsole - Fresh Foam X (FFX), Soft and plush comfort</p> <p>FRESH FOAM X EVOZ v3 Widths (M/W): 2E D RF27mm - FF21mm – HD6mm Weight (M/W): 276 (g) 210 (g) Midsole - Fresh Foam X (FFX), Soft and plush comfort</p> <p>FRESH FOAM X EVOZ ST <i>(update to v4 early 2024)</i> Widths (M/W): 2E D RF27mm - FF21mm – HD6mm Weight (M/W): 275 (g) 218 (g) Midsole - Fresh Foam X (FFX) – 15/45 durometer, Soft and plush comfort</p> <p>FRESH FOAM 680 v8 <i>(update to v8 early 2024)</i> Widths (M/W): 2E D RF29mm – FF21mm – HD8mm Weight (M/W): 268 (g) 218 (g) Midsole – Fresh Foam (FF) & Bio Eva, Everyday trainer</p>
<p>NIKE</p> 	<p>NIKE AIR ZOOM PEGASUS 41 - Everyday Road running MIDSOLE: Full length ReactX foam, Zoom Air in the forefoot and heel. UPPER: Engineered mesh, providing lightweight support and breathability. OUTSOLE: Rubber outsole for grip and traction. Weight M10 297g, W8 242g Heel 37mm, Forefoot 27mm, offset 10mm</p> <p>PEGASUS PLUS - Everyday Road running, tempo runs, speedwork, and racing MIDSOLE: The full-length ZoomX midsole is responsive and lightweight, offering a smooth to-toe transition. UPPER: An evolved Flyknit upper features zones of breathability where you need it most. OUTSOLE: High-abrasion rubber was added to the outsole so runners can be confident putting in the miles in different terrain. Weight M10, 245g, W8 205g Heel 36mm, Forefoot 26mm, offset 10mm</p> <p>NIKE PEGASUS PREMIUM – Everyday Road running Weight M10 330g, W8 278g Heel 45mm, Forefoot 35mm, offset 10mm</p> <p>NIKE VOMERO 18 – Everyday Road running Weight m10 325g W8 262.7g Heel 45mm, Forefoot 35mm, offset 10mm</p> <p>NIKE VOMERO PLUS – Everyday Road running Weight M10 292g W8 242g Heel 45mm, Forefoot 35mm, offset 10mm</p> <p>NIKE VOMERO PREMIUM – Road running & recovery Heel 55mm, Forefoot 45mm, offset 10mm</p>
<p>MR PRICE MAXED</p> 	<p>Maxed Gravity edge trainer Maxed Gravitus trainer Maxed marathon trainer 2020 - Comrades Gravitus knit trainer Gravitus trainer Gravity edge trainer Gravity edge runner</p>
<p>PUMA</p> 	<p>PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate PUMA FOREVER RUN NITRO RF36-FF26-HD10mm Max cushioning, Nitro,</p>

	<p>Runguide</p> <p>PUMA MAGNIFY NITRO 2 RF36-FF29F-HD9mm Max cushioning</p> <p>PUMA RUN XX NITRO Female specific RF31-FF23-HD8mm Nitro, Runguide</p> <p>PUMA VELOCITY NITRO 2 RF34-FF24-HD10mm Cushioning, Nitro, Pumagrip</p> <p>PUMA ELECTRIFY NITRO 2 RF35-FF25-HD10mm Comfort, Nitro, Pumagrip</p> <p>PUMA LIBERATE NITRO 2 RF28-FF20-HD8mm Lightweight, Nitro, Pumagrip</p>
SALOMON	<p>SALOMON S-LAB PHANTASM 2 RF-FF-HD9mm Racing shoe, CARBON ENERGY BLADE, Optifoam</p> <p>SALOMON S-LAB SPECTUR RF-FF-HD8mm Racing shoe, Carbon energy blade</p> <p>SALOMON S-LAB SPECTUR 2 RF-FF-HD8mm Racing shoe, Carbon energy blade Optifoam,</p> <p>SALOMON AERO GLIDE 3 RF-FF-HD8mm Cushioned shoe, Optifoam</p> <p>SALOMON AERO BLAZE 3 RF35-FF27-HD8mm Energy foam</p>
SAUCONY 	<p>TRUIMPH 23 RF37-FF27-HD10mm M E, 2E PWRRUN PB, Ortholite innersole, Subtle geometry evolution to enhance underfoot comfort.</p> <p>RIDE 19 RF36-FF28-HD8mm Softer blend PWRRUN – 18% more foam – supercritical Wider base / platform – 3mm wider in FF – 2mm wider in Midfoot – 5mm wider in heel Most responsive & comfortable ride</p> <p>KINVARA 15 RF31-FF27-HD4mm PWRRUN + midsole with PWRRUN and cushioning ROAD – CORE – FAST & LIGHT</p>

UNDER ARMOUR 	<p>Hovr Machina 3 RF26–FF18-HD8mm Connect shoe to phone via run app – map my run – CARBON PLATE (Y)</p> <p>Mega Clone 2 RF–FF-HDmm</p> <p>Hovr Sonic 5 RF23–FF15 -HD8mm Connect shoe to phone via run app – map my run</p> <p>Hovr Phantom 2 RF–FF-HDmm</p>
PIVOT 	<p>Forge Z1 RF30–FF22-HD8mm</p> <p>Quphoria RF25–FF20–HD5mm PEBAX midsole</p>
ON 	<p>ON CLOUDSURFER 7 PR RF–FF-HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam</p> <p>ON CLOUDGO PR RF–FF-HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam</p> <p>ON CLOUDSTRATUS PR RF–FF-HD6mm – Performance running, Cloudtec layers, PP speedboard, Helion superfoam</p> <p>ON CLOUDRUNNER PR RF–FF-HD6mm – Performance running, 0 gravity foam</p> <p>ON CLOUDFLOW PR RF–FF-HD6mm – Polypropylene speed board, Helion superfoam - Racer / trainer</p> <p>ON CLOUDFLYER 4 PR RF–FF-HD6mm – Trainer, TO MARATHON DIST, Polypropylene speed board,</p> <p>ON CLOUD X PR RF–FF-HD6mm – Helion superfoam, Speedboard</p>
OLYMPIC 	<p>BOUNCE 3 RF–FF–HD10mm</p> <p>BOUNCE 4</p> <p>ENDURE – OUT 3/2026</p> <p>STREAK</p> <p>Hybrid road & offroad performance shoe</p> <p>Short distance to ultra marathons</p> <p>Gym training</p> <p>CARBON PLATE EMBEDDED IN MIDSOLE</p>

	<p>Midsole – PU cushioning system</p> <p>Stack heights – RF-FF–HD8m</p> <p>Weight – M 280</p> <p>CONNECT 2</p> <p>Road / trail / cross country</p> <p>CHALLENGER</p> <p>Neutral training shoe</p> <p>Short distance to ultra marathons</p> <p>Gym training</p> <p>Stack heights – RF-FF–HD8m</p> <p>Weight – M 280</p>
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SOFT RUNNING SHOES SOFT RUNNING SHOES

Updated: 8/99 (35), 6/2018

Most modern running shoes are soft midsoled MAXIMALIST shoes.

Please see the neutral section.