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8 Best Nike Running Shoes of 2024

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Nike has been at the forefront of running shoe innovation since 1972 when the “Moon Shoe” was released. Nike blends cutting-edge technology with athlete feedback to create a wide range of shoes to meet different needs and suit different types of activities.

During our research, we spoke with avid runners, running coaches, and physical therapists to get their insights into the best Nike running shoes. The Nike Pegasus 41 earns our top recommendation because it’s durable and versatile. While it’s a reliable choice, our list of the best Nike running shoes includes a variety of options for your running needs.

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Best Overall

Nike Pegasus 41 »

PROS:

- ✓ Comfortable and durable for everyday running
- ✓ Lighter and more breathable mesh upper compared to previous models
- ✓ ReactX foam midsole for better energy return
- ✓ Comes in more than 10 colors with option to design your own
- ✓ Available in extra-wide width

CONS:

- ✗ May be too heavy for "speedwork"
- ✗ Runs smaller than previous Pegasus models

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The Nike Pegasus 41 stands out as the best overall Nike running shoe thanks to its exceptional blend of comfort, durability, and versatility. Whether you're a seasoned marathoner or casual jogger, the Pegasus 41 delivers reliable performance. The key feature of the shoe is its ReactX foam midsole (the layer that provides cushioning, which varies by its thickness), which offers an excellent balance of cushioning and energy return. This means you get a soft landing with every step and a little extra bounce to propel you forward, reducing fatigue on longer runs.

The shoe also includes an Air Zoom unit in the forefoot, adding an extra layer of responsiveness. This makes your strides feel more efficient, which is especially helpful during faster-paced runs. The breathable mesh upper (the part that covers your foot) keeps your feet cool and dry, preventing discomfort and blisters. However, at 10.4 ounces, the Pegasus 41 is heavier than some of the brand’s more specialized performance shoes. Thus, this might not be ideal for runners who prefer ultralight shoes for speedwork or races.

While Nike says this shoe features the same internal materials, padding, and fit as the Pegasus 40, some customers report that the Pegasus 41 has a smaller and narrower fit than previous models. The Pegasus 41 is available in regular or extra-wide widths and comes in a wide range of men’s and women’s sizes and colors.

Specs

List Price:	Starting at \$140 (standard colors)
Heel-to-Toe Drop:	10 millimeters (mm)
Weight:	10.4 oz. (men’s); 8.8 oz. (women’s)
Width(s):	Regular, extra-wide

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Best Budget

Nike Revolution 7 »

**PROS:**

- ✓ Affordable price at just \$70
- ✓ Available in extra-wide width
- ✓ Comfortable ride for short to medium-length runs

CONS:

- ✗ More suitable for casual wear or short runs
- ✗ Not sufficient for runners who need optimal arch support

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If you're looking for a reliable Nike running shoe that won't break the bank, the Nike Revolution 7 is our go-to choice. This shoe offers solid performance and comfort at a wallet-friendly price, making it accessible for those new to running or anyone needing a dependable backup pair.

The soft foam midsole offers decent cushioning, ensuring each step feels comfortable, especially on shorter to medium-length runs. However, the Revolution 7 lacks some of the advanced support, cushioning, and responsive technologies found in more expensive running shoes. This

means it might not provide the same level of performance and comfort for long-distance runs or intense training sessions. With limited support, the Revolution 7 is better suited for neutral runners or those with minor arch support needs.

The grippy outsoles are made from sustainable materials and provide enough traction to go uphill or downhill. Plus, it has a roomier toe box, allowing your toes to splay naturally. The Revolution 7 is available in a variety of colors and sizes in both regular and extra-wide widths.

Specs

List Price:	\$70
Heel-to-Toe Drop:	10 mm
Weight:	9.9 oz. (men’s); 7.9 oz. (women’s)
Width(s):	Regular, extra-wide

EXPAND LIST ▾

[Buy Men's From Amazon »](#)

Best for Flat Feet

Nike Structure 25 »

**PROS:**

- ✓ Provides strong arch support
- ✓ Comfortable cushioning for long distances
- ✓ Available in extra-wide width

CONS:

- ✗ Heavy
- ✗ Not ideal for speedwork

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If you have flat feet, the Nike Structure 25 is your best bet for a supportive and comfortable run. This shoe is specifically designed to provide stability and support in the midsole and midfoot, making it ideal for runners who need a bit more help with arch support.

The upper of this shoe is made from a breathable mesh material that ensures your feet stay cool and dry. This helps prevent blisters and keeps you comfortable even during longer runs. The durable rubber outsole provides excellent traction and longevity so you can trust these shoes to handle your daily runs.

Specs

List Price:	\$140
Heel-to-Toe Drop:	10 mm
Weight:	11.4 oz. (men’s); 9.3 oz. (women’s)
Width(s):	Regular, extra-wide

EXPAND LIST ▾

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Best for Long Distances

Nike Vaporfly 3 »



PROS:	CONS:
✔ Designed for 10K	✘ Premium price

- and marathon races
- ✗ Only available in regular width
- ✓ Carbon-fiber plate provides a smooth ride
- ✓ One of Nike's lightest shoes

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Known for its lightweight design and cutting-edge technology, the Nike Vaporfly 3 is a favorite race day shoe among elite marathon runners. The full-length ZoomX foam midsole is incredibly light and provides outstanding cushioning and energy return. This means each step feels soft and springy, which helps to reduce fatigue over long distances. The shoe also features a carbon-fiber plate embedded in the midsole, which adds stiffness and promotes a smooth and efficient stride.

The Vaporfly 3 has a breathable, lightweight upper made from Flyknit yarn, which helps keep your feet cool and comfortable even during the longest runs. This upper also conforms to the shape of your foot, providing a snug fit that reduces slippage and enhances stability. However, the advanced technology and performance features of the Vaporfly 3 come at a premium cost, which may be a barrier for runners on a budget.

That said, “When it comes to long-distance endurance running, you need to look after your feet, and the Nike Vaporfly provides the ultimate protection in stability, breathability, and comfort,” says Alexa Duckworth-Briggs, a certified running coach at We Run.

Specs

List Price:	\$260
Heel-to-Toe Drop:	8 mm
Weight:	7.1 oz. (men’s); 5.8 oz. (women’s)

Width(s):**Regular**[EXPAND LIST](#) ▼[Buy Men's From Amazon »](#)

Best for Wide Feet

Nike Invincible 3 »

**PROS:**

- ✓ Designed with wider forefoot
- ✓ Available in extra-wide width
- ✓ Maximum cushioning
- ✓ Durable enough for daily runs

CONS:

- ✗ Higher price
- ✗ Heavier than other Nike shoes

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With a wider toe box than previous models, the Nike Invincible 3 is a solid option for runners with wide feet. Plus, it’s available in an extra-wide width. The Invincible 3 features Nike’s ZoomX foam, a material known for its superior cushioning and generous energy return. This means you get a soft, responsive ride that reduces the impact on your joints, making it ideal for long-distance running and recovery days. On the downside, the extra cushioning and stability features add to the weight and cost of the Nike Invincible 3, which may not be ideal if you prefer a lighter shoe.

The Invisible 3’s broad base provides excellent support, which is helpful for runners with wide feet who require a bit more stability. The upper is made with breathable Flyknit yarn, allowing air to flow freely to keep your feet cool and dry even on warmer days.

Specs

List Price:

Starting at \$180 (Men’s Regular in all standard colors except multi-color/multi-color, sanddrift/sesame/light bone/concord, white/bright crimson/sail/black, or pure platinum/bright mango/cool mint/black; Men’s Extra Wide in all standard colors; Women’s Regular in all standard colors except multi-color/multi-color or light bone/barely volt/volt/cargo khaki; and Women’s Extra Wide in all standard colors)

Heel-to-Toe Drop:

9 mm

Weight:

10.9 oz. (men); 9.1 oz. (women’s)

Width(s):

Regular, extra-wide

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Best for Plantar Fasciitis

Nike Free RN NN »



PROS:

- ✓ Wider toe box helps reduce pressure on plantar fascia
- ✓ Minimalist shoe best suited for neutral runners
- ✓ Lightweight and breathable

CONS:

- ✗ Not suitable for those who overpronate
- ✗ May not be durable enough for everyday use

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The Nike Free RN NN is designed to mimic the natural movement of your foot. Its flexible sole allows for a more natural stride, which can help strengthen foot muscles and improve overall foot health, which is particularly beneficial for those dealing with [plantar fasciitis](#).

While the flexibility of the Nike Free RN NN is a pro for some, it may not provide enough support for runners who need extra stability, such as those who overpronate (when the arch of the foot collapses excessively inward during landing when walking or running). The lightweight materials might wear out faster, especially if used frequently on rough terrain or for high-mileage runs.

A major highlight of these shoes, however, is their wider toe box. “Allowing your foot to spread out can dramatically decrease the pain associated with plantar fasciitis,” says physical therapist Raymond Agostino. “They are also extremely flexible, allowing your foot to maintain its proper biomechanics when striking the ground, preventing excessive pressure on the plantar fascia. This shoe also has enough cushion to dampen impact and provide a comfortable ride.”

Specs

List Price:	\$110
Heel-to-Toe Drop:	6.9 mm
Weight:	8.2 oz. (men’s); 6.2 oz. (women’s)
Width(s):	Regular

EXPAND LIST ▾

[Buy Men's From Amazon »](#)

Best for Trail Running

Nike Pegasus Trail 4 Gore-Tex »

**PROS:**

- ✓ Grippy outsoles
- ✓ Waterproof
- ✓ Built-in ankle gaiter
- ✓ Responsive cushioning

CONS:

- ✗ Less breathable than other options
- ✗ Only comes in regular width

[Buy Men's From Finish Line](#)[Buy Women's From Backcountry](#)

The Nike Pegasus Trail 4 Gore-Tex is [designed to tackle trails](#) and can handle varying weather conditions. The Gore-Tex upper provides waterproof protection so your feet stay dry and comfortable even when running through puddles, mud, or rainy conditions. Additionally, the built-in ankle gaiter (a piece of fabric covering the space between your shoe and pants) also helps keep out water along with trail debris like rocks and twigs. While the Gore-Tex upper provides excellent waterproofing, it can lack the breathability of nonwaterproof models. This might lead to your feet feeling warmer and less ventilated, particularly in hot weather or during intense runs.

Equipped with React foam, the Trail 4 Gore-Tex offers responsive cushioning that absorbs impact and provides a smooth ride. “These shoes are very reliable and durable and provide versatility on mixed terrains. They have the grit and grip for rugged paths and the energy and comfort needed to sustain long miles on the trails,” says personal trainer and running coach Melissa Kendter. She adds, “They have grippy bottoms to prevent slipping as well as a slightly wider base and roomier toe box for comfort.”

Specs

List Price:	\$160
Heel-to-Toe Drop:	9.5 mm
Weight:	10.18 oz. (men’s); 8 oz. (women’s)
Width(s):	Regular

EXPAND LIST ▾

[Buy Men's From Finish Line »](#)

Best for Speedwork

Nike Streakfly »

**PROS:**

- ✓ Ultralightweight
- ✓ Ideal for racing and speedwork
- ✓ Responsive cushioning

CONS:

- ✗ Only men's sizing available
- ✗ Doesn't come in extra-wide width

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The Nike Streakfly is a lightweight and responsive shoe, making it a top choice for track workouts, intervals, and race day. "Every ounce matters when searching for speed, and this shoe feels weightless on your feet," says Agostino. "The low drop of this shoe helps keep you on your forefoot and in a better position to attack the ground to build speed, while also providing the cushion and support to absorb the impact of the track."

The Streakfly is designed for speed, which means it lacks some of the support features found in more cushioned or stability-focused shoes. This might not be suitable for runners who need extra arch support or have issues with overpronation. However, the breathable mesh upper helps your feet stay

cool and comfortable, while the snug fit keeps your feet secure during your sprints and fast runs.

The ZoomX foam midsole provides a responsive, bouncy feel with every step. This means you get excellent energy return, helping to propel you forward and make your strides more efficient.

Specs

List Price:	\$170
Heel-to-Toe Drop:	6 mm
Weight:	6.5 oz.
Width(s):	Regular

EXPAND LIST ▾

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The Bottom Line

The best Nike running shoe for you is the one that suits your needs. That might mean buying separate running shoes for different situations, which also extends the life of each pair of shoes. That being said, the Nike Pegasus 41 is our top choice. It’s comfortable, durable, and versatile enough to handle various types of runs, from daily training to longer distances. It’s also a reliable choice whether you’re doing a casual jog or a more intense workout.

Things To Consider When Buying Nike Running Shoes

Size and Fit: Wearing running shoes that don't fit can lead to injury, discomfort, and even long-term foot damage, so it's important to buy the right size. A properly fitting shoe should feel snug but not tight, providing ample room for your toes to move without excessive sliding. Aim for a thumb's width of space between your longest toe and the end of the shoe.

Nike offers a range of widths, from narrow to extra-wide, to accommodate different foot shapes. Size and fit are model-dependent so you can't always rely on buying the same size shoe (even from year to year). When shopping for Nike shoes, use their step-by-step guide on how to accurately measure your feet to choose the right shoe.

Material: The material of running shoes significantly affects comfort, durability, and performance. Look for shoes made with breathable materials like mesh, which allow air to circulate and keep your feet cool and dry. This ventilation helps prevent blisters and discomfort, particularly during long runs or in hot weather. Durable materials in high-wear areas, such as the toe box and heel, enhance the shoe's longevity.

Nike often incorporates lightweight synthetic materials that offer a balance of flexibility and support to help maintain proper foot movement and stability. Some models also feature water-resistant materials, which are beneficial for running in wet conditions. Understanding the materials used in your running shoes can help you choose a pair that not only fits well but also supports your running style and environment, providing the necessary protection and comfort.

Weight: Consider your running goals and the type of runs you typically do when choosing the weight of your shoes. Lighter shoes – often preferred for speedwork and racing – allow for quick and agile movements and reduce the energy required to lift your feet. These shoes typically have less cushioning and fewer support features, making them ideal for short fast runs. On the other hand, slightly heavier shoes often come with added cushioning and stability features, making them better suited for long-distance runs or everyday training. They provide more protection and comfort, which can help reduce fatigue over extended periods.

Support: Choosing the right level of support helps maintain proper alignment, reduces strain on your joints and muscles, and enhances overall running efficiency. Depending on your pronation – how your foot rolls inward or outward – you may need varying levels of support. Overpronators (those whose feet roll excessively inward) benefit from stability shoes that provide additional arch support and

structured cushioning to correct their stride. Neutral runners (those with normal pronation) can opt for neutral shoes that offer balanced support and cushioning without added corrective features.

Nike offers a range of shoes designed to cater to different support needs, including models with reinforced midsoles, supportive heel counters, and stability features. Assessing your pronation through a gait analysis can guide you in selecting the most supportive shoe for your running style.

Cushioning: Proper cushioning helps absorb the impact forces generated during running, reducing stress on your joints and minimizing the risk of injuries. For long-distance runners, shoes with ample cushioning are essential to maintain comfort over extended periods, helping to prevent fatigue. However, too much cushioning can sometimes feel unstable, so it's important to find a balance that suits your running style. Nike running shoes feature various cushioning technologies, such as React foam or ZoomX, designed to provide a soft yet responsive ride.

Traction: The right traction ensures you can confidently run on any surface, maintaining stability and reducing the risk of falls. Nike running shoes come with different outsole designs and materials to provide the right grip for your needs. For road running, look for shoes with durable rubber outsoles featuring a tread pattern that enhances grip on asphalt and concrete. [Trail runners](#) should opt for shoes with deeper lugs (protruding treads) and more aggressive tread patterns to handle uneven, muddy, or rocky terrains.

How We Chose the Best Nike Running Shoes

To compile our list of the best Nike running shoes, we considered customer ratings and reviews, spoke with avid runners, and interviewed the following running coaches and physical therapists: Alexa Duckworth-Briggs, a UK Athletics certified running coach at [We Run](#); Raymond Agostino, physical therapist and owner of [Agostino Athletics](#); and [Melissa Kendter](#), a certified functional strength coach and Endurance Sports Coach Certifications (UESCA) running coach.

WHY SHOULD YOU TRUST US?

[Melissa Boufounos](#), the author of this piece, is a freelance writer specializing in e-commerce, nutrition, health, and fitness. She's a certified holistic nutritionist, an athlete, and a fitness enthusiast who has completed more than 70 obstacle course races. In addition to her contributions to U.S. News & World Report's 360 Reviews – like the best in [running shoes](#) and [running socks](#) – her work can be found in Fortune Recommends and Clean Plates, among other health and wellness publications. A fitness editor at 360 Reviews, [Marlo Jappen Porto](#), who edited this piece, is passionate about helping people find products that improve their health, wellness, and comfort. She has covered a variety of footwear products, including the best [insoles](#), [HOKA shoes](#), and [recovery slides](#).

FAQ

What features should running shoes have?



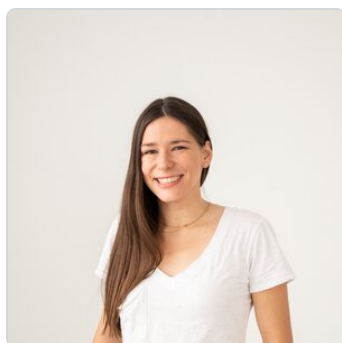
What stands out about Nike running shoes?



Do Nike running shoes come in wide sizes?



About Our Team

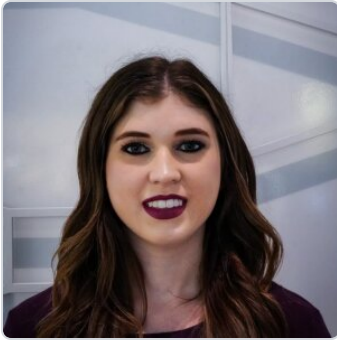


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Melissa Boufounos is a freelance nutrition and fitness writer, a certified holistic nutritionist, and a lifelong athlete. She's passionate about helping people achieve optimal health and performance. Boufounos' work has been published by Mindbodygreen, Clean Plates, OptiMYz Magazine, and The Epoch Times.

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