



360 REVIEWS



Sign In

When you use links on our website, we may earn a fee.

Home / 360 Reviews / Fitness

## Best Gym Shoes for Women of 2024

By [Alyssa Sparacino, ACE-certified personal trainer](#)

✓ Edited by [Marlo Jappen Porto](#)

Updated: June 20, 2024



The right activewear can make or break your workout experience and performance. That's especially true when it comes to gym shoes for women. There are several important factors to consider when shopping for the best option for your needs: materials, construction, your foot type, and whether or not you have previous injuries.

We landed on the Nike Free Metcon 5 as the best overall gym shoe for women because of its versatility, construction, and support. After considering research, reviews, and expert insight – including my own experience as a certified personal trainer and a fitness writer who has tested countless pairs of sneakers – we came up with a list of solid choices for your next pair of gym shoes. Put your best foot forward and learn more about the features to look for and find gym shoes that match your workout type, budget, and more.

### Table of Contents

[Best Gym Shoes for Women](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

## Our Top Picks

**Best Overall:** [Nike Free Metcon 5](#) »

[Jump to Review](#) ↓

**Best Budget:** [Adidas Everyset](#) »

[Jump to Review](#) ↓

**Best for Treadmill Running:** [HOKA Clifton 9](#) »

[Jump to Review](#) ↓

**Best for Breathability:** [APL TechLoom Pro](#) »

[Jump to Review](#) ↓

**Best for Weight Lifting:** [NOBULL Impact](#) »

[Jump to Review](#) ↓

**Best for Cross-training:** [Reebok Nano X4](#) »

[Jump to Review](#) ↓

**Best for Plantar Fasciitis:** [On Cloudflyer 4](#) »

[Jump to Review](#) ↓

**Best for Wide Feet:** [ASICS GT-2000 12](#) »

[Jump to Review](#) ↓

## Best Overall

**Nike Free Metcon 5** »

**PROS:**

- ✓ Versatile for any workout
- ✓ Supportive construction
- ✓ Flexible yet structured sole

**CONS:**

- ✗ A bit pricey
- ✗ May run small

[Buy From Nike](#)

No two workouts are the same, so your gym shoes should be ready to tackle anything. The Nike Free Metcon 5 can confidently take you through a variety of routines from high-intensity interval training (HIIT) with dynamic and explosive moves to lower-impact strict strength training days. I have a pair at home and have successfully worn them to do everything from running sprints and plyometrics to bodyweight workouts and weight lifting.

The lightweight design is one of the reasons trainers love them. Not to mention, they're attractive, too. They "look good, and are a flexible shoe that adds the correct amount of stability," says Steffi Alexander, F45 Athlete, and Level 3 personal trainer based in the United Kingdom.

This overall pick for the best gym shoes for women has it all: support where you need it, including at the ankle, and cushioning to protect your joints and feet. With forefoot flexibility and heel stability, the Nike Free Metcon 5 is the slightly more adaptable relative of the [Nike Metcon 9](#), which is beloved for weight training as it offers a flatter, more rigid sole.

Specs

List Price:	\$120
Available Sizes:	5-12
Weight:	10.5 oz.

[Buy From Nike »](#)

Best Budget

Adidas Everyset »



**PROS:**

- ✓ Affordable
- ✓ Classic design
- ✓ Made with some recycled materials

**CONS:**

- ✗ Lacks some performance features
- ✗ Not workout-specific

[Buy From Amazon](#)

If you’re on the hunt for a gym shoe that doesn’t break the bank, looks just as good with leggings as it does with dresses, and is made with sustainability in mind, the Adidas Everyset is a smart choice. The straightforward design of the Adidas Everyset means that while you won’t get fancy features – like carbon-plated soles for efficient energy return or unique lacing designs for a more individual-like fit – you’ll get a solid, well-made gym shoe at an affordable price.

These sneakers aren’t catered toward a specific workout (running or lifting, for example), so they’re great for anyone new to fitness who isn’t sure what kind of gym shoe they’ll need.

They’re also ideal for those looking to maximize their closet. They’re stylish enough to be worn both inside and outside of the gym. Looks aside, the Everyset still has everything you need to get moving: a breathable knit upper, smartly placed cushion for heel and arch support, and nice traction from forefoot to heel so you feel secure no matter how you move.

**Specs**

<b>List Price:</b>	\$90
<b>Available Sizes:</b>	5-19
<b>Materials:</b>	Knit, EVA (ethylene vinyl acetate), rubber

[Buy From Amazon »](#)

## Best for Treadmill Running

### HOKA Clifton 9 »



#### PROS:

- ✓ Ample cushioning
- ✓ Lightweight
- ✓ Comes in wide
- ✓ Available in a waterproof version

#### CONS:

- ✗ Not the best for strength training
- ✗ Minimal stability features

[Buy From Amazon](#)

If you're looking for a [HOKA shoe](#) that is great for indoor [treadmill](#) runs, the Clifton 9 has just the right amount of cushioning. It protects your joints with every stride but has less bounce than the [HOKA Bondi 8](#), which has the brand's max cushioning for road runners to feel supported on hard pavement.

Marlo Jappen Porto, the editor of this piece, wears Clifton 9s when she runs at the gym.

“It’s my go-to for treadmill running because it has impressive cushioning. My feet feel comfortable even after longer distances, which hasn’t been the case for me with other gym shoes I’ve worn.”

Despite all of its cloud-like foam, the Clifton 9 is still surprisingly lightweight at just 7.3 ounces, so those treadmill miles will feel less like a slog and more like a fun ride. Plus, these HOKAs come in a ton of fun colors, so you can show off your personal style when you hit the gym.

Specs

List Price:	\$145
Available Sizes:	5-12
Materials:	Recycled polyester and nylon, rubber, EVA foam
Weight:	7.3 oz.

[Buy From Amazon »](#)

Best for Breathability

APL TechLoom Pro »

**PROS:**

- ✓ Woven upper for breathability
- ✓ Machine-washable
- ✓ Slim profile
- ✓ 100% vegan

**CONS:**

- ✗ Not rainproof
- ✗ Laces untie easily

[Buy From Amazon](#)

The APL (Athletic Propulsion Labs) TechLoom Pro gym shoe has a woven upper that's made using just one piece of breathable fabric. I've tested the APL TechLoom Pro sneakers, and always keep the classic black-and-white pair in my rotation. The low profile of the sneaker makes for a sleek design and the woven fabric keeps my feet cool and dry during hot-weather workouts.

That said, all that breathability means it's not the best to wear in the rain, so just keep the weather in mind when heading outside. However, they're machine-washable, which makes for easy cleaning.



Another personal anecdote: When single-knotted, the laces tend to slip untied, so a double-knot may be needed for a more secure fit – or you could swap out the laces for a grippier cotton variety.

Specs

List Price:	\$160
Available Sizes:	5-11
Materials:	All vegan materials
Weight:	7.9 oz.

[Buy From Amazon »](#)

Best for Weight Lifting

NOBULL Impact »



**PROS:**

- ✓ Extremely durable
- ✓ Stiff sole is excellent for heavy lifting
- ✓ Flat, grippy outsole for traction and stability
- ✓ Breathable

**CONS:**

- ✗ Heavier than other gym shoes
- ✗ Not the best for running

Buy From No Bull

NOBULL gym shoes have been a favorite brand among CrossFitters and heavy lifters for some time (the brand even sponsored the CrossFit Games last year) – and these athletes are on to something. The NOBULL Impact features a breathable upper to keep your feet cool on even the toughest of leg days and a stiff sole that’s needed for ground contact and support on big lifts.

Another standout element of the NOBULL Impact gym shoes (or any NOBULL sneaker for that matter) is the extreme durability – the brand even calls them, “practically indestructible.” The SuperFabric one-piece upper is to thank for this – it’s designed to withstand stains, sweat, and abrasions, meaning it’s got you covered even during the most challenging workouts.

Customers rave about both the toughness of these gym shoes and their long shelf life, as well as how it’s great for both weight lifting and cardio, making them a suitable choice for hybrid-style workouts.

**Specs**

List Price:	\$139
Available Sizes:	5-11
Materials:	SuperFabric blend, high carbon rubber, EVA
Weight:	13.13 oz.

[Buy From No Bull »](#)

## Best for Cross-training

### Reebok Nano X4 »



#### PROS:

- ✓ Stable yet springy
- ✓ Good ventilation
- ✓ Heel support

#### CONS:

- ✗ Runs narrow
- ✗ Chunkier aesthetic

[Buy From Amazon](#)

Ideal for cross-training, the Reebok Nano X4 strikes a balance between support and stability with features like the proprietary Floatride Energy Foam for cushioning and the Lift and Run Chassis system. A dome-shaped heel piece serves as a stable base to push off from during HIIT workouts, runs, or powerlifting, for example.

The Nano X4 has a bit of mesh on both the inner and outer sides of your feet for much-appreciated ventilation. The firm-yet-flexible sole has a 7-millimeter heel-to-toe drop (a smaller ratio from heel to toe indicates a flatter sole and therefore more ground connection and control). This means these shoes can offer a stable base for lifting while also being enough of a lift to keep your feet comfortable and supported.

Some reviewers thought the gym shoes ran a little narrow, so if you have wide feet or prefer a roomier fit, consider sizing up for the most comfort.

Specs

List Price:	\$140
Available Sizes:	5.5-11
Materials:	Woven textile, rubber
Weight:	12.07 oz.

[Buy From Amazon »](#)

Best for Plantar Fasciitis

On Cloudflyer 4 »

**PROS:**

- ✓ Plush cushioning
- ✓ External heel counter for optimal support
- ✓ Available in wide

**CONS:**

- ✗ Ample cushioning means less responsiveness
- ✗ Star-style lacing takes some getting used to

[Buy From Amazon](#)

Anyone with [plantar fasciitis](#) – a painful irritation of the thick band of tissue that runs across the bottom of your feet, connecting the heel bone to the toes – knows just how important the right footwear is to your recovery and ability to get back to training. Some features to look for include plenty of cushioning, stability, arch support, and a firm heel counter to help evenly distribute the weight on your feet.

The Cloudflyer 4 fits this bill. It has an 11-millimeter heel-to-toe drop, which helps keep excess pressure off the plantar fascia. There's an external heel counter at the back of the shoe for a stiff and supportive fit and optimal cushioning keeps feet comfortable.

The On Cloudflyers are great for light jogs, low-impact gym workouts, and even just everyday wear around town. Plus, the unique sole, various colorways, and trendy profile of the shoes make them an easy choice when you’re looking to throw on a go-to pair of shoes for fun athleisure looks.

Specs

List Price:	\$169.99
Available Sizes:	5-11
Materials:	Recycled materials, polyester
Weight:	9.1 oz.

[Buy From Amazon »](#)

Best for Wide Feet

ASICS GT-2000 12 »



**PROS:**

- ✓ Available in wide
- ✓ Highly stable and supportive
- ✓ Lightweight
- ✓ Good for overpronation (when the foot collapses inward upon landing)

**CONS:**

- ✗ Chunky appearance
- ✗ Could be more breathable

[Buy From Amazon](#)

Comfort is key when shopping for any shoe, but finding the right gym shoe for when you have wide feet can be tricky. Oftentimes, the trendiest options don’t come in expanded sizing or the color you want is always sold out.

You won’t have this problem with the ASICS GT-2000 12 – the brand’s top seller for athletes with wide feet – as it comes in wide widths and several colors. The base of the shoe has a wider platform than other ASICS styles for more control and comfort during workouts. Other standout features include the shoe’s increased heel bevel for smoother transitions and ASICS’ PureGEL technology, which delivers soft comfort to your underfoot.

Though the design of the GT-2000 12 may appear a little chunkier, these sneakers are surprisingly lightweight at just over 8 ounces. That means you’ll enjoy a plush feel and a smooth stride while you’re at the gym.

**Specs**

<b>List Price:</b>	\$140
<b>Available Sizes:</b>	5-13
<b>Materials:</b>	Recycled materials, mesh
<b>Weight:</b>	8.3 oz.



[Buy From Amazon »](#)

---

## The Bottom Line

Every gym shoe for women will offer something different, so having a clear understanding of your fitness goals, workout style, and budget ahead of time can be helpful when making a decision. The Nike Free Metcon 5 earns our pick for the best overall gym shoe because of its versatility and supportive design.

## Things To Consider When Buying Gym Shoes for Women

**Size and fit:** Shoes that are too large or too snug can cause blisters or even pain if the foot isn't given the space needed to naturally release with each stride. The same goes for gym shoes that are too wide or too narrow, the latter of which can especially irritate those with [bunions](#). Specifically, "the heel should have a snug fit and the toes should have wiggle room," says Hillary Brenner, DPM, a New York-based podiatrist and foot surgeon and spokesperson for the American Podiatric Medical Association (APMA). When shopping for sneakers, "you want to make sure there's a thumb-width distance from the longest toe to the tip of the shoes," she says.

**Breathability:** "Shoes with breathable material such as mesh or synthetic materials help keep the feet cool during intense workouts," says Dr. Brenner. This can be especially important when exercising outdoors in the heat or during longer cardio sessions when you're on your feet for an extended period.

**Cushioning:** Look for shoes made with a foam cushion such as EVA. Cushion in the heel and forefoot can help absorb impact during walking, running, or HIIT classes that include bounding or jumping, according to Dr. Brenner. "Thicker cushioning will provide more shock absorption, but some people might not find this comfortable,"



she says. “The cushion should be flexible enough to allow natural movement when performing activities.”

**Support:** Gym shoes should have good arch support to distribute weight evenly and reduce the strain on the feet, says Dr. Brenner. This is especially important if you suffer from plantar fasciitis. Ankle support is also key, particularly during workouts where you’re moving laterally or agility is a factor, to prevent ankle sprains and strains, she says. “Things to specifically look for in the shoe for ankle support [are] a firm heel counter, high-top shoes, and straps that wrap around the ankle,” she adds.

**Traction:** Good traction on a gym shoe isn’t just important for basketball players. Everyone can benefit from gym shoes with good traction to avoid slipping during exercise. “This is especially important for weight lifters,” says Dr. Brenner. That’s because slipping while lifting something heavy puts you at risk for serious injury. “The best thing to look for is traction that has a varied and multi-directional pattern that provides grip on a variety of surfaces,” she says. “The deeper the grooves and treads, the better the traction.”

## How We Chose the Best Gym Shoes for Women

Gym shoes need to help you move well so you can perform well, too. Plus, they need to adapt to your specific foot shape, gait, and fitness goals. And, of course, they shouldn’t look too shabby doing it.

As such, we tapped industry pros, including Steffi Alexander, a United Kingdom-based personal trainer and an F45 athlete. Alexander is a manager and head coach at [F45 Training](#) locations across the London area who is always on her feet (and wearing gym shoes) as she trains clients. We also spoke with Hillary Brenner, DPM, a New York-based podiatrist and foot surgeon, as well as a spokesperson for the [American Podiatric Medical Association](#) (APMA). Dr. Brenner routinely works with patients who want to stay active while keeping their feet healthy.

Along with expert insight, we reviewed customer feedback and available information from the various manufacturers to find the shoes with the support, stability, cushion, structure, and fit that will work for any training style.

## WHY SHOULD YOU TRUST US?

Alyssa Sparacino, the author of this piece, has been an [American Council on Exercise \(ACE\)](#)-certified personal trainer since 2015 and has worked as an editor and writer for various health and fitness publications for more than 13 years.

She regularly tests fitness and outdoor gear and has more sneakers than she'd like to admit. While she's tried her hand at everything from running, cycling, boxing, and more, she gravitates toward strength training and personally attests to the value behind our pick for the best overall gym shoe for women, the Nike Free Metcon 5.

[Marlo Jappen Porto](#), the editor of this piece, is an editor at 360 Reviews. She covers fitness, including the best [walking shoes for women](#), [running shorts for women](#), and [compression leggings](#). Jappen Porto wears the HOKA Clifton 9, our pick for the best for treadmill running, when she runs at the gym.

## FAQ

**How do women's shoes differ from men's shoes?**



**How often should I replace my gym shoes?**



**What should I consider when choosing gym shoes for various workout activities?**



**What type of gym shoes are the most durable?**



## About Our Team

**Alyssa Sparacino, ACE-certified personal trainer**

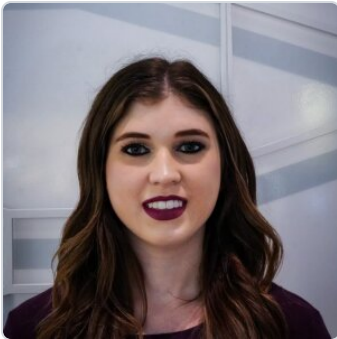
Contributor





Alyssa Sparacino is an ACE (American Council on Exercise)-certified personal trainer and a health and fitness journalist with more than 13 years of experience. She has held staff positions at national publications, including Health and Shape, and has written for Well + Good, Men's Health, and Real Simple, among other publications.

[Read more](#)



## Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

[Read more](#)

---

*U.S. News 360 Reviews takes an unbiased approach to our recommendations. When you use our links to buy products, we may earn a commission but that in no way affects our editorial independence.*

HOME

HOME SERVICES

SLEEP

TECHNOLOGY

LIFESTYLE

INSURANCE

BUSINESS

360 REVIEWS UK



---

[About](#) [Editorial Guidelines](#) [Contact](#) [Press](#) [Advertise](#) [Newsletters](#) [Jobs](#) [Site Map](#)  
[Store](#)

