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9 Best Running Leggings of 2024

By [Nicolette Accardi](#)



Edited by [Marlo Jappen Porto](#)

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Running leggings are a wardrobe staple among athletes and gym-goers year-round. Whether you want a pair to keep you warm in the colder months or to wick away sweat during longer runs, there are plenty of options out there.

The Sweaty Betty Power Tight is our top recommendation because it offers a flexible fit, sufficient storage, and a breathable, quick-dry design. We also share other options that may better match your style and needs.

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**PROS:**

- ✓ Breathable, quick-drying design
- ✓ Sculpting
- ✓ Four-way stretch
- ✓ Side and back pockets for storage
- ✓ 25 color options, including fun prints

CONS:

- ✗ May run small
- ✗ Pricey

[Buy From Amazon](#)

The Sweaty Betty Power Workout Leggings have a flexible, four-way stretch and the moisture-wicking material keeps you dry and comfortable when you work up a sweat. Plus, they're designed to have a flattering, "bum-sculpting" fit thanks to contouring seams.

"Not only is the material [sweat] wicking, but it actually helps lift and support the bum, which is always a bonus in leggings," says Amanda Brooks, a

running coach and certified personal trainer. “They also have a ton of pockets, making them great for carrying a phone and fuel.”

These leggings are available in two inseams: full-length or a 7/8 option that’s recommended for runners who are 5 feet, 4 inches tall, and under. A stretchy, adjustable drawstring is also at the front for custom comfort.

Specs

List Price:	\$108
Materials:	62% polyamide, 38% elastane
Sizes:	XXS-XXL
Pockets:	Yes

EXPAND LIST ▾

[Buy From Amazon »](#)

Best Budget

90 Degree By Reflex Power Flex Leggings »

**PROS:**

- ✓ Under \$30
- ✓ Slimming, high-waisted fit
- ✓ Dozen of color options
- ✓ Available in X-Small to 3X

CONS:

- ✗ Only one length
- ✗ No patterns or designs

[Buy From Amazon](#)

Costing less than \$30, the 90 Degree By Reflex Power Flex Leggings are top quality despite the affordable price tag.

They feature a high-waist band with a built-in pocket to keep personal items like a credit card or key secure. The brand says the high-waist band is designed to “compress your midsection and streamline your silhouette,” which provides a slimming effect.

Finding a pair to match any outfit is no struggle given there are nearly 40 colors to choose from.

Specs

List Price:	\$26.99
Materials:	87% nylon, 13% spandex
Sizes:	XS-3X
Pockets:	Yes

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Long Distances

On Core Tights »



- PROS:

 - ✓ Lightweight
 - ✓ Temperature-regulating
- CONS:

 - ✗ Higher price point

- ✓ True-to-size fit
- ✓ Hidden back pocket for discrete storage

✗ Fewer pockets than other pairs

[Buy From REI](#)

It’s important to pick a pair of leggings that aren’t too thick when long distance-running since it’s easy to overheat. The On Core Tights can adapt to any climate, with the brand describing the pair as “both sweat-wicking and thermo-regulating.”

They’re engineered for running in any season, and the author of this piece, Nicolette Accardi, never felt too hot or cold during runs longer than an hour. Features include lightweight fabric, a zip-back pocket at the waistband, and sleek logos. They fit true to size and come in three neutral shades that can go with any season: black, navy, and gray.

Specs

List Price:	\$99.99
Materials:	75% recycled polyester, 25% elastane
Sizes:	XS-XXL
Pockets:	Yes

[EXPAND LIST](#) ▾

[Buy From REI](#) »

Best for Cold Weather

On Performance Winter Tights »

**PROS:**

- ✓ Brushed fabric for warmth
- ✓ Adjustable waist
- ✓ Sweat-wicking

CONS:

- ✗ Expensive
- ✗ Tight fit

[Buy From Marathon Sports](#)

The On Performance Winter Tights are fully insulated and designed for freezing weather. They're heavyweight tights clocking in at nearly 8 ounces for supreme warmth during tough conditions. Although pretty thick, the author of this piece, Nicolette still found these wick away sweat well thanks to the technical fabric.

These leggings fit very snugly with full compression. There's an adjustable waistband for a more customized fit along with pockets.

Specs

List Price:**\$129.99**

Materials:74% recycled polyester, 26% elastane

Sizes:XS-XL

Pockets:Yes

EXPAND LIST ▾

[Buy From Marathon Sports »](#)

Best for Trail-Running

Nike Trail Go Leggings »



- PROS:**
- ✓ Ample storage with six pockets
 - ✓ Includes trail-friendly features like a detachable pack and carabiner

- CONS:**
- ✗ On the pricey side
 - ✗ Runs small

[Buy From DICK'S](#)

- ✔ Moisture-wicking
- ✔ Extra-wide waistband

If storing essentials is a concern when hitting the trails, the Nike Trail Go Leggings make it simple with six pockets: two side pockets, three back pockets, and one at the left thigh. As bonuses, there’s a slit at the waistband to hang a shirt when removing layers, an adjustable belt, and an included small bag for further storage when covering longer trails.

These are made with Nike’s Dri-FIT fabric for wicking away sweat. They’re also midweight for a neutral feel, have a compression-like fit, and an extra-wide waistband. “I love tights that have a wide waistband,” says Brooks. “This seems to really help prevent them from working their way down the hips and to sit more comfortably around the waist throughout the run.”

Specs

List Price:	Starting at \$105.97
Materials:	68% nylon, 32% spandex
Sizes:	XS-XL
Pockets:	Yes

[EXPAND LIST](#) ▾

[Buy From DICK'S](#) »

Best for Breathability

Lululemon Fast and Free Tights »

**PROS:**

- ✓ Lightweight, sweat-wicking Nulux fabric
- ✓ Very soft
- ✓ Variety of sizes
- ✓ Available in three lengths
- ✓ Reflective

CONS:

- ✗ Expensive
- ✗ Delicate

[Buy From Lululemon](#)

Lululemon leggings are viral for a reason. Fitness fanatics love their fit, buttery Nulux fabric and rave about their quality. Specifically for running, the Fast and Free Tights catch our eye. “These leggings fit like a glove and come in a variety of simple colors,” says Amanda Katz, running coach and certified personal trainer. The Nulux fabric effortlessly wicks away sweat while hugging your body.

A drawcord is hidden in the high waistband for easy adjustments. Three pockets are also included in the waistband, along with two at the side for

bringing along small necessities. Small reflective details at the sides make it a versatile legging for both daytime and nighttime runs.

Specs

List Price:	\$128
Materials:	84% Nylon, 16% Lycra elastane
Sizes:	0-20
Pockets:	Yes

EXPAND LIST ▾

[Buy From Lululemon »](#)

Best for Storage

Brooks Spark Tight »



PROS:

CONS:

- ✓

Chafe-resistance
- ✗

Not reflective
- ✓

Adjustable drawcord

Buy From Amazon

While some tights have plenty of pockets for different purposes, such as hiking, the sweet spot is three for a long run. The Brooks Spark Tight has two deep side pockets for keeping your smartphone secure while the back pocket can be utilized for stashing snacks. “This tight is size-inclusive, has multiple pockets for fuel, phone, and other gadgets, and sits comfortably on mid to high waist,” says Katz.

These are designed with an inner-thigh panel to prevent chafing, a plus for runs. The fit is snug and clings to your body.

Specs

List Price:	\$98
Sizes:	XS-XXL
Pockets:	Yes
Inseam(s):	31 in.

Buy From Amazon »

Most Stylish

Carbon38 Takara Shine Leggings »

**PROS:**

- ✓ Stylish, glossy sheen
- ✓ Available in nine vibrant colors
- ✓ Two inseam options
- ✓ Comes in high-waisted or regular-rise

CONS:

- ✗ No pockets
- ✗ Pricey

[Buy From Carbon38](#)

If you're seeking a pair of running leggings that don't skimp on style or performance, check out the Carbon38 Takara Shine Leggings.

The glossy sheen finish makes a statement. Appearance aside, their four-way stretch and moisture-wicking fabric make these one of the brand's best-sellers. They come in two different lengths and rises, along with nine different eye-catching colors.

Specs

List Price:	\$128
Materials:	80% nylon, 20% lycra
Sizes:	XXS-XXL
Pockets:	No

EXPAND LIST ▾

[Buy From Carbon38 »](#)

Best Reflective

Brooks Run Visible Thermal Tight »



PROS:

- ✓ Fluorescent, contrasting colors
- ✓ Reflective detailing placed at critical motion zones

CONS:

- ✗ Expensive
- ✗ Not ideal for hot weather

[Buy From Brooks](#)

- ✓ Moisture-wicking thermal fabric
- ✓ Three pockets
- ✓ Ankle zippers

With the highlighter yellow and silver reflective detailing of the Brooks Run Visible Thermal Tight, you'll be seen by motorists during low-light conditions.

"These leggings were made for early morning or evening runners," says Katz. "They're fluorescent and have extra reflectivity to help runners stay visible and safe."

Plus, these are made with moisture-wicking thermal fabric to stay warm at odd hours. If it gets too toasty, cool air can be let in by undoing the featured ankle zippers.

Specs

List Price:	\$150
Sizes:	XS to XXL
Pockets:	Yes
Inseam(s):	28 in.

[Buy From Brooks »](#)

The Bottom Line

Each pair of running leggings will have a different fit and feel, so it's best to evaluate what you're looking for before you make a purchase. Some models are great for

multi-purpose use besides running, while some are specifically designed for freezing weather. The Sweaty Betty Power Tight is our overall top choice because it features sweat-wicking fabric that contours the body for a flattering fit. Plus, it has plenty of pockets, versatile sizing, and is available in 25 color options.

Things To Consider When Buying Running Leggings

Materials: Each material used offers different benefits. Polyester is responsible for pulling sweat and moisture away from the body while drying fast. More common apparel materials, such as cotton, won't dry fast once in contact with moisture. "Fabric should be sweat-wicking," says Katz. "Many companies use a polyester and spandex mix." For moving freely and easily, spandex and elastane allow for extreme stretchability when engaging in activities. Another common sportswear fabric is nylon, which is lightweight yet flexible.

Comfort and Fit: The type of fit desired is a personal preference and each brand tends to run differently. Some styles will naturally be more tight if they're designed with more compression. Brands feature a size chart on their websites to give you exact measurements that match what you're looking for. "Some runners prefer a higher waist, more or less compression, and breathability," says Katz. "Whatever is most comfortable to the individual runner and their body!"

Compression Support: Athletes use compression gear to help circulation and reduce soreness. While it can help the recovery process, it doesn't improve performance. In colder temperatures, compression can be very useful as a base layer for staying warm for extended periods. Keeping muscles warm in frigid weather helps prevent injury.

Breathability: The material used in leggings is responsible for their breathability. Almost all running leggings should be made with polyester and nylon to ensure sweat is lifted away from the body. Lightweight materials such as these allow air to circulate, drying moisture quickly.

Durability: Running leggings made with polyester are built to withstand daily wear and tear. While the material is engineered to stretch easily, it can be more

susceptible to pilling and pulls, so keep running leggings away from anything that can cause damage to the fabric. It's also resistant to stains, wrinkles, and sunlight. Nylon is similar to polyester, but tends to be stronger, although polyester dries faster.

Storage: Pockets are the holy grail feature of any pair of pants. Having a place to stash essentials like keys, a credit card, and a phone during a run is beneficial if you don't want to sport a running belt or fanny pack. It's especially helpful if you're going on a long run and will be away for a while. Some styles feature pockets exclusively on the waistband, while many come with pockets at the sides and thighs.

Style: Running leggings come in an array of colors and patterns, so there should be no problem picking a style that suits your taste. While most running leggings come in matte finishes, some brands also offer styles in glossy finishes for a touch of shine. To pick a style that's best for your height, full, mid, and cropped lengths are offered depending on the brand.

How We Chose the Best Running Leggings

We spoke to two experts who are running coaches and certified personal trainers: [Amanda Brooks](#) and [Amanda Katz](#). We used their recommendations, along with the author's personal experience, to choose the best running leggings. Each pair was evaluated by compression, materials, fit, storage, breathability, style, and features. The best choice for each individual will be dependent on the fit, feel, and features desired.

WHY SHOULD YOU TRUST US?

Nicolette Accardi, the author of this piece, is a freelance writer based in New York City. She's an avid runner and has tested various running leggings. She previously served as an affiliate writer at VICE Media, covering fitness, tech, style, TikTok trends, home appliances, and skincare. The editor of this piece, [Marlo Jappen Porto](#), covers fitness as a home goods editor at 360 Reviews. She has edited reviews for various health and wellness products, including [yoga mats](#), [hiking boots](#), and [elliptical machines](#).

FAQ

Is it better to run in shorts or leggings?



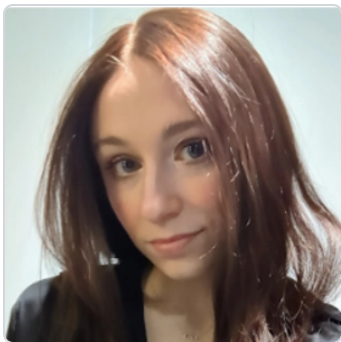
What's the difference between running leggings and running tights?



How do I clean my running leggings?



About Our Team



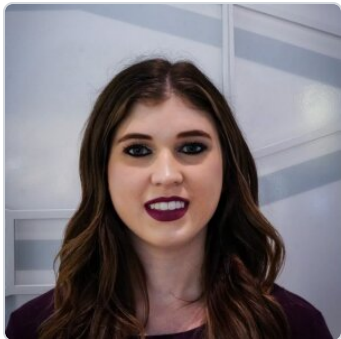
Nicolette Accardi

Contributor



Nicolette Accardi is a freelance writer based in New York City. Previously, she was a full-time commerce writer for VICE Media, covering fitness, tech, style, TikTok trends, home appliances, and skincare. Additionally, Accardi's work has been featured in Rolling Stone.

[Read more](#)



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