



# Sole mates

If your training is varied, you need a pair of kicks that can do it all too. Thankfully, these hybrid training shoes will take you from squat rack to sweat session, with no missteps

If you've ever tried squatting in max-cushioned runners or used your weightlifters on the treadmill, you'll know the value of hybrid training shoes. They're the multitaskers of the workout footwear world, bridging the gap between running shoes and out-and-out lifters, providing stability, cushioning and flexibility so you can lift heavy, jump high and move fast.

But what makes a good hybrid shoe? The best are lightweight, durable, flexible, stable and grippy. Some provide more heel support: key for taking on heavy loads and achieving that grounded, balanced feel. Likewise, stability should be present in any good hybrid training shoe – you'll get that from things such as a firm midsole, supportive upper and sticky rubber outsole. Speaking of which, grip is paramount no matter what – be it on sleds, box jumps or underneath a barbell. You don't want to be slipping around the gym floor, so check out your chosen shoe's outsole before hitting 'buy now'.

Put simply, hybrid shoes are designed to handle it all. And, in our opinion, these are the five best equipped shoes to do that right now.



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**Best overall**  
**Nike Metcon 9, £129.99, [nike.com](#)**

**The good stuff:** Nike's flagship hybrid training shoe offers bags of stability thanks to a rigid, non-compressible TPU plate at the heel that keeps your feet locked down and balanced when squatting heavy weights. The wide toe box allows your toes to spread, giving a grounded and controlled feel, while the dual-density midsole wrap contributes to the shoe's durability and grip on rope climbs.

**Any downsides?** While these are good for everything from compound lifts to wall balls, they can struggle when asked to complete longer cardio efforts. If that's how you work out more often than not, consider the Nike Free Metcon 6, which has a lighter, more flexible and cushioned feel than the standard Metcon series.

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**Best for inspiring envy**  
**R.A.D One V2, £130, [uk.rad-global.com](#)**

**The good stuff:** The second iteration of RAD's do-everything hybrid retains the distinct shape and aesthetic of the original, but welcomes a reimagined, wave-shaped TPU outsole and a wider toe guard that gives it more stability and a secure, locked-in feel. The SwellFoam BIO EVA midsole gives the shoe its cushioning, flexibility and comfort. Breathability comes in the form of a single-piece air mesh on the upper, while a new foam package lines the inside of the shoe to provide optimal foot containment.

**Any downsides?** The RAD One V2 has a distinct aesthetic, but it's perhaps not quite the wear-anywhere offering the first iteration was. That said, one of the many new colourways is bound to appeal.

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**Best for cardio**  
**Inov8 F-Lite, £110, [inov8.com](#)**

**The good stuff:** Geared up for both cardio and lifting, Inov8's F-Lite takes a unique approach to hybrid training footwear. It possesses all the key features needed for weightlifting and CrossFit-style training: it has a low drop, protection in the arch for rope climbs, a grippy rubber outsole and a rigid heel. Meanwhile, for high-impact cardio efforts, the midsole and high energy return footbed give the shoe a good amount of cushioning for running and other dynamic movements.

**Any downsides?** If you want one shoe for all your gym activities, this is a solid pick. That being said, the shoe does have a pronounced arch support, which aids stability but makes it a bulky shoe, too.

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**Best for lifting**  
**Under Armour Reign 6, £125, [underarmour.co.uk](#)**

**The good stuff:** This shoe is minimalist, with three points of ground contact and a 2mm offset at the toe delivering a balanced feel. It also has a thin-feeling outsole, which gives the shoe a low-to-the-ground sensation. There's also a removable, drop-in midsole – soft at the forefront and firmer in the heel – that provides flexibility for lower-body exercises and multidirectional movements while maintaining stability. The rubber outsole wrap gives the shoe its durability.

**Any downsides?** The Reign 6 is not a shoe that excels with short bursts of speed (for that you're better off looking elsewhere), but it's otherwise an excellent choice for lifting and squatting.

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**Best for beginners**  
**Reebok Nano X5, £125, [reebok.eu](#)**

**The good stuff:** The Reebok Nano X5 dual-density midsole gives you a softer feel at the forefoot to promote flexibility, while at the heel, the extra level of density gives the shoe its stability when lifting. Elsewhere, the flexible upper and grippy rubber tread ensure it ticks all your hybrid training boxes. It's light but still stable, and the new foam midsole keeps your feet nice and comfortable.

**Any downsides?** This is a shoe built for the gym generalists, plenty capable for jumping between resistance training and short cardio sessions, but it's definitely on the bulky side.

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