BEST RUNNING SHOES

Hello viewers. Welcome to our YouTube channel. We are here again with a new product and some of its best picks which are introduced in the online market. We will discuss **THE BEST RUNNING SHOES.** If you are fond of sports and activities like walking, jogging and running, then do watch this video till the end. This video is the best for you if you are confused in choosing the best running shoes for your daily activity.

The most important features you want from your running shoes are its light weight, the cushioning aid of the sole and the best easy fit. Your experience with the shoes over hundreds and thousands of miles matters the most.

The weight of the shoes is very important while choosing your running shoes, and according to researchers, more energy is expended if the shoes are of heavy weight. Less cushioning is achieved by lighter weight shoes, which makes the user to run with faster speed. A new technology is introduced, midsole technology, which provides a plush feel without the addition of heft to the shoe. Extra cushion and support are advised if you are travelling long distances, as it gives impact absorption.

A shoe drop is referred to as the difference between the heel and the measurements of the front foot, or how low your toes are under your heel. It is important to consider this because a high drop can lead to more strikes and transmit some weight from the lower leg to the knee. On the other hand, a low offset will remove that load down the bottom of the movement chain during your cycle to the calf and Achilles. There is no better choice than another; when deciding on a shoe drop, choose what feels most natural and comfortable for you, taking into account your running history and injury history. Most shoes have a drop of between eight and 12 millimeters, but some shoes are less than 6mm. Fewer based on minimalist designs than zero drop

To help find you the best pair of shoes and to get the updates about the latest running shoes and their pros and cons, do watch this video till the end.

In this video, we have opted **5 best running shoes** for you to make your trekking and running experience contented.

1. Product 5: Asics Meta Racer Tokyo

https://www.amazon.com/ASICS-Metaracer-Tokyo-Running-Shoes/dp/B086RS4JSL

At **number 5,** we have **Asics Meta Racer Tokyo.** This pair is specifically designed for those who want to have best experience of fast paced training, trekking and jogging. A sunrise red colored pattern is displayed at the top to symbolize the city Tokyo and the country Japan. The upper portion is porous in order to remove the water that gets in the shoe. GUIDESOLE technology is present which gives a distinct and innovative toe-spring shape to the shoe. The structure is given to the curved sole by the carbon forefoot plate. By these two innovative designs, the movement of the ankle joint is reduced and as a result, the energy and the stamina of the runner is saved.

A totally unique experience is achieved by the rolling motion of the shoe which propels the shoe forward. Moreover, it has FlyteFoam technology which gives bounce back irrespective of the distance and also utilize the organic super fiber for perfect activity. It has carbon fiber plated racer, which is introduced first time in the market. It pairs a rocker-style midsole with an aggressive toe spring that is specifically designed

to help deteriorate excessive movement of the ankle. In addition, a carbon-fiber plate in the forefoot help improve your efficiency.

2. Product 4: Saucony Kinvara 12

https://www.amazon.com/Saucony-Mens-Kinvara-11-Running/dp/B07VN669G3?th=1

At **number 4** in our list is **Saucony Kinvara 12.** The lightweight Kinvara is best for those who are working extremely hard to achieve their fitness goals. Its cushioning soft material and its light weight makes it a perfect fit for long distance races and daily training activities. Moreover, it has flexible sole to quickly change different positions. To ensure perfect fit from every angle and side, Kinvara FORMFIT conforms to your foot.

It has got its latest 12th iteration which is the latest and most updates version. The most important features which attracts the audience are its simple yet innovative design and removable form fit insole that provides stiffness under the foot. Despite of all the features, these shoes have a major con as well. These pair of shoes are not suitable for cold weather, the quality is deteriorated after an hour in an extremely cold weather.

3. Product 3: Puma Deviate Nitro

https://www.amazon.com/s?k=Puma+Deviate+Nitro&ref=nb_sb_noss_2

At **number 3,** we have **PUMA DEVIATE NITRO** which comes with three colors i.e.; yellow, black and pink.

PUMA has introduced a range of sunning shoes in the market. This Deviate Nitro is one of those. These are the type of shoes which contains cushioned silhouette which maximizes the performance and fastens the running speed of the user. It is very light weight and consists of NITRO shoes sole and carbon fiber propulsion that helps you to propel forward with every stride. It is the best choice for people for long run who are interested in marathons.

The perfect balance between responsiveness and light weightiness is achieved by Puma deviate nitro running shoes. In addition, it has a durable rubber compound that gives perfect all surface adhesion. The most important features are TPU heel piece for stability, reflective branding and spoiler for high visibility and PUMA Form strip on lateral side. The foam is infused with nitrogen which gives durability and responsive sensation underfoot.
The padding on the sides is a bit higher than usual which cause slippage for some people.

4. Product 2: Salomon S/Lab Phantasm

https://www.amazon.com/s?k=Salomon+S%2FLab+Phantasm&ref=nb_sb_noss_2

At **number 2,** we have **SALOMIN S/LAB PHANTASM.** It consists of featherlight design which is an invisible design at the top which makes you run faster than usual. The breathable performance is achieved by resistant and airy TPU mesh. It is alim fit and is suitable for all types of terrain. Its weight is 199 grams and due to its light weight, it is extremely comfortable.

It has some promethean technologies which makes it an ideal pick for the users. The outsole is made up of R. chamber which is inspired by Salomon Ski heritage. It makes you feel like you are floating over the ground. Secondly, midsole consists of energy surge. A long lasting cushion and a bouncy feel is achieved by light weight and responsive foam which is designed by combination of EVA and Olefin compound. Moreover, it contains featherlight collar which is comfortable, minimalist and easy to use. For maximum

feel, a single layer of mesh is present close to the foot. There is molded ortholite sock liner present to increase the shoe's durability. Last but not the least, there are flat laces which reduce the pressure points to give a consistent and comfortable fit.

It is available at the online store amazon.com. So, what are you waiting for? Go and purchase them now.

5. Product 1: Hoka One One Mach 4

https://www.amazon.com/HOKA-ONE-Mens-Mach-Running/dp/B079V7LM24

The last product which I will review today is **HOKA ONE ONE MACH 4**. These pair of shoes are the best and ideal for people who are fond of marathons, running and jogging activities. Softer and bouncier than the previous iteration, the Mach 4 employs a harmonious blend of foams, merging an incredibly soft, lightweight foam on top with rubberized foam directly beneath. Light, fast and unquestionably responsive, the Mach 4 delivers a daily dose of speed.

Who needs a carbon fiber plate when we have Mach 4 who provides a plush comfort and fast speed in their pair of shoes? The upper part is perfectly woven with heat pressed TPU embroidered yarns. Some of the main reasons to buy these are as follows. Firstly, the comfort level which is provided by multiple cushions in the sole. Secondly, its fit; it is form fitting and fits perfectly in the foot. Thirdly, its light weight and durability. These are not worn out even after the hundredth use. It has a strong grip. In both wet and dry conditions, and in every piece of land, it gives a perfect grip to the person wearing it.

CONCLUSION

So, guys and viewers, these all products can be bought anytime from the online store amazon.com at reasonable prices. I hope you liked the video about the best running shoes and you found it informative. I hope now you will not have confusion regarding running shoes and have found the best pick for you until now. If you liked the video, do give a thumbs up by clicking on the like button. Do mention your favorite product in the comments and share your feedback. Also hit the subscribe button and also press the bell icon to get notified of all the latest videos and updates.