

Gear we love: The best new running shoes for summer

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You may want to think about updating your sneaker game as summer begins: Experts recommend changing out your running shoes every 300 to 500 miles, and switching up cross-trainers every three to six months. Since we know you probably don't have the time to test out all the shoes out there, we took the guesswork out of the equation. Here, our favorite new sneakers:

ROAD RUNNING:

Adidas Women's Running PureBOOST Xpose Clima



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The floating arch you see here was created with a women's foot in mind, hugging it tight with each stride, while still allowing for freedom of movement. Foam in the sole gives support and even some extra bounce. Plus, the cooling mesh fabric keeps things from getting too sweaty. (\$130; [adidas.com](https://www.adidas.com))

Mizuno Wave Sky



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If you're a neutral runner (meaning, essentially, that your feet don't roll in too much or too little when they hit the ground) -- and you're looking to get in some longer runs, this shoe is perfect for you, thanks to its maximum cushioning. It also has a heel cup, which makes the fit more comfortable, and it flexes to help absorb impact when you land. (\$150; [mizunousa.com](https://www.mizunousa.com))

Skechers GOMeb Razor



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Named after American distance runner and 2004 Olympic silver medalist Meb Keflezighi, these kicks were built for speed. The lightweight foam won't weigh you down, and a seamless, breathable upper allows heat to escape. (\$110; [skechers.com](https://www.skechers.com))

TRAIL RUNNING:

The North Face Women's Endurus TR



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Yes, these shoes have a lot of cushion, but they're still lightweight as far as trail running shoes go -- just 9.6 ounces to be exact. The rubber sole grips even the slipperiest of surfaces too, so you don't have to worry about running after a storm. (\$130; [thenorthface.com](https://www.thenorthface.com))

Brooks Running Women's Caldera



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The midsole in this trail shoe is made to adapt to your foot with every step. A double layer mesh upper allows for breathability but can also hold up to stray branches and debris on the trails. (\$140; brooksrunning.com)

Asics GT-2000 5 Trail



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Your feet will feel cushioned and protected even after 10-plus miles in these sneakers. And you won't have to worry about slipping on rocks or tree roots thanks to the aggressive lug pattern on the soles. (\$120; [asics.com](https://www.asics.com))

CROSS TRAINING:

Nike Women's Free TR 7



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These kicks will keep your feet locked in place whether you're squatting, jumping, or performing any type of lateral movement. And the seamless, bootie-like construction of the shoe itself is also extremely comfortable even after hours of wear. (\$100; [nike.com](https://www.nike.com))

New Balance Vazee Agility v2 Trainer



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Your feet will never feel too hot or sweaty in these sneakers, due to the completely mesh upper, which allows for maximum airflow. Plus, you'll never worry about slipping around the gym floor in them -- the rubber outsoles provide all the traction needed when cross training. (\$90; newbalance.com)