

Saucony Kinvara 12



Price: \$180 Mode: Speedwork/Training
Weight: 238g Pitch/Drop: 4mm

Performance Runners

**If you have an injury, seek professional advice
Performance runners not listed here should not be considered unsuitable

★ Shoes with a carbon plate, which increases energy return and rigidity but may be harsher with impact forces

Saucony Endorphin Pro



- High performance and springy midsole
- Ideal for long distance and breaking PR's
- Energy return to reduce muscle fatigue

Price: \$320 Mode: Racing
Weight: 213g Pitch/Drop: 8mm

Nike ZoomX Vaporfly Next% 2



- More comfortable upper than previous models
- Propulsive run with high level of cushioning
- Ideal for speedwork and marathon racing

Price: \$310 Mode: Racing
Weight: 187g Pitch/Drop: 8mm

HOKA ONE ONE Mach 4



- The ideal cushioned runner for hard surfaces
- Upper of heat pressed TPU that hugs the foot
- Versatile training shoe

Price: \$260 Mode: Training
Weight: 230g Pitch/Drop: 5mm

Nike Air Zoom Tempo Next%



- Extremely responsive feel
- Forefoot airpods and ZoomX foam for high intensity forefoot striking
- Carbon-composite plate provides reduced stiffness

Price: \$270 Mode: Speedwork
Weight: 252g Pitch/Drop: 10mm

HOKA ONE ONE Carbon X2



- Ultramarathon and long-distance runner
- The iconic meta-rocker plus cushioning gives a smooth and efficient ride
- New model accommodates for heel strikers

Price: \$300 Mode: Racing
Weight: 238g Pitch/Drop: 5mm

Brooks Hyperion Tempo



- Responsive, light, and bouncy nitrogen infused DNA flash midsole
- Comfortable and easy runner to work in tandem with carbon plated racers

Price: \$300 Mode: Training/Racing
Weight: 210g Pitch/Drop: 8mm