

Meet Your Sole Mate

We tested the latest performance sneaks on the market to find the pairs that will keep you cushioned, comfortable, and going strong

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IT TOOK
350+ miles
OF TESTING TO
**choose
the best**

Running

BEST FOR
Speed



**BROOKS RUNNING
PUREFLOW2 \$100**



These sneaks offer a minimal design, “but with the cushioning you’d expect from a traditional running sneaker,” says one tester. The split-toe sole enhances fore-foot flexibility, increasing power during push-off to help boost your speed, and a band wraps around the instep for extra arch support.

Walking

BEST FOR
All-Day Wear



SKECHERS GOWALK2 \$65



While they look like boat shoes, these nearly weightless sneakers feel so good that they’ll inspire you to get up and go. Extra heel cushioning pads your foot right where you need it most, and a seamless upper design prevents irritation that can lead to blisters. “They’re as comfy as slippers!” reports one tester.

BEST FOR
High Mileage



**ADIDAS ADISTAR
BOOST \$170**



Unlike shoes with foam midsoles, these kicks have springy, air-filled pockets that return the energy of your stride instead of absorbing it, which puts less stress on muscles and joints. The firm foam instep boosts stability, and testers loved how the breezy mesh upper kept their feet cool for miles.

**PROSPECS POWER
WALK 503 \$150**



No need to break these shoes in: “They feel great right out of the box,” says a tester. The sturdy midsole is made of elastic that acts like a mini trampoline, so feet don’t tire as quickly. The insole is designed with extra padding in strategic impact zones, absorbing the shock of your stride at key strike points.

BEST FOR
Power Walking



➔ For more sneaker picks and information on how to purchase, go to prevention.com/2013sneakerguide

ILLUSTRATIONS BY HEADCASE DESIGN

SNEAKER SPECS

- Extra cushioning
- Superior support
- Very light weight
- Roomy toe box
- Shock absorption

Training

BEST FOR
**Boot Camp
Workouts**



ASICS GEL-CRAZE TR \$85



These sneaks are just what every boot camp devotee needs: well-rounded shoes that transition from training to sprints. The gel cushioning throughout the midfoot “pads feet during high-impact plyometric workouts,” says a tester, and an inner band wraps around the forefoot for extra stability. Plus, the grippy sole enhances traction during side-to-side movements on any surface, from grass to a gym floor.

BEST FOR
**Cardio-Strength
Circuits**



**NEW BALANCE 997V2
TRAINER \$90**



This lightweight sneaker handles high-intensity circuit training like a pro. Pads on the sole near the ball of the foot increase traction (preventing slips) while boosting agility during lateral exercises like speed skaters. Testers liked that the closer fit in the toe box kept feet snugly in place—no toe smushing—during moves like push-ups and mountain climbers.