

Running, Training, Walking

2026

Brand	Shoe name	Notes
Allbirds	Women's Wool Dasher Mizzles	
Adidas	Women's Amplimove Trainer	
Brooks	Glycerin 22	
New Balance	Fresh Foam X 880 v15	
New Balance	Fresh Foam Roav	
New Balance	WX608 V5	Best shoe on the list
Vivobarefoot	Primus Lite III Women's	Leave insert <u>IN</u> Weight limit 162lbs

DO NOT LIFT WEIGHTS IN RUNNING SHOES

Casual/Style/Dress

Brand	Shoe name	Notes
Allbirds	Women's Tree Dasher Relay	
Birkenstock	Milano	
Clarks	Breeze Fur	
Clarks	Cologne Arlo Boot	
Clarks	Kitley Step Sandal	
Coach Outlet	Ruthie Loafer	
Old Navy	Knit Almond-Toe Ballet Flats	
UGG	Classic Short II Boot	
Vans	Old Skool Shoe	Also best for lifting

Work/Sport/Outdoors

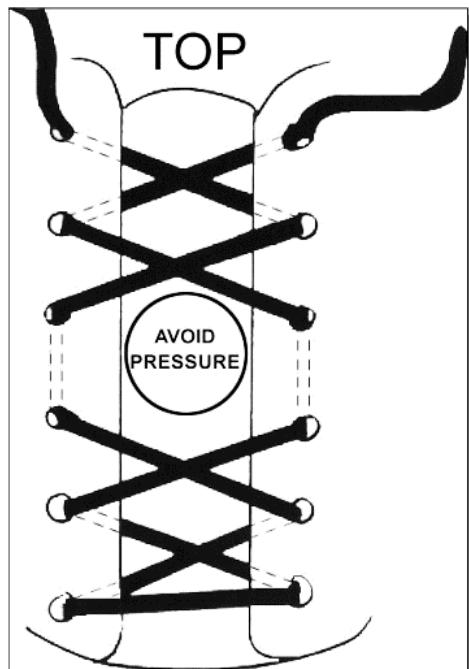
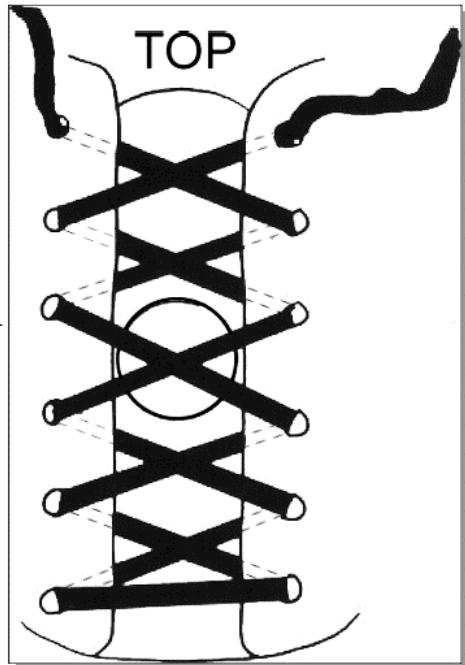
Brand	Shoe name	Notes
Brooks	Ghost Trail	Trail Runners
Brunt	Marin Unlined 6 inch	Work boots. Comp toe, cemented wedge heel
Diadora	Brasil Icon LTT	Soccer
Merrell	Rogue Hiker Mid GORE-TEX	
New Balance	Fresh Foam BB v3	Basketball
Wilson	Rush Pro 4.0	Tennis/Court Shoe

NOTICE: The Men's list is not the same. If you see a shoe on here, it does not mean its male version is an okay shoe for your husband, dad, boyfriend, etc.

NOTICE: This list takes hours, across weeks/months to make. For every 100-200 shoes tested, maybe 1, is good. If you ask me to test others because the ones on this list aren't "cute" enough, please know I will likely be crying a little on the inside.

SEE LACING PICTURE BELOW

This pattern of lacing is for maximum support of the foot while elevating the laces to give relief of pressure on the dorsum of the arch at the O Navicular bone.



This pattern of lacing provides maximum relief of pressure for the high arch contour. Note that to maximize the area of relief and maintain support, the lacing adjacent to the skip-lacing uses the lace hole flaps to elevate the laces, reducing their pressure at their last point of contact.

