



# The 5-Step Running **Shoe Algorithm**



How to choose the right shoe  
for your body, your goals, and  
your longevity.

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# Most runners *pick shoes wrong way*

They pick based on:

- Based on brand
- Based on looks
- What others wear



# The *result?*

Pain → frustration → stop running

*Your shoe determines how long you get to run.  
It's not really about shoes.*

It's about:

- Comfort
- Load management
- Longevity



# Your body is a chain.

Foot → Ankle → Knee → Hip → Back → Core

Everything is connected. If the foot does not handle load well, that stress travels up the chain.

- Ankle pain
- Knee pain
- Shin pain
- Hip tightness
- Back discomfort

If the foundation is unstable...  
everything above feels it.

# WHY MOST ADVICE FAILS

Why websites get it wrong. Most websites focus on:

Wear pattern

Footprint

These are helpful but incomplete.

**Because running is dynamic:**

Your muscles work

Your stride changes

Fatigue changes everything

# STEP 1:

## *What do you need?*

What is this shoe for?

- Easy daily running ?
- Longer distances?
- Speed workouts?
- Trail running?

More mileage  
more impact  
more need for protection.



# STEP 2:

## *Any pain?*



### **Knee pain**

- More cushioning
- Reduce joint load

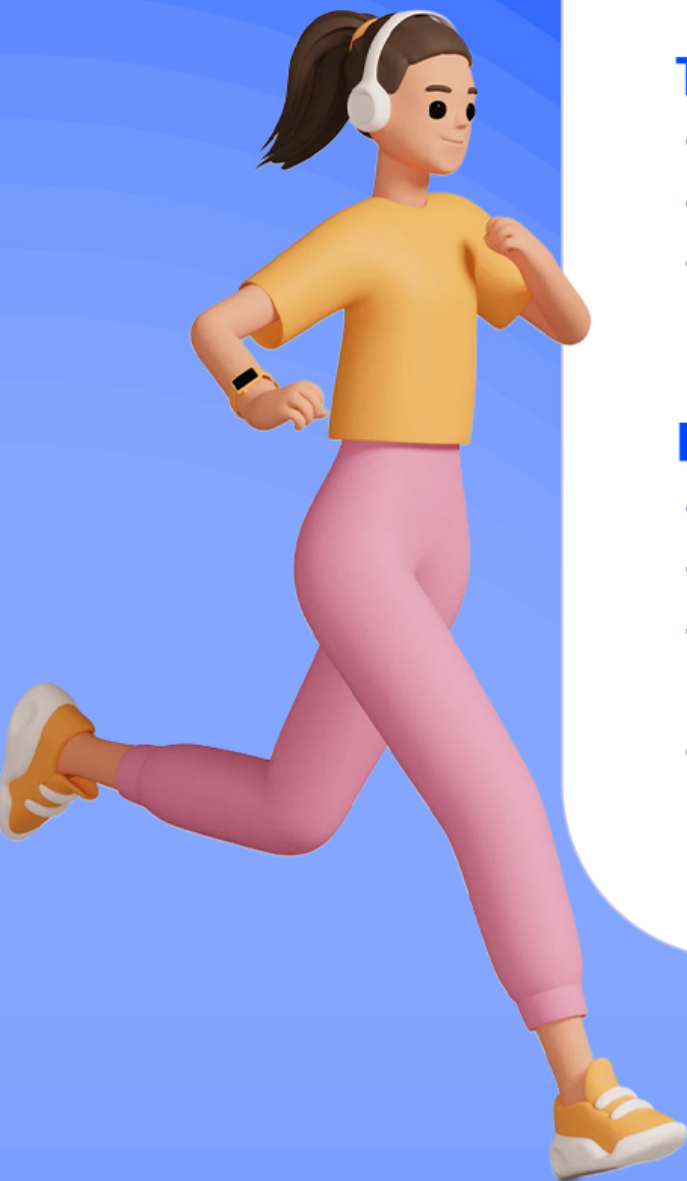
### **Heel pain (Plantar Fascia)**

- Cushion
- Plus support

### **Achilles pain**

- Avoid very low-drop shoes
- Slight heel elevation may help

# STEP 3: Where do you run?



## **Speed / race shoe:**

- These are lighter
- often more aggressive
- sometimes with plates for more propulsion

## **Trail shoe:**

- You need better traction
- a tougher outsole
- some protection under the forefoot from rocks and roots

## **Road / treadmill daily trainer:**

- You want a durable outsole,
- comfortable cushioning,
- enough support for the way your foot moves.
- This is the 'workhorse' shoe for most runs.

# **STEP 4:**

## *Cushion preference*

### **Soft**

- maximum cushioning
- joint protection

### **Balanced**

- versatile
- good for most runs

### **Firm**

- responsive
- closer to the ground



# STEP 5: Foot type



## **Flat / low arch**

Tend to overpronate more, so they often benefit from stability shoes; for very flat, very flexible feet with big overpronation, motion-control / max-stability can be appropriate



## **Neutral arch**

Biomechanically efficient, can usually choose neutral shoes or mild/light stability based on comfort and injury history.



## **High arch**

Often more rigid and under-pronate, so need shock absorption more than control; best match is neutral, cushioned shoes rather than stability or motion-control.

# Daily Trainers

Your default starting point — balanced, versatile, comfortable. Best for: Beginners, most runners, everyday training. If you're unsure where to start — start here.



## Brooks Ghost

M- <https://amzn.to/4t3bt39>  
F- <https://amzn.to/48eb3ys>



## Nike Pegasus

M - <https://amzn.to/4mjU1V>  
F- <https://amzn.to/4mbGz65>



## ASICS Cumulus

M- <https://amzn.to/4sOtlZX>  
F- <https://amzn.to/4si9ruV>



## Saucony Ride

M- <https://amzn.to/4vhcCpu>  
F- <https://amzn.to/4mckkNd>



## New Balance 880

M- <https://amzn.to/41zxlln>  
F- <https://amzn.to/4seeDzK>



## Adidas Adizero Evo SL

M- <https://amzn.to/3NY4V6L>  
F- <https://amzn.to/4tlapY0>



## ASICS Novablast 4

M - <https://amzn.to/4c8ic4u>  
F- <https://amzn.to/47H4JiO>



## Nike Vomero 18

M- <https://amzn.to/4c5lvZj>  
F- <https://amzn.to/4c2y7Bn>



## Saucony Triumph (22/23)

M- <https://amzn.to/4vbeL5X>  
F- <https://amzn.to/4e0GqjJ>



## Puma Velocity Nitro (2/3)

M- <https://amzn.to/4e0GrnN>  
F- <https://amzn.to/4sTdAqI>



## Hoka Mach 7

M - <https://amzn.to/3O67svt>  
F- <https://amzn.to/3NY5hu7>



## Altra Torin 8

M- <https://amzn.to/3NZpZd4>  
F- <https://amzn.to/4meCcqW>

# Max Cushion Shoes

Load reduction and joint protection. Best for: Long runs, higher mileage, joint sensitivity, runners over 40. Max cushion helps redistribute load — it does not fix mechanics.



## Hoka Bondi

M - <https://amzn.to/4sjXchx>  
F - <https://amzn.to/4maZkqk>



## ASICS Nimbus

M - <https://amzn.to/4squ7kA>  
F - <https://amzn.to/47L7vnb>



## New Balance 1080

M - <https://amzn.to/3PPFfd4>  
F - <https://amzn.to/4e1ADKK>



## Hoka Clifton 10

M - <https://amzn.to/4ttKNrZ>  
F - <https://amzn.to/41faWz0>



## Nike Vomero 18

M - <https://amzn.to/4c5lvZj>  
F - <https://amzn.to/4c2y7Bn>



## Brooks Glycerin / Glycerin Max

M - <https://amzn.to/4tqJCtr>  
F - <https://amzn.to/48vrK8G>



## Nike Invincible 3

M - <https://amzn.to/48ts47T>  
F - <https://amzn.to/4tlbl9m>



## ASICS Novablast 5

M - <https://amzn.to/3PQ6Jzm>  
F - <https://amzn.to/4cfECKG>



## ASICS Superblast 2

M - <https://amzn.to/3Ql1ffT>  
F - <https://amzn.to/4mciuMw>

# Stability Shoes

Targeted use — not for everyone. Best for: Runners who feel unstable, symptomatic overpronation, some flat-footed runners. Not everyone needs stability shoes. Overuse can create dependency on the shoe rather than building natural foot strength.



**Brooks Adrenaline GTS (23/24/25)**

M - <https://amzn.to/4vdkIEI>  
F - <https://amzn.to/4toqyfq>



**ASICS GT-2000 (13/14)**

M - <https://amzn.to/4v7T7Q9>  
F - <https://amzn.to/4m8tCda>



**ASICS Gel-Kayano 32**

M - <https://amzn.to/3OmEGab>  
F - <https://amzn.to/4v95uv6>



**Saucony Guide (18/19)**

M - <https://amzn.to/3QI2Cex>  
F - <https://amzn.to/483aHef>



**Saucony Hurricane 25**

M - <https://amzn.to/4e5d3wF>  
F - <https://amzn.to/4m8DJP4>



**Nike Structure 25/26**

M - <https://amzn.to/4txuP0j>  
F - <https://amzn.to/3Qm6QCE>



**Hoka Gaviota**

M - <https://amzn.to/4sSxamm>  
F - <https://amzn.to/3PSKYPd>



**Hoka Arahi 7**

M - <https://amzn.to/4m8ICaV>  
F - <https://amzn.to/4sIQirX>

# Speed / Tempo Shoes

Performance tools — lightweight and responsive  
Best for: Faster runs, workouts, tempo sessions  
Not ideal as your only shoe — use alongside a daily trainer.



## Saucony Endorphin Speed (4/5)

M - <https://amzn.to/4tPZOQz>  
\$174.95  
<https://amzn.to/4tv1uTY>  
\$174.95



## Adidas Adizero Evo SL

M - <https://amzn.to/4bW6fAk>  
\$149.95  
F - <https://amzn.to/3PUoKwf>  
\$149.95



## Nike Zoom Fly 5/6

M - <https://amzn.to/4bUs3fv>  
\$156.00  
F - <https://amzn.to/4sPqgOR>  
\$150.00



## Nike Streakfly

Unisex - <https://amzn.to/4vvWFfh>  
\$166.75



## Brooks Hyperion / Hyperion Tempo

M - <https://amzn.to/41QY2au>  
\$140.00  
F - <https://amzn.to/41gQJZC>  
\$140.00



## ASICS Magic Speed

Unisex - <https://amzn.to/48figOO>  
\$180.00



## Puma Deviate Nitro (Elite / 2 / 3)

M - <https://amzn.to/4vvXq87>  
\$170.00  
F - <https://amzn.to/4c7qCJD>  
\$250.00

# Trail Shoes (Environment-specific)

Grip, protection, durability.

Best for: Uneven terrain, trails, hiking.

Match the shoe to the surface — not just your foot type.



## Hoka Speedgoat 6/7

M - <https://amzn.to/3OjQXfw>  
\$159.68  
F - <https://amzn.to/4mfKv5J>  
\$160.00



## Brooks Cascadia 18/19

M - <https://amzn.to/3OjohDr>  
\$147.63  
F - <https://amzn.to/4drO6LN>  
\$149.95



## Saucony Peregrine 15/16

M - <https://amzn.to/4mddW8o>  
\$149.95  
F - <https://amzn.to/4tw1zab>  
149.95



## Nike Pegasus Trail 5

M - <https://amzn.to/4sjWQYe>  
\$139.06  
F - <https://amzn.to/3OnTXHK>  
\$145.86



## Altra Lone Peak 9

M - <https://amzn.to/3Q34EzV>  
\$144.95  
F - <https://amzn.to/4tdHVjD>  
\$144.95



## Salomon Speedcross 6

M - <https://amzn.to/4me05ip>  
\$149.25  
F - <https://amzn.to/4tvWcb4>  
\$120.00

# Carbon-Plated Race Shoes

Advanced tools — not shortcuts. Best for: Racing, experienced runners ready to perform  
These improve performance — they don't fix problems.  
You don't start here—you grow into this.



## Nike Vaporfly (3 / 4)

M - <https://amzn.to/4c9rzKH>  
F - <https://amzn.to/4seOlrG>



## Nike Alphafly 3

M - <https://amzn.to/4shYGsv>  
F - <https://amzn.to/47Fh1Zc>



## ASICS Metaspeed Sky (Tokyo / Paris/Ray lines)

Unisex - <https://amzn.to/4cq9YWS>



## ASICS Metaspeed Edge ( Tokyo/ Paris Ride)

Unisex - <https://amzn.to/4m9DWS6>



## New Balance FuelCell

M - <https://amzn.to/4sVY3pN>  
144.95  
F - <https://amzn.to/4sVY3pN>  
144.95



## New Balance Fuel Cell SuperComp ( SC) Elite

M - <https://amzn.to/4bVtw5q>  
264.95  
F - <https://amzn.to/4c7BW0O>  
264.95



## Adidas Adizero Adios Pro 4

M - <https://amzn.to/4e1JNa7>  
F - <https://amzn.to/3O2Capu>



# The 5-Step Running **Shoe Algorithm**



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