

STABILITY & TRAINING SHOES

(GUARDS AGAINST SOME EXCESSIVE PRONATION / MODERATE MEDIAL ENHANCEMENT BY WAY OF SOME DENSE MEDIAL MIDSOLE FOAM)

Model	\$ Price	Forefoot Flexibility/ Rocker	Dense Medial Foam		Plastic Medial Post	Heel Counter Firmness	Lateral Heel Midsole	Torsional Rigidity	Ladies	Men	Width Sizing Available	Model It Replaces	Description
			Slight	Extensive									
New Balance 769	\$140	Moderate / Moderate Rocker	√	—	—	Very	Soft	High	√	√	√	New Balance 768	Built on the new PL 1 last it is sleeker and less boxy than previous New Balance shoes. Excellent for stability, now more of an "active" runner's shoe.
Asics Kayano XV	\$200	Flexible / Good Rocker	√	—	—	Very	Moderate	High	√	√	√	XIV	Increased gel cushioning in the rear foot. This may be the ultimate in stability and fit in a top end shoe.
Nike Zoom Structure Triax XII	\$150	Flexible / Good Rocker	—	√	√	Moderate	* Soft	Moderate	√	√	—	XI	Narrow heel though a bit shallow for some. Those who are hard heel strikers should avoid but those with prominent Q angles may benefit from the apexed heel.
Mizuno Wave Inspire V	\$150	Flexible / Good Rocker	—	—	√	Very	Moderate to Soft	High	√	√	—	IV	The fact that the wave extends from the medial to lateral may delay lateral collapse of midsole compared to shoes like this with medial dense areas.
Brooks Adrenaline IX	\$150	Moderate / Moderate Rocker	—	√	√	Very	Moderate	Moderate	√	√	√	VIII	Firm midsole, very stable, and a great fit, especially in the heel. Consistently an excellent shoe!
Saucony Hurricane X	\$160	Flexible / Slight Rocker	√	—	√	Weak	Soft	High	√	√	—	IX	They redesigned the lateral heel to avoid over-correction but that weakened other aspects of the shoe, especially the heel counter. Not bad for lighter runners, still fits well.
Adidas Supernova Sequence	\$130	Moderate / Moderate Rocker	√	—	√	Moderate	Moderate	Moderate	√	√	—	Supernova CTL X	Narrow heel, great arch support, and a more noticeably decoupled heel than the previous model.
Asics 2140	\$160	Moderate / Good Rocker	√	—	—	Very	Moderate	High	√	√	√	Asics 2130	A slightly wider fit in the forefoot than the 2130, but still the top selling shoe at retail.
Saucony Omni VII	\$130	Moderate / Moderate Rocker	√	—	—	Very	Moderate to Soft	High	√	√	√	VI	Traditional Saucony fit... narrow heel and wide forefoot can be had in graded medial posts "mild" to "moderate".
Asics 3000	\$170	Moderate / Good Rocker	√	—	—	Very	Moderate	High	√	√	√	—	A higher end 2130 with more gel, slimmer fit and firmer midsole feel.