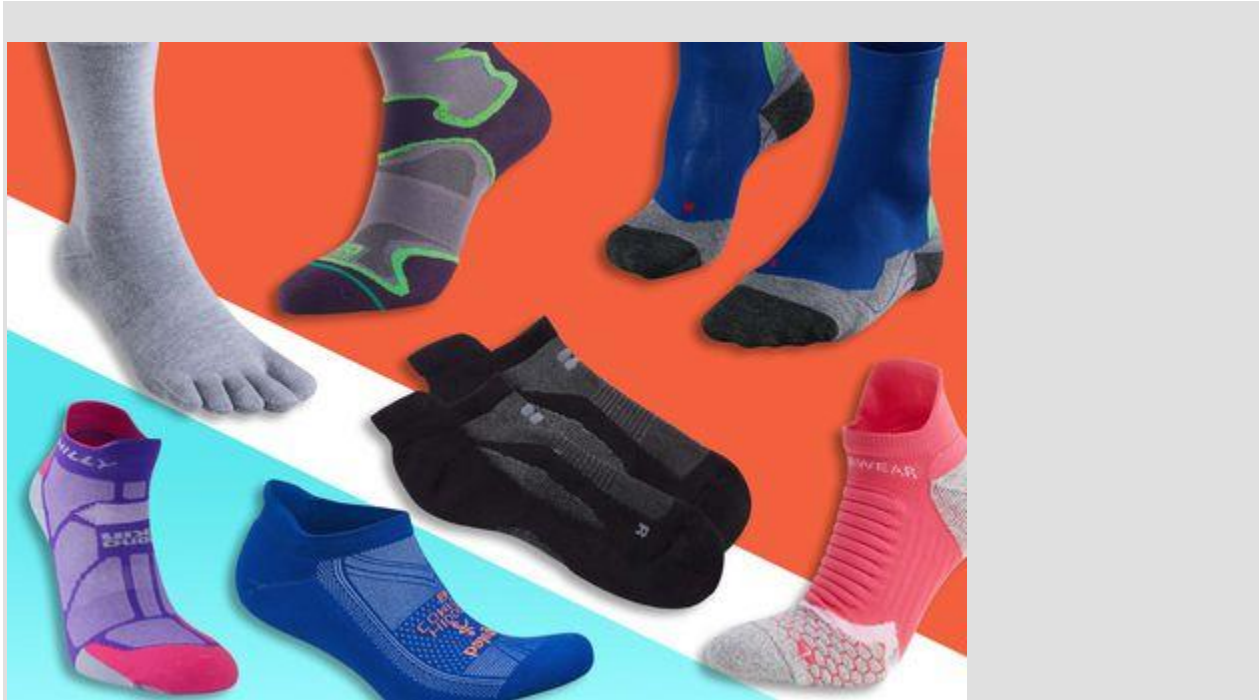


19 of the best socks to wear running a marathon



Whether you're training for a marathon or your first mile, as a runner, looking after your feet is a must. Whilst everyone will tell you all about the importance of finding the right pair of running shoes for you, it's often easy to forget socks. Yet, like shoes, a bad pair of running socks will still give you blisters and a good pair will offer extra protection where you need it most.

What to look for when buying running socks:

No, when it comes to running those old trainer socks will not do the trick, when it comes to finding a good pair of socks for running, there are a few important things to look out for:

1. Like the clothes you run in, your socks should be made from a breathable, quick-drying fabric to keep your feet dry as you clock up the miles.
2. Most running socks will offer extra padding in the areas of the foot that take the most impact when you're running – think your toes, heels and arch. This is why, unlike everyday socks, running socks will have a right and a left foot.

3. Optional extras to look out for include compression technology and special fabrics that can help stop your socks from smelling, no matter how much you sweat.

What size should my running socks be?

As a general rule, your running socks should be the same size as your running shoes – socks that are too big or too small will cause blisters. If a brand sells socks in small, medium and large sizes, be sure to check the size guidelines.

What are compression socks and when should I wear them?

Compression kit is designed to help you move faster when you're running and recover faster afterwards. They work by improving the rate that your body pumps waste-ridden blood out from your legs and nutrient-rich blood in; this reduces the amount of lactic acid building up. Whilst the research supporting the use of compression socks whilst running is a little ambiguous, their recovery benefits are well documented.

What are the best running socks to buy for a marathon?

While the golden rule of nothing new on race day still applies, you've still got a couple of weeks to try some new socks for race day. Here's our top picks:

1. Stance Tab Socks



2.

Whether you're looking for hidden socks, ankle socks, or just socks as bright as your mood, Stance have got it covered. With Air Channel Cushioning to increase the padding underfoot, and fresh vents to keep your feet dry, you'll feel the support as you run and they'll stay soft, no matter how many times they go through the wash.

3. Runderwear Cushioning No Show Running Socks,



4.

There's no doubt about it, Runderwear know a thing or two about anti-chafing. Their cushioned ankle socks give you extra protection where your foot needs it most - something that comes in handy over 26.2 miles. Made from breathable fabrics, the mid-foot grip to hold the sock in place and the high tab on the back protects the foot from blisters.

3. Balega Silver



Running shoes are a breeding ground for bacteria, which of course means your socks are going to stink. While wool will cut down on the odours, you can also boost comfort and smell fresh with these. Moisture-wicking fibers are covered in silver ions to kill germs. We found they remain stink-free, even after multiple wearings between washes (yes, we know this is gross, but we still do it). Runners will also like the thick cushion underfoot, and the breathable top which kept us cool during hot summer runs.

5. Falke Achilles Socks

Ouch! That's the first feeling when you slip on these crew socks, which have two strips of silicone pyramids up the backside of the sock. They're positioned above the collar of your running shoe, and to the side of the Achilles, to massage the tendon and help promote blood flow to the injured area. Wearing these to battle some sore

tendons, we felt relief after a short period in the socks—and the pain from the nubs subsides shortly, too.

5. Balega Blister Resistant Running Socks



Balega's Blister Resist Quarter socks prove that you can have great protection and a soft feel. Many socks feel soft when you put them on, but that softness can mean they're also moisture-absorbent or fragile. These socks use a combination of mohair and Balega's own moisture-wicking materials to create a plush yet durable sock. Even on particularly swampy and wet runs, the Blister Resist never felt waterlogged or created hot spots (like wet socks can).

6. Sweaty Betty Technical Running Socks



Designed especially for women's feet, if you suffer from blisters, these are a good option. With an anti-blister heel panel and ankle lip to protect your feet, and breathable, sweat-wicking panels, you can't go wrong.

7. Injinji Liner Crew Toesocks,



Yes, we'll admit, toe socks look ridiculous. But, here's a little secret: Nobody sees them when they're inside your shoe doing exactly what they're supposed to—preventing blisters. The Liner sock maximises blister protection, which is what you need when you're running a marathon.

8. 1000 Mile Fusion Running Anklet Socks



The first brand to come up with the double layer socks we know and love today, these ankle versions are a classic. Comfortable and cushioned, with ventilation zones for breathability, Achilles tendon protection, and inner layers to wick sweat away from your feet.

9. Balega Hidden Comfort No-Show Socks



A staple of any “best socks” list, the Hidden Comfort is a hit with our team. They’re super soft and stretchy, but amazingly they resist slipping when they’re on your foot. While the bottom is cushioned, the top is nearly see through so you’ll stay cool on any run. Available in a slew of fun hues and with a low cut that barely peeks out of your shoe, the sock offers a pop of colour on race day.

10. Hilly Marathon Fresh Socklet,



The clue is in the name with this one. These Hilly socks went down well with our testers, with upper foot venting for warmer runs, and extra cushioning in key pressure zones that you can really feel.

11. Rockay Accelerate Anti-Blister Running Socks,



Made in Europe, these socks contain wool, which has natural anti-odour properties. They feel thick, soft and comfortable and work well when it comes to preventing blisters on the run. Rockay socks have a lifetime guarantee, so if you do find them falling apart after ten washes, you can swap them for a new pair.

12. X-Socks Marathon Socks



If you're the kind of runner that needs to wear support shoes, these are the socks for you. The X-Socks have supination bandage to stabilise the foot as you run, keeping it from turning inward or outward as you run. Overpronation or supination can cause stress on the joints and ligaments, so these socks protect runners during 26.2 miles.

13. Stance Crew Socks



If you're more of a longer-sock kind of runner, Stance also make longer socks. Gaining a big thumbs up from the Runner's World team, and available in more colours and patterns than you could ever imagine, these are a reliable choice.

14. **Inov-8 All Terrain Sock Mid**



Great value for money, these all-terrain socks from trail running brand inov-8 are designed to suit all your training needs. Whether you're fell running or road running, the light underfoot padding and breathable panels will keep your feet dry and comfortable. Available in sizes small (UK 3-6), medium (UK 7-9) and large (UK 10-12).

15. Teko Marathon Running Socks



Environmentally-friendly sock brand Teko create their socks from regenerated commercial fishing nets and used drinks bottles from Turin in Italy. Rest assured the socks feel like neither fishing net or plastic bottle, instead the soft microfiber is super-breathable and sweat-wicking, designed to fit well and keep your feet blister-free. Designed for longer distances, these socks have cushioning around the whole foot and heel, for enhanced comfort.

16. On Mid Sock



Available in three different lengths, these On running socks are lightweight and breathable. With good arch support, these stay put as you run. We love the eye-catching colours, technical mesh sections and temperature regulation, these are a good choice.

17. Karrimor 2 Pack Running Socks



If you're just starting out, or don't want to spend more than £10 on a pair of running socks, Karrimor, the affordable Sports Direct-own brand are a popular offering. Available in a two-pack in both men's and women's sizes, these running socks provide soft, underfoot comfort, with a padded toe and heel in a Fresh Guard odour neutralising fabric to keep them fresh. They might not last forever, but they fit and perform well.

The best compression socks for runners

Whilst the science on wearing compression socks during a run is inconclusive, research has found that compression socks can help recovery. If you're looking for a pair to have in your kit bag on race day, here are a few worth investing in:

18. **2XU Vector Light Cushion Knee High Socks**



With powerful compression support, but also cushioning, if you prefer to wear compression socks on the run, these would work. If you're wearing them at home, the compression panels will help your legs recover thanks to their proprioceptive ankle and arch stabilisation which promote circulation in the foot.

19. CEP Compression Recovery Socks



With calf compression, these can help your marathon-tired legs recover faster. Made from 85% polyamide and 15% spandex, the socks are activated by the body's heat. With two different technologies to help minimise muscle soreness, you'll be back on your feet in no time.