

The 8 Best Running Sports Bras of 2025: Staff Picks

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Our eight REI Co-op Member and staff favorites that combine comfort and support for medium- to high-impact days.



When you think of supportive running gear, comfortable shoes likely come to mind. But whether you're just starting your running journey or training for a race, one piece of essential athletic wear deserves your consideration: the running sports bra. A well-designed sports bra can make all the difference in comfort, support and performance—all important when you're participating in this often high-impact and high-intensity activity.

Shopping for a running sports bra can be overwhelming, with a lack of uniform sizing across brands and descriptors like "low profile" and "compression" making it hard to know what to prioritize. While choosing the best sports bra for you is a personal decision, we consulted experts—including REI Co-op Members and staff—who have tried various sports bras and know what works best for different breast sizes as well as what's comfortable and stylish. Here are their favorite running sports bras available from the co-op.

Staff Picks

For quick recommendations, check out our roundup below, or scroll down for in-depth reviews.

- **Best All-Around Running Sports Bra** (Medium to High Impact): [On Performance Flex Bra](#)
- **Best Sports Bra for Trail Running** (Medium Impact): [Oiselle Flyout Bra](#)
- **Best Crop-Style Running Sports Bra** (Medium Impact): [ALWRLD ALRN Crop Bra](#)
- **Best Lightweight Running Sports Bra** (Low to Medium Impact): [PYNRS Warren Sports Bra](#)
- **Best Running Sports Bra with Storage** (Low to Medium Impact): [rabbit UtiliBRA-vo Sports Bra](#)
- **Best Running Sports Bra with Underwire** (High Impact): [Panache Sport Endurance Wired Sports Bra](#)
- **Best Adjustable Strap Running Sports Bra** (High Impact): [Brooks Racerback 2.0 Sports Bra](#)
- **Best Wireless Sports Bra for Plus-Size Runners** (High Impact): [Panache Sport Boundless Non-Wired Sports Bra](#)

Jump to [Buying Advice](#) and [Methodology](#).

Best All-Around Running Sports Bra

A shelf-style sports bra isn't going to work for everyone. Some runners (especially those with cup sizes D and up) may prefer a style with some encapsulation, keeping each breast on its own side instead of smooshed together in a single pocket. The [On Performance Flex Bra](#) does just that, providing ample support and compression for those longer runs. It is rare to find encapsulation in a pullover style, and On pulls it off.

With the Performance Flex Bra, you don't have to worry about keeping track of removable padding. Built-in sculpted padding provides coverage without extra bulk. When the temperatures creep up and the miles get long, you'll appreciate the moisture-wicking fabric and full-mesh racerback, which promote airflow. The higher coverage makes the bra a sufficient layer even when it's too hot for a tank top. With sizing that runs up to the equivalent of a 38DD/40C and adjustable straps, runners can find the fit they need for high-impact workouts. While this bra is rated as providing medium support, most runners may find that the combination of compression and encapsulation tips it into the high-support category.

One customer-reviewer from Texas says it all: "This is the most comfortable, most supportive bra I've used since breastfeeding and ending up with DD tatas. I'm between a 30-32 band and got the XS D-DD. It's perfect. [...] I'm not sure what kind of sorcery is at play here, but the racerback design keeps everything from bouncing, and you feel locked and loaded during your run. The elastic band helps you freaking breathe?? I love breathing during runs!

Yes, you will get uni-boob. No, you won't care. This bra feels light as air, gives great coverage on the sides and on the upper chest so you never feel like you're spilling out. The band is thick and wide, like a long line bra. Just buy it!"

For more options for larger cup and band sizes, see our picks for Best Running Sports Bra with Underwire and Best Wireless Sports Bra for Larger Cup Sizes. [Buy here.](#)



Best Sports Bra for Trail Running

As a brand specializing in women's running apparel, Oiselle (pronounced wa-zell) is worth considering when looking for the ideal running sports bra. The Oiselle Flyout Bra was designed with trail runners in mind, with wider straps that prevent digging in the shoulders when worn under a hydration pack.

The Flyout bra is a pullover tank top style with a higher neck and wider chest band, making it more supportive for C/D cup sizes. Removable cups let you adjust to the level of coverage you prefer. "The design, with thick, comfy shoulder straps and a thick band, makes this medium-impact bra more like high-support for most," says Cassie da Costa, Run editor for Expert Advice. "This is the bra I reach for first."

The center-back phone pocket is a favorite feature among wearers, and runners can even pack it with a water flask or energy gel packs if needed. And, while some runners may find the fabric to be thicker than what they're used to in a sports bra, most are likely to be happy with the level of compression provided. [Buy here.](#)



Best Crop-Style Running Sports Bra

When you think of [ALWRLD](#) products, sustainability features and style immediately come to mind, with its focus on using recycled materials with flattering cuts. The ALRN Crop Bra is a perfect example of this design fusion. Made from postconsumer waste materials, including fishing nets and carpet, the ultrasoft material is a favorite of runners as it feels as good as it looks.

The ALRN Crop is a traditional pullover racerback style with a shelf bra that's best for smaller cup sizes if you're running, but could suit larger cup sizes for low-impact activities like hiking and yoga. While the thin material may not provide enough coverage for some, the bra comes

with removable padding if you prefer. The compression level is middle-of-the-road for sports bras, and you should be able to avoid feeling too constricted as long as you select the appropriate size.

Many ALWRLD customer-reviewers have reported that they love wearing the ALRN Crop Bra on its own, and the reflective strips help increase visibility during night runs. The moisture-wicking band is extra soft, making for a comfortable fit even over a long run. The fabric under the arm hits at a good spot to avoid chafing, and the wider straps also increase comfort. [Buy here.](#)





Best Lightweight Running Sports Bra

Known for its streetwear-inspired running apparel, [REI Co-op Path Ahead Ventures](#) brand [PYNRS](#) makes a satisfyingly versatile sports bra. (Check out this REI video on [the founder, Sidney Baptista](#).) The sleek Warren Sports Bra is high-coverage and medium-impact, with a front brand ribbon and a back reflective patch.

The Warren doesn't have a lot of bells and whistles—it's "perfect for those who prefer a no-frills/minimalist option that still keeps everything in place," says our Run editor. Two layers of fabric help wick away moisture, but you won't find any extra padding, which helps maintain a streamlined look.

Here's everything there is to love about this bra, according to a postpartum customer-reviewer in Oregon who had recently returned to workouts: "[T]his bra has been a godsend for me! I had the hardest time finding a sports bra that fit, was comfortable, and was just tight enough to offer support without being too uncomfortable on my still-nursing chest. After trying on every bra in store that might fit I'm so glad I took the chance ordering this one. Give this bra a chance and I don't think you will regret it!"

While sizing up to XXL accommodates bands up to 42 inches, large-breasted runners may find the bra works best for low-impact activities like yoga or cycling, as the chest band is narrower than in other options. (See our pick for [Best Wireless Sports Bra for Larger Cup Sizes](#).) [Buy here](#).



Best Running Sports Bra with Storage

Sometimes, you just want to run without a waist pack or carrying your phone and keys in your shorts where they'll jostle around. Enter the [rabbit](#) UtiliBRA-vo Sports Bra, a high-coverage running sports bra with a pocket between the shoulder blades. While this laser-cut back pocket is designed to fit a phone, REI customer-reviewers find it helpful for securely carrying everything from gels to ice packs on particularly hot days. Here's what one had to say: "[...] absolutely love the back pocket! I was skeptical at first but after a couple runs it's the most comfortable way to carry my phone that I've ever tried." While some storage bras have mesh pockets, keeping your contents visible, this bra hides everything out of sight, allowing for a more elegant look.

The UtiliBRA-vo is a traditional pullover sports bra with wider shoulder straps to increase comfort by distributing weight over a larger area, reducing strain. Its streamlined design means no seams or underwire to contend with. "I don't notice this bra very much when I'm wearing it, which is a huge plus," says our Run editor, who is a D cup.

Sizing goes up to XL, though most reviews share that larger-breasted runners may find it better suited to lower-intensity activities. Those with cups up to a D can expect medium support. [Buy here.](#)



Best Running Sports Bra with Underwire

One of the pain points of shopping for sports bras is the ambiguous sizing. What does small, medium or large really mean when it comes to the wide array of chest sizes and shapes? The Panache Sport Endurance Wired Sports Bra takes the guesswork out of the equation, as it's sized numerically, from 32D through 38GG/40G. This sports bra is particularly versatile—wear the two straps like a conventional bra or use the attached hook to link them at the top, creating a crossback style.

There's nothing worse than tugging a sweaty sports bra over your head after a long run. The Endurance Wired bra solves this issue with a hook-and-eye back closure. With four rows of three hooks each, you can get the fit you need and feel secure wearing this bra during an intense workout.

REI customer-reviewers praise the padded underwire as very comfortable and integral in providing extra support, especially for those with larger cup sizes. One shared: "I wore it all weekend for 16+ hours per day with miles of terrain, and couldn't get over how comfortable it was. I promptly ordered 2 more and honestly, debated buying them out." The cups do not have any extra padding, improving breathability and creating a smooth line under clothing.

[Buy here.](#)



Best Adjustable Strap Sports Bra

If you're looking for a comfortable running sports bra that adjusts for a customized fit and level of compression, check out the [Brooks](#) Racerback 2.0. Not only does it have a hook-and-eye band allowing you to dial in the tightness around the ribcage, but the straps can also be easily shortened or tightened.

While most bra straps have a slider in the back to adjust length, the Racerback 2.0 has a hook-and-ladder closure in the front. "Rather than having to tug and pull to get the shoulder fit you want, you simply lift and slide a hook to the right loop," explains our Run editor. "It makes for a straightforward and secure adjustment system, and a very cute design."

The thoughtful design features don't end there. REI customer-reviewers find that the soft-molded cups help keep the breasts separated, lowering the risk of chafing. The numerical bra sizing takes the guesswork out of ordering the correct size, up to 38DD. Plus, the bra's racerback style provides extra support for high-impact activities. [Buy here.](#)



Long gone are the days when larger-breasted and plus-size runners had to double up on sports bras to get sufficient compression for high-intensity exercise. The Panache Sport Boundless Non-Wired Sports Bra fills that need without overly flattening your chest to create the dreaded "uniboob." Molded cups also keep the breasts separated during exercise with minimal padding.

You won't have to struggle to get this sports bra on and off over your head—it has a hook-and-eye back closure, making that process easy. The straps are adjustable using sliders in the back, and you can even hook the two straps together to create a racerback style if you prefer more coverage and security in the front.

Extended sizing for this sports bra goes up to 40GG. Those who need a smaller band with a larger cup size can also find what they need with this style. [Buy here.](#)





[Shop All Sports Bras](#)

Buying Advice for Sports Bras



There's so much that goes into selecting the best running sports bra for you, including support type and level, strap style, sizing, fabric, features and more. For more information, check out our article [How to Choose a Sports Bra](#) or read on for a quick rundown.

Bra support

We have organized this running sports bra guide according to two bra support levels: [medium impact](#) and [high impact](#). While we sell low-impact sports bras for running, we generally recommend running sports bras designed for medium- or high-impact activities. Runners wearing sizes above a D cup will want to purchase a high impact bra to prevent the breasts from moving while running. A wider chest band and straps can help improve support even if the bra is categorized as medium impact—the [On Performance Flex Bra](#) and [Oiselle Flyout Bra](#) are medium-impact options that can offer high-impact support for some larger-breasted runners. The opposite is also true: The [PYNRS Warren Sports Bra](#) and [rabbit UtiliBRA-vo Sports Bra](#) are medium-impact sports bras that would also be comfortable for low-impact activities like yoga and walking.

Support style

You'll see three styles of support with sports bras: compression, encapsulation and a combination.

- With **compression**, the sports bra is typically pulled over the head, compressing the breasts against the chest. This style doesn't have sewn-in cups, so it might not provide enough support for those with larger cup sizes. The [ALWRLD ALRN Crop Bra](#), [PYRNRS Warren Sports Bra](#) and [rabbit UtiliBRA-vo Sports Bra](#) are compression bras that are ideal for medium-impact activity like recovery runs, fitness classes and low-impact cardio. They will also work for high-impact activities for small to average cup sizes.
- **Encapsulation** bras keep the breasts separated using sewn-in cups. This style of bra typically provides minimal compression and so is often designed for lower-impact activities. However, all three encapsulation bras on our list—the [Panache Sport Endurance Wired Sports Bra](#), [Brooks Racerback 2.0 Sports Bra](#) and [Panache Sport Non-Wired Sports Bra](#)—are high-impact bras, and will work well on your runs and for larger cup sizes.
- **Compression/encapsulation**: One sports bra on our list, the On Performance Flex Bra, uses both encapsulation and compression in its design. This helps ensure a secure fit and keeps the breasts separated to prevent chafing. These will be the most versatile bras, working for a range of cup and band sizes for high-impact activity, which is why the On Performance Flex Bra was named the Best All-Around Running Sports Bra.

Strap type

Most sports bras have straps that fall into two categories: racerback or traditional. There are also combination strap styles.

With a **traditional** strap style, you can expect two separate straps with some adjustability, like with the On Performance Flex Bra. The Oiselle Flyout Bra is a **tank top** style, which means it has two straps and is traditional, but it has no adjustability.

- **Racerback sports bras**, like the [ALWRLD ALRN Crop Bra](#), [PYRNRS Warren Sports Bra](#) and [rabbit UtiliBRA-vo Sports Bra](#), have to be pulled over your head and usually aren't adjustable. The Brooks Racerback 2.0, however, is an adjustable racerback style—that combined with its encapsulation support makes it a high-impact bra suitable for larger cup sizes.
- Some running sports bras are a **combination**, meaning they can convert from a traditional style to a racerback by using a hook to latch the straps together, like the [Panache Endurance Wired](#) and [Panache Non-Wired Sports Bras](#).

Sizing

Sports bras are either sized using traditional band/cup sizing or S/M/L sizing. In either case, knowing your band and cup sizes is important when purchasing a running sports bra. Most pullover styles use S/M/L sizing and include a conversion chart that tells you what size to buy based on your band/cup size. You need a tight enough fit to prevent movement and chafing without feeling too constricted. The On Performance Flex Bra, for example, is available in XXS-XL, while the Panache Sport Non-Wired Sports Bra ranges from 32C to 40GG. Those who need a larger band or larger cup with a smaller band should look to traditional band/cup sizing, as it will provide a more dialed-in fit.

Fabric

There are many types of fabric available when buying sports bras. Consider your arm movements and whether the fabric feels soft against your skin. Moisture-wicking fabric like polyester and nylon helps decrease sweat retention and maintain overall comfort. Read more: [How to Care for Your Sports Bra](#).

Additional features

Sometimes it's the extras that make a simple garment like a sports bra become a favorite. Our picks include two options with phone pockets, the Oiselle Flyout Bra and rabbit UtiliBRA-vo Sports Bra, which many wearers find helpful for carrying phones, gels and even ice packs. Hook-and-eye back closures, like with the Panache Endurance Wired and Panache Sport Boundless Non-Wired Sports Bras, can make taking off your sweaty sports bra easier. Underwire, like in the Panache Endurance Wired Sports Bra, can be particularly helpful for providing support for runners with larger breasts.

Our Process

Our Run editor and the author each contributed to this article with their running sports bra recommendations and opinions, based on their personal experience running and exercising in them. We also pulled from the reviews of a handful of REI customers. The eight choices above reflect the latest and best running sports bras currently on offer at REI Co-op.

Select a rating.



Kate Loweth

Kate Loweth lives in the San Francisco Bay Area, where she enjoys hiking through the redwoods and exploring the tidepools near Half Moon Bay. She'll never pass up an opportunity to go glamping, especially if it means ending the day with a glass of wine by the campfire. When she's not taking advantage of her proximity to the mountains and the ocean, you can find her exploring the world with her three teens (and husband) in tow. REI Member since 2019.



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