



# WHICH NIKE SHOE SHOULD I BUY?



Are you looking for a single shoe for all your training & racing?

YES

daily  
trainer

NO

speed  
training

long  
runs

racing

<₹5,000



**DOWNSHIFTER** Beginner - Lifestyle - Running



**REVOLUTION** Beginner - Daily Training

<₹10,000



**QUEST** Beginner - Daily Training



**WINFLO** Intermediate - Daily Training  
**RECOMMENDED**



**RIVAL FLY** Intermediate - Speed Training  
**RECOMMENDED**



**REACT MILLER** Beginner/Intermediate - Easy Distance Trainer

<₹15,000



**PEGASUS** Daily Training  
**RECOMMENDED**



**PEGASUS TURBO** Intermediate/Adv - Tempo Trainer



**INFINITY** Beginner/Intermediate Distance Trainer  
**RECOMMENDED**



**STREAKFLY** 5/10K Racer



**VOMERO** Easy/Daily Training  
**RECOMMENDED**



**ZOOM FLY** Intermediate/Adv - Tempo Trainer & Racer  
**RECOMMENDED**

>₹15,000



**INVINCIBLE** Distance Trainer  
**RECOMMENDED**



**VAPORFLY** Versatile Racer  
**RECOMMENDED**



**ALPHAFLY** Marathon Racer  
**RECOMMENDED**



# Running Shoe Guide 2005

**Rachel Sandford**



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