

3 Best Ellipticals for Runners in 2026

Meta Description: Best ellipticals for runners in 2026: Compare stride length, flywheel weight, pedal design, and features to find the right cross-training equipment.



Alt text: The SOLE E95S Elliptical.

Key Takeaways

- Ellipticals offer low-impact training that maintains cardiovascular fitness while significantly reducing joint stress caused by high-impact running sessions.
- Proper stride length of at least 20 inches is key for runners to avoid unnatural, choppy motions during cross-training.
- Incorporating two to three weekly elliptical sessions improves running economy and provides active recovery without sacrificing hard-earned aerobic capacity.
- Adjustable resistance and incline levels allow runners to simulate hill training and varied intensities for comprehensive sport-specific conditioning.
- [The SOLE E95S](#) delivers exceptional value for serious runners with its power adjustable 18-24" stride length, 30-pound flywheel, 13.3" touchscreen with built-in apps, 400-pound capacity, and lifetime frame warranty.

Why Runners Need Elliptical Cross-Training

Every footstrike generates impact forces measuring 2-3 times your body weight. Multiply that by thousands of repetitions per run, hundreds of runs per year, and decades of competitive participation.

The cumulative stress explains why running injuries remain stubbornly common despite advances in footwear, training theory, and recovery protocols.

Elliptical cross-training interrupts this accumulation without sacrificing fitness. The smooth, cyclical motion maintains cardiovascular conditioning while your joints recover from recent impact sessions.

The mechanism makes physiological sense. Elliptical training maintains aerobic capacity and leg strength while allowing microscopic tissue damage from running to heal completely.

Runners return to their next quality session fresher, capable of higher intensity, and accumulating better training stimulus over time. The elliptical becomes a force multiplier rather than merely a running substitute.

Smooth, Natural Motion for Every Body. Top-Rated Home Fitness Ellipticals!



Choose from 2 Proven Series:

- [E25](#) or [E35](#) for affordable performance with up to 25 lb flywheels
- [E95](#), [E95S](#) or [E98](#) for premium with touchscreens and adjustable stride

Why Choose SOLE Ellipticals:

- ✓ Whisper-quiet eddy current resistance system
- ✓ Adjustable pedals prevent foot numbness and discomfort
- ✓ Heavy-duty steel frame supports up to 375 lbs
- ✓ Customizable stride lengths fit all user heights
- ✓ FREE workout classes via SOLE+ app included
- ✓ FREE curbside shipping nationwide

30-Day Money-Back Guarantee: Love it or return it, no questions asked.

[Shop SOLE Ellipticals Now →](#)

What Makes an Elliptical Runner-Friendly

Stride Length: The Primary Factor

The single most important feature for runners is adequate stride length. Budget ellipticals often provide shortened stride paths (16-18 inches) creating unnatural, choppy motion that restricts full stride extension. Runners should select ellipticals with stride lengths of at least 20 inches, and taller runners benefit from adjustable stride options reaching 22-24 inches.

Resistance and Incline for Training Variety

[Elite runners](#) train across a broad spectrum of intensities. A runner-friendly elliptical needs at least 16-20 resistance levels with smooth transitions between settings. Incline capability between 0-20 levels allows simulation of hill training that develops power, stride efficiency, and cardiovascular capacity without impact stress.

The 3 Best Ellipticals for Runners in 2026

1. SOLE E95S: Best Overall for Runners



Caption: The SOLE E95S solves the biggest limitation of standard ellipticals through its power adjustable stride system.

Alt text: A woman using the SOLE E95S.

[The SOLE E95S](#) stands out as the top choice for serious runners because it solves the biggest limitation of standard ellipticals: fixed stride length.

The power adjustable stride ranging from 18" to 24" accommodates runners of all heights while allowing you to simulate everything from short, powerful sprint strides to the longer, relaxed mechanics of distance running.

This adjustability makes the E95S uniquely versatile for periodized training. During base-building phases, longer stride settings facilitate extended steady-state workouts.

When transitioning to speed phases, shorter stride settings build power and turnover. The 30-pound flywheel creates momentum that delivers fluid motion at any stride length, eliminating the choppy feel common in lighter machines.

The 13.3" touchscreen includes WiFi connectivity, screen mirroring, and preloaded apps for entertainment during longer cross-training sessions. Wireless charging keeps your devices powered, and Bluetooth speakers eliminate the need for headphones. The 400-pound weight capacity proves commercial-grade durability that handles intense interval sessions without wobbling.

At \$2,699.99, the E95S represents exceptional value as the most affordable adjustable stride elliptical on the market. The lifetime frame and flywheel warranty with 3 years parts coverage demonstrates SOLE's confidence in construction quality, and the FREE SOLE+ App provides hundreds of workout classes without subscription fees.

2. SOLE E95: Best Premium Elliptical for Runners



Caption: The SOLE E95 delivers award-winning performance through a different approach than the E95S—prioritizing pedal customization and incline capability over adjustable stride length.

Alt text: The SOLE E95.

[The SOLE E95](#) has earned "Best Elliptical" recognition year after year, delivering premium features that serious runners demand. The 27-pound flywheel and 20 levels each of resistance and incline provide the training variety needed to simulate any running workout from recovery jogs to hill repeats.

What truly separates the E95 for runners is the precision worm drive pedal adjustment system. This 10-level adjustment dial allows you to accurately position the pedal angle to match your natural foot strike, accommodating forefoot strikers, midfoot runners, and heel strikers without forcing adaptation to a fixed position. This preserves sport-specific muscle memory during cross-training.

The 13.3" touchscreen, WiFi, wireless charging, and screen mirroring deliver the same technology features as the E95S. The 400-pound weight capacity and 83" length provide stability during intense intervals. SOLE's patented 2-degree inward pedal slope reduces the ankle and knee stress common on other ellipticals, protecting the joints runners depend on most.

At \$2,099.99, the E95 delivers award-winning performance with lifetime frame warranty protection and the FREE SOLE+ App providing subscription-free workouts.

3. SOLE E25: Best Value for Runners



Caption: This entry-level model incorporates SOLE's patented pedal design and solid construction at a price point that makes quality cross-training accessible.

Alt text: The SOLE E25.

[The SOLE E25](#) delivers core runner-friendly features at an accessible \$1,199.99 price point, making it ideal for runners seeking quality cross-training equipment without premium pricing.

The 20 levels each of resistance and incline provide adequate training variety, while the 20-pound flywheel creates smooth motion suitable for extended sessions.

SOLE's patented 2-degree inward pedal slope appears on this entry-level model, providing the same joint-protective biomechanics found on premium options. The design collaboration with a leading physical therapist means that even budget-conscious runners benefit from reduced ankle and knee stress during cross-training.

The 7.5" backlit LCD display shows key metrics clearly, and Bluetooth speakers provide entertainment options during workouts. The 350-pound weight capacity and 70" x 24" footprint make this the most compact SOLE elliptical—ideal for runners with limited training space, while the USB charging keeps devices powered during longer sessions.

The lifetime frame and flywheel warranty with 2 years parts coverage provides excellent protection at this price point. It also comes with the FREE SOLE+ App that delivers hundreds of fitness classes without subscription fees.

3 Best Ellipticals for Runners in 2026 Comparison Table

Feature	SOLE E95S	SOLE E95	SOLE E25
Price	\$2,699.99	\$2,099.99	\$1,199.99
Display	13.3" Touchscreen	13.3" Touchscreen	7.5" LCD
Flywheel	30 lbs	27 lbs	20 lbs
Resistance Levels	20	20	20
Incline Levels	N/A	20	20
Stride Length	18-24" Adjustable	Fixed	Fixed
Pedal Adjustment	No	10-level worm drive	No
Weight Capacity	400 lbs	400 lbs	350 lbs
Frame Warranty	Lifetime	Lifetime	Lifetime
Parts Warranty	3 Years	3 Years	2 Years
WiFi	Yes	Yes	No
Best For	Serious runners	Premium features	Budget value

Why choose SOLE ellipticals for cross-training running

[SOLE ellipticals](#) deliver superior value for runners by combining specialized design features with industrial-grade durability. Our patented two-degree inward pedal slope minimizes joint stress, while the E95S model provides an adjustable stride length to accommodate any running style. Furthermore, the precision worm drive system on the E95 ensures your natural foot strike is preserved during every high-intensity session.

Every machine includes access to the subscription-free access to the SOLE+ App, offering hundreds of professional workout classes at no additional cost. These whisper-quiet units are backed by lifetime frame and flywheel warranties, ensuring your investment supports your training goals for years to come. Protect your joints and improve your race-day performance by exploring the full collection of SOLE ellipticals.

[Browse the SOLE elliptical collection today!](#)

Frequently Asked Questions (FAQs)

How many times per week should runners use an elliptical?

Most running coaches recommend 2-3 elliptical sessions weekly for optimal cross-training benefits without compromising running-specific adaptations. Higher-mileage runners benefit from strategically placing elliptical sessions after quality running days for active recovery. Runners recovering from injuries may temporarily increase to 4–5 elliptical workouts while reducing running frequency.

What stride length is best for marathon training?

Marathon runners should select ellipticals with stride lengths of at least 20 inches to accommodate endurance running biomechanics. Taller runners (over 5'10") benefit from 22+ inches to prevent shortened stride adaptations that can negatively impact running form. The SOLE E95S's power adjustable stride from 18-24" provides ideal versatility for marathon-specific training, allowing simulation of both the shorter strides used during climbs and the longer strides employed on flat sections.

Can elliptical training completely replace outdoor running?

While elliptical training effectively maintains cardiovascular fitness, it cannot fully replace running's sport-specific demands. Running involves proprioceptive challenges, impact forces, and environmental adaptations that ellipticals cannot simulate. Ellipticals work best as supplementary tools that enhance, rather than replace.

Are ellipticals or treadmills better for runners recovering from knee injuries?

For most knee injuries, ellipticals provide superior rehabilitation benefits. The zero-impact motion places significantly less stress on damaged knee structures while maintaining range of motion and strength. SOLE's patented 2-degree inward pedal slope specifically reduces

the ankle and knee stress common on other ellipticals, making [SOLE models](#) particularly appropriate for injury rehabilitation.

****Disclaimer:*** *Products and prices mentioned in this article are accurate as of the date of publication and are subject to change. Please visit the [official SOLE website](#) for the most current information.*