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Discover the **best weighted vest for running** to take your workouts to the next level. Learn how to use **weighted vests to improve** your running experience!

8 Best Weighted Vests for Running in 2023

Ah, running... Probably the most well-known workout in the world. Who hasn't at least given it a go? Have you tried adding weight gadgets to it, and do you know how the **best weighted vest for running** can help your runs?

Let's just cut to the chase — running is amazing. It's incredibly beneficial for your health, boosting both your mental and physical well-being, and — it's fun. But... What do you do when you've been running for years and now it's getting repetitive, less challenging, and dare I say, boring?

I'll tell you what to do — you spice things up by adding weight to your running! Weighted vests were designed so that athletes can increase resistance while exercising. And you can utilize these vests for running, as well.

Today, I'll be introducing you to the 8 best weighted vests currently on the market, as well as enlightening you with all the **benefits of running with a weighted vest**.

Let's do some weighted running!

PRODUCT	AVERAGE SCORE	DESIGN	DURABILITY	ADJUSTABILITY	COMFORT	PRICE/QUALITY
Hyperwear Hyper Vest Elite	4.8	4.8	5	4.6	4.9	4.9
ZELUS Weighted Vest	4.7	4.7	4.9	4.4	4.3	5
Hyperwear Hyper Vest FIT	4.6	4.6	5	4.6	4.2	4.8

WOLF TACTICAL Adjustable Weighted Vest	4.6	4.7	5	4.6	4.5	4.1
Prodigen Running Weight Vest	4.5	4.6	4.4	4.5	4.5	4.4
RUNmax Adjustable Weighted Vest	4.4	4.3	4.6	4.4	4.1	4.8
CAP Barbell Adjustable Weighted Vest	4.3	4.1	4.4	4.1	4.4	4.5
miR Air Flow Weighted Vest	4.2	4.2	4.3	4.1	4.1	4.2

Top 8 Best Weighted Vests for Running Reviewed:

1. [Hyperwear Hyper Vest Elite](#) – Top Pick
2. [ZELUS Weighted Vest](#) – Budget Pick
3. [Hyperwear Hyper Vest FIT](#) – Best for Women
4. [WOLF TACTICAL Adjustable Weighted Vest](#) – Best for Men
5. [Prodigen Running Weight Vest](#)
6. [RUNmax Adjustable Weighted Vest](#)
7. [CAP Barbell Adjustable Weighted Vest](#)
8. [miR Air Flow Weighted Vest](#)

1. [Hyperwear Hyper Vest Elite](#) – Top Pick



[CHECK LATEST PRICE](#)

It only makes sense to start the list off with my favorite. Also... this weighted vest is so good. I just can't help myself but mention it right away. The Hyperwear Hyper Vest Elite is the best the market currently offers.

Weight: 10 lbs.

Material: Cordura, Alloy Steel

Closure Type: Zipper

Weight Type: Galvanized Steel Weights

Adjustability: Adjustable With Side Laces

Best For: Men and Women

Color: Black Reflective

Special Features: Reflective

The first thing you'll notice about this vest is how comfortable it is. It's made from soft nylon fabric (Cordura) that feels great against your skin. The comfort factor can be a deal breaker because these types of vests are meant to hug your body and be pretty snug. So, if it doesn't feel comfortable, your workout is kind of ruined.

The snug fit means it really hugs your torso tight, which is a good thing because it means it removes the stress from your shoulders.

If you've ever tried a weighted vest, you probably noticed some of them aren't that great at distributing the weight. But no such issues with this one! The weight is very well balanced.

Another thing I want to mention — this vest is very adjustable. It comes with small steel weights that you can just easily add or remove to make the vest weigh whatever is most comfortable for you. The weight adjustability is super important because it means you can progress at your own pace.

Now, the durability of the vest is definitely a highlight, as the vest is made of Cordura nylon, which is a type of nylon fabric famous for its strength. It will also hold its shape no matter what you put it through (obviously, not everything you put it through, but you get the point — it's tough!)

The only drawback I noticed is with sizing; it may be a bit of an issue if you're very tall. The XL size, which is the largest, might be a bit short, and you may end up looking like you're wearing a crop top. But you can still benefit from its weight; the flaw I mentioned is purely cosmetic.

Expert Score: 4.8

Design: 4.8

Durability: 5

Adjustability: 4.6

Comfort: 4.9

Price/Quality: 4.9

Positives:

- ✓ Snug fit
- ✓ Made of soft nylon fabric
- ✓ Good weight distribution
- ✓ Easy to adjust to the desired weight

Could be better:

- × Not ideal for very tall people

2. [ZELUS Weighted Vest](#) – Budget Pick



[CHECK THE LATEST PRICE](#)

I'm so happy that today's budget pick is also the second-best vest on the list! This vest is of great quality, and at that price... Phew! You can't beat it.

Weight: 6 lbs.

Material: Neoprene

Closure Type: Buckle

Weight Type: Iron Sand

Adjustability: Adjustable With Elastic Straps

Best For: Men and Women

Color: Black

Special Features: Detachable Front Zipper Pockets

One standout feature of this vest is its storage pockets. They're very convenient if you need to take your phone or key with you on the run. But what's even better is that they can be detached if you don't need them!

The vest is easily adjustable thanks to its elastic straps, and stays in place during workouts. If you've ever tried running with a weighted vest that bounces, you know it's beyond annoying, and it takes the focus away from your run and makes you think about the vest almost hitting you in the face.

This **adjustable weighted vest for running** is evenly filled with iron sand, so there's nothing to worry about as far as weight distribution goes.

Now, I have to say that the comfort left me a bit... should I say, meh? There are supposedly pads in the shoulders, but if there are, they're super thin and don't really do much. The weight might dig into your shoulders a bit if you're wearing the vest for more than an hour, and it can be uncomfortable.

But if you look at the big picture, this vest has definitely earned its place and is up there with the best of the best.

Expert Score: 4.7

Design: 4.7

Durability: 4.9

Adjustability: 4.4

Comfort: 4.3

Price/Quality: 5

Positives:

- ✓ Affordable
- ✓ Detachable pockets
- ✓ Evenly filled
- ✓ Doesn't move during runs

Could be better:

- × Not enough padding in the shoulders

3. [Hyperwear Hyper Vest FIT](#) – Best for Women



[CHECK THE LATEST PRICE](#)

So far, we've had two vests that were designed to be worn by both men and women. But this time, men, please step aside because this one is the **best women's weighted vest for running**.

Weight: 8 lbs.
Material: Polyester
Closure Type: Zipper
Weight Type: Steel Weights
Adjustability: Side Laces for Cinching
Best For: Women
Color: Black Metallic

I always appreciate adjustable pieces, and this one is as adjustable as it gets. The weights are stored nicely in the pockets, but they can be removed in a snap. This will allow you to adjust the weight of the vest perfectly.

Another thing I always look out for is the vest's washability. Think about it — you'll want to be able to toss it into the washer after a sweaty run. Once you remove the weights, the vest is ready to be tossed in the washer, and you don't have to worry about frequent washing messing it up. It's durable and will be with you for a long time.

Its full-zipper closure design makes it easy to put on in a hurry, and it also has elastic laces on the side that keep it from bouncing while you're running.

I did notice something about its sizing. Although the vest does come in a few different sizes, none of them seem to be that great for petite frames. If your frame is smaller, you can still use it, but it's probably going to be sitting on your hips. That can make it less comfortable. But if you're fine with it being a tad longer, then give it a try!

Expert Score: 4.6

Design: 4.6
Durability: 5
Adjustability: 4.6
Comfort: 4.2
Price/Quality: 4.8

Positives:

- ✓ Can be cinched at the waist
- ✓ Comfortable shoulder padding

- ✓ Machine-washable

Could be better:

- × Not ideal for small frames

4. [WOLF TACTICAL Adjustable Weighted Vest](#) – Best for Men



[CHECK THE LATEST PRICE](#)

If this vest was a vehicle, it would be a tank. I can see you laughing, but I'm not joking at all. This is a serious piece and feels more like gym equipment than something resembling clothing.

Weight: 14, 20, 31, or 42 lbs.

Material: Nylon

Closure Type: Hook and Loop

Weight Type: Steel weights

Adjustability: Adjustable waist straps and bands

Best For: Men

Color: Black

Special Features: Oversized airflow panels

Once you get your hands on this vest, you'll immediately notice the front and back pockets. These are meant to store your weights and make the vest adjustable because you can make it weigh anywhere from 14 to 42 lbs. Running with a 42 lbs. vest on is quite a cardio workout, am I right?

This thing is designed to hold up sweat, dirt, and rigorous tactical training. I know, I know, you want to use it for running, but it's great to know that this is as durable as it can be.

There's another thing that stood out to me, and that would be the oversized airflow panels that make the vest breathable and the fit contoured. A breathable weighted vest, can you believe it?

Mostly, I love this. It's an absolute beast if you can call a vest that, and is the best **men's weight vest for running**. But there's something about it that really pushed my buttons and that would be the weights. They're sold separately, so you really only get the vest in your package, and you have to buy the weights separately. If you do decide to get it, though, I'm sure you won't regret it.

Expert Score: 4.6

Design: 4.7

Durability: 5

Adjustability: 4.6

Comfort: 4.5

Price/Quality: 4.1

Positives:

- ✓ Airflow panels make it breathable
- ✓ Made of premium 600D nylon
- ✓ Secure and unrestricted fit

Could be better:

- × Weights are sold separately

5. [Prodigen Running Weight Vest](#)



[CHECK THE LATEST PRICE](#)

This brightly colored **heavy vest for running** is sure to catch a lot of people's attention. But trust me when I say, it has a lot more to offer than just looks.

Weight: 8 lbs.

Width: 35–45”

Material: Neoprene

Closure Type: Buckle

Weight Type: Metal rocks and iron pellets

Adjustability: Elastic edge and buckle strap

Best For: Men and Women

Color: Black, Blue, Gray, Purple

Special Features: Double stitching

This vest was made with so much attention to detail; it's astounding. The double stitching makes it leakproof. So, no matter how intense your workouts are, you won't have to worry about any rips or tears.

And the stitches themselves... Wow. Talk about precision! I'm not someone who usually notices things like that, but the craftsmanship on this vest is next level.

Two straps with buckles make it adjustable, and it will fit you perfectly if your bust size is anywhere from 35 to 45 inches. In addition to the two buckles, the elastic straps make it flexible and comfortable.

Do you remember how much I appreciate things that can be machine washed? Well... This one can't. Bummer, I know. Another thing I noticed is that the elastic straps lose their shape a little over time. You can tighten them some more if that happens to you, too, but that can only help up to a certain point.

Still, I can't argue that this is a great vest. Not perfect, but hey... What is?

Expert Score: 4.5

Design: 4.6

Durability: 4.4

Adjustability: 4.5
Comfort: 4.5
Price/Quality: 4.4

Positives:

- ✓ Available in different colors
- ✓ Precise double stitching
- ✓ Wide shoulder design

Could be better:

- × Can't be machine washed
- × The elastic bands lose their shape over time

6. [RUNmax Adjustable Weighted Vest](#)



[CHECK THE LATEST PRICE](#)

I assume everyone is looking for good quality for not that much money. And it's like that with almost everything. Usually, I don't mind spending a few extra bucks on a good quality item, but I always get super excited when I get something amazing without breaking the bank. The RUNmax vest is one of those things — its quality is superb, and the price point is awesome.

Weight: 20 lbs.

Width: -
Material: Nylon
Closure Type: Buckle
Weight Type: Iron sand
Adjustability: Straps and buckle for adjustability
Best For: Men and women
Color: Black
Special Features: Phone pocket and water bottle holder

This one comes with weights included, which isn't the case with all weighted vests, so I really appreciate it. You'll see the pockets in both front and back that are designed to store the weights. The great thing about those pockets is that the weights can be taken out or put back in within seconds, so adjusting the weight is super simple.

This piece also has shoulder pads, which are actually optional, and you don't have to keep them on if you don't want them. I always like to keep the shoulder pads on because, comfort-wise, they do a lot.

Thanks to RUNmax's thoughtful design, you can gear up and get going in no time, as the straps are sewn in. And I'm not exaggerating — the whole process is crazy simple.

All in all, this is a top-notch vest, but I still have something to complain about. When you put the vest on and add the weights, it gets kind of bulky. The weights stick out more than 2 inches on each side, and I kind of feel like a chunky Terminator in it. It's still okay for running, but there's a chance you'll feel a bit bulkier than you would like to.

Expert Score: 4.4

Design: 4.3
Durability: 4.6
Adjustability: 4.4
Comfort: 4.1
Price/Quality: 4.8

Positives:

- ✓ Removable shoulder pads
- ✓ Outstanding value for money
- ✓ Comes with weights included

Could be better:

- × Becomes bulky when weights are added

7. [CAP Barbell Adjustable Weighted Vest](#)



[CHECK THE LATEST PRICE](#)

This is a really simple, no-nonsense, straight-to-the-point vest. It's not packed with all the bells and whistles (that don't really do that much anyway); some other vests are, but its quality is fantastic, and it's a reliable running buddy.

Weight: 40 lbs.

Width: 35–45''

Material: Reinforced nylon and polyester

Closure Type: Hook and loop

Weight Type: Iron ore fines

Adjustability: Straps for adjustments

Best For: Men and women

Color: Black

Special Features: Anchor hooks designed for parachute run training

The waist belt is completely adjustable, so you can make it fit as snug as you want. It has two adjustable buckle straps, so if you're anywhere between 35" and 45", it'll fit you like a glove. Also, the weight is distributed evenly, so it feels comfortable.

The best thing about this vest is that it has elastic edges. Weighted vests can be a bit uncomfortable sometimes, and the weight can make it harder to move. And yes, that's the point; you want it to make you work harder, but you don't want it to obstruct your movement. The elastic straps on this one make sure that that doesn't happen. Despite the added weight, it's still comfortable for running.

A lot of you are probably going to be happy to hear it has shoulder pads, but the ones on this vest are not adjustable. This makes the vest hang a bit low. Also, I noticed that it runs a little big, and there is only one size to choose from, so keep that in mind if your frame is smaller.

Expert Score: **4.3**

Design: 4.1

Durability: 4.4

Adjustability: 4.1

Comfort: 4.4

Price/Quality: 4.5

Positives:

- ✓ Elastic edges for unrestricted movement
- ✓ Anchor hooks for parachute run training
- ✓ Customizable weight

Could be better:

- × Shoulder pads are not adjustable
- × Only one size available

8. [miR Air Flow Weighted Vest](#)



[CHECK THE LATEST PRICE](#)

My list would not be complete without this vest, and I'll tell you why. It has an airflow design that keeps your body cooler than some other vests, and it's also machine washable. On top of that, you can even stick it in the drier after you're done washing it.

Weight: 20 lbs.

Material: Nylon

Closure Type: Velcro straps

Weight Type: Solid iron
Adjustability: Straps for adjustability
Best For: Men and women
Color: Black
Special Features: Airflow design

The first thing that caught my attention is the lifetime warranty. Anytime I see anything with a lifetime warranty, I know that the manufacturer did their absolute best to design it and is almost sure nothing will happen to it.

Another thing that's great about this vest is that it's breathable. Instead of sweating like crazy, it will allow the sweat to evaporate. Not only is that going to cool you down, but it will also keep you dry.

You'll notice it's smaller than any other vest I've discussed today. That's a good thing and a bad thing. It's great that it does not hinder any movement, and you feel freer than with a vest that's below your waist. The bad thing is, with the straps being short and the vest being small, it's hard to adjust it (and take off!) by yourself.

Expert Score: **4.2**

Design: 4.2
Durability: 4.3
Adjustability: 4.1
Comfort: 4.1
Price/Quality: 4.2

Positives:

- ✓ Clam shell design
- ✓ Breathable
- ✓ Lifetime warranty

Could be better:

- × Short straps

Running with added weight

Jogging with a weight vest can literally take your runs to the next level. If you've been running for a while, you know there's not that much you can do. You just... Run. Sure, you can change your terrain and speed, but running can only be customized up to a certain point.

A weighted vest can help with that. It's a piece of fitness equipment that looks like a regular vest (like the name would suggest), but it has built-in pockets that hold weights.

The weights make your runs more challenging, which then increases your strength, endurance, and fitness in general.

4 Benefits of running with a weight vest

Are weighted vests good for running? Of course, and here are a few benefits to prove they have a solid place in the world of running.

1. Improved Endurance

You'll appreciate this one, especially if you're a long-distance runner. The added weight from the vest will make your cardiovascular system work harder. This means that your heart and lungs will need more oxygen because you're running with an extra load. Over time, both your heart and your lungs will adapt to the new situation; this will improve your endurance and performance.

2. Increased Calorie Burn

If there's weight added, then you need more energy to run than you would without it. The extra energy you need to spend means that you'll burn more calories along the way.

3. Bone Density and Joint Health

This is a big one, and I assume not a lot of people are aware of it. If you run with a weighted vest, you'll add more load to your bones. I know it doesn't sound great, but it is. The added load will make your bones [increase their density](#). This is particularly important for treating and [preventing osteoporosis](#).

4. Mental Benefits

An experienced runner can drift off during runs, and not pay that much attention to the present moment. But with the vest added, you'll see that you will need to really concentrate on your running. This can easily translate to your daily life and make you more present, focused, and mentally disciplined.

As you can see, the **benefits for running with weighted vests** are running far and wide. And they don't stop at these four by any means. These are just the four main ones that you should focus on when considering incorporating a weighted vest into your running routine.

5 Things to consider when choosing the best running vest

With so many vests on the market, it's easy to get overwhelmed and make the wrong choice. But I have a list of things to look out for so you don't accidentally invest in something that won't work for you.

1. Design

When I say design, I don't mean how pretty it looks. Design is the absolute most important thing; you need a vest that has a snug fit. Look for something adjustable, with plenty of elastic straps or bands so you can customize the vest to your body shape. Before you go any further, make sure the vest doesn't move around you, sag, or bounce.

2. Weight

You'll want something that will allow you to adjust the weight. Usually, the best choice are weight vests with lots of pockets because these types of vest store and distribute the weight evenly, or you'll feel lopsided.

3. Material and Quality

You want a vest that's made from good material (look for the word "reinforced" in the name) and quality stitching. Double stitching is the way to go. Material is what determines how long your vest will last, and also how breathable it is.

4. Breathability

This brings me to my next point — breathability. What you want is something sturdy, that allows the sweat to evaporate. This will keep you cool and dry.

5. Comfort

Like I mentioned already, it's crucial that your vest fits tight. But you also want it to have padding, so you don't feel sore the next day. Look for shoulder pads and extra padding behind the weight plates.

6 Tips on how to use a running vest

Someone telling you to put on a weighted vest and use it sounds simple enough. But it might not be as simple in practical terms. I'll tell you a few tips and tricks that will help you use a weighted vest more effectively when it comes to actual wearing and its usage in regards to running.

1. Position

Your vest needs to sit high on your torso, between your shoulders. Make sure it's tight against your chest.

2. Correct Clothes

Try to wear something made of natural materials (cotton is always a top pick) that will absorb the sweat and let your skin breathe.

3. Start Slow

If you're new to weighted vests, don't go crazy right away. Start with light weights and do not wear the vest for hours upon hours.

4. Adjustments

Your straps and buckles need to be secure before you start your run. Also, the fit needs to be tight without bothering you. You need to be able to move comfortably and not feel restricted.

5. Water, Water, Water

Your new vest can make you sweat more, and if you're not careful, you'll dehydrate. Drink enough water during your workouts. Some vests even come with water bottle pockets, so you can bring your water with you on the run.

6. Switch it Up

Your vest is not needed for every single run. Your body will need to recover from running with the added weight, so make sure you set aside a few days to run without it.

4 main problems with running with a weighted vest and how to solve them

1. Joint Issues

Starting slow is key as the weight will put more strain on your joints than usual. You'll need to start with lighter weights and then increase the weight slowly. It's also good to include some flexibility and strength training into your routine.

2. Exhaustion

A weighted vest will make running more demanding, which is what you want. But what you don't want is to exhaust yourself. Make your workouts shorter while you have the vest on (at least in the beginning), and take more breaks during runs. And don't forget about rest days!

3. Speed Decrease

The weight can make you run slower, which is not what we want. Speed and interval training can help with this as it will focus on improving your running speed.

4. Uneven Weight Distribution

If the weight is not even, it can make you feel uncomfortable and put a lot of stress on your body. Make sure you have adjusted the vest correctly and that it fits snugly. Weight vests with a lot of straps, buckles, and bands are what you want as you'll be able to easily adjust them.

FAQ

Is a weighted vest good for running?

Yes, a weighted vest is good for running. The majority of people will notice increased calorie burning, [weight loss](#), [reduced obesity](#), and improved strength and endurance from wearing a [weight jacket for running](#).

How heavy should a weighted vest be for running?

5–10% of your body weight is ideal if you're just starting out. You can increase that according to your comfort level as you get stronger and as your body gets used to the extra weight. [How heavy should a weighted vest for running be?](#) Ultimately, this depends on you and your preference.

Is walking with a weighted vest better than running?

Not necessarily. [Walking with a weighted vest will increase the intensity](#), but running is a high-impact activity and has more benefits for your cardiovascular system.

Conclusion

When it comes to running with a weighted vest, the [Hyperwear Hyper Vest Elite](#) is the best there is. It will give you all of the [benefits of running with a weighted vest](#), while also being comfortable.

But what do you think? Are weighted vests good for running, based on your experience? Do you think weighted vests are a gimmick, or have you noticed actual benefits from wearing them? **Let us know in the comments!**