100 – 400m

Hurdles

Snug and built for speed. No cushion. Comfort is not the priority

Spike plate is aggressive and stiff to maximize forward propulsion

800 – 1600

3200

Versatile. Built for longer speed. Cushioning varies with preference.

Spike plate is more flexible, keeping foot in a more natural position.

High Jump

Specialized to run an arc and transition speed to vertical launch.

Flat spike plate with spikes on heel for plant

Long/Triple Pole Vault

Similar to sprint spikes but with more support and cushioned heel .

Made for acceleration and launch

Shot/Discus

Flexible, wide, flat bottoms. Can come smooth for spinning or with grip for gliding and novice.

Trainers (sprints)

Personal preference. Ideally, firmer to maximize ground feel and energy transfer in shorter bouts

Trainers (distance)

Personal preference. Typically, more cushion to support pacing, durability and efficiency by reducing impact stress