

How to Measure Your Shoe Size

A step-by-step guide to getting the right foot measurement.

To get the best fit out of your ASICS running shoes, it's helpful to know your foot measurements. When you can't make it into one of our [retail stores](#) or a [Running Expert store](#) (our recommended specialist partners) for a shoe fitting, an alternative is to measure your feet at home using this guide. Getting the right shoes for your foot size means you:

- Get the best, most comfortable fit
- Maximise performance
- Avoid potential injuries and blisters
- Reduce friction that could affect your shoe's durability

If you've checked out our shoe size guide and are not sure what size is right for you, find out how to measure your shoe size with our [step-by-step foot measurement guide](#).

What you need:

1. Paper
2. Pen
3. Tape measure or ruler



Step 1

Place the piece of paper and your heel against a wall. Using your pen, trace your foot as closely as possible. It's important to do this for BOTH feet as one foot is generally longer than the other.



Step 2

With the outline, measure a straight line from your heel to the longest toe. This gives you the length of your foot in centimeters.



Step 3

Lastly, add 1-1.5 centimeters to the length. This will give you the correct length to match with our shoe size guide. This extra space gives your feet room to warm up and expand during your run.