

Size guide

Women's

Shoes

Our models are straightforward. In most cases, you just take the same size as your current shoes. Should you wish to compare with another running shoe brand, please use below guide to clarify your size.

EUR	36	36.5	37	37.5	38	38.5	39	40	40.5	41	42	42.5	43
US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9
JPN(CM)	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28

We recommend buying half a size up in **waterproof models**.

Compare On sizes with other shoes

On size

Adidas	Go the same
ASICS	Go half a size smaller
Brooks	Go the same
HOKA ONE ONE	Go the same
Nike	Go the same
Nike Flyknit	Go half a size smaller
Mizuno	Go the same
Saucony	Go the same

Men's

Shoes

Our models are straightforward. In most cases, you just take the same size as your current shoes. Should you wish to compare with another running shoe brand, please use below guide to clarify your size.

EUR	40	40.5	41	42	42.5	43	44	44.5	45	46	47	47.5	48	49
US	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
UK	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13.5
JPN(CM)	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5

We recommend buying half a size up in **waterproof models**.

Compare On sizes with other shoes

	On size
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