

It's early in the morning, and you are trying to squeeze your run in before work. You drag yourself out of bed, get dressed, and head out the door before the sun is even up. You are ready to start your run, but your headphones are completely tangled up. Your caffeine hasn't kicked in yet, and in the early morning light it takes you twice as long to straighten out the wires and get your headphones situated on your ears.

You start your run, but the wires for the headphones bounce along, hitting you in the chest and restricting the movement of the arm that is holding onto your phone. Surely there has to be an easier way to hear your favorite music while you are running, right?

The good news is, there is! Wireless Bluetooth headphones are all the rage right now, and thanks to today's technology, sound quality of these headphones is constantly improving over time.

Keep reading for a breakdown of the ten best wireless headphones for running, and crush those workouts in comfort and style!

1. BackBeat FIT

The BackBeat FIT headphones have earbuds that sit in your ears, with a neckband and over-ear hooks to keep your headphones in place. The headphones are designed to allow you to listen to music, yet still hear the surrounding sounds of your environment. These headphones are great for outdoor runners, as they are waterproof and sweatproof. The nano-coating can be rinsed off, and the neckband itself is flexible. With two hours of charge, the headphones can be used for eight hours of listening and six hours of talk-time. The headphones will function up to thirty-three feet, or ten meters, away from their connected Bluetooth device.

Pros:

Flexible

Sweat/Waterproof

Added stability of neckband helps keep headphones in place

Cons:

Earbuds do not stay in ears completely, making the sound quality less with some bass-heavy music



[Check price and rating on Amazon.com](#)

2. Skullcandy Uproar Wireless

The Skullcandy Uproar Wireless headphones have a ten-hour battery life and are available in a wide array of colors. Like traditional headphones, the headband sits on your ears and holds the earpieces in place. You can control the volume, play and pause songs, change songs, and answer calls all from buttons on the earpiece. The Skullcandy Uproar headphones are lightweight the cushions on your ears provide maximum comfort.

Pros:

Lightweight

Inexpensive

Comes in variety of colors

Cons:

Speaker/cushion are all one piece, making it more difficult to clean



[Check price and rating on Amazon.com](#)

3. Bose SoundSport Wireless

The Bose SoundSport Wireless headphones have silicone ear pieces that mold and shape to your ear, making these headphones one of the more compatible of the wireless models. The earbuds are connected with a cord that drapes around the back of the neck, which also holds the microphone. These headphones are also great for the outdoor runner, as they are sweat and water-resistant.

Pros:

Sweat/water-resistant

Silicone ear pieces shapes to ear

Comes with three earbud size options

Cons:

Shorter battery life than other headphones



[Check price and rating on Amazon.com](#)

4. Beats by Dre Solo 2

These headphones have a flexible, adjustable headband and come in a variety of bright colors. The ear cups move to conform to the shape of your head and the headband and headphones are foldable so that you can easily transport them back and forth from the gym. The volume, play and pause buttons, and phone call function buttons are all on the earpiece, which makes for easy access. The headphones are noise-canceling, which allows you to tune out surrounding noises and focus on your music and your workout.

Pros:

Flexible fit

Noise canceling

Cons:

Not waterproof/sweatproof

Cushions of headphones do not hold up well



[Check price and rating on Amazon.com](#)

5. AirPods

Airpods are completely wireless earbuds that rest in your ear and can be used one at a time or simultaneously. The AirPods come in a case that charges the earbuds while they are sitting securely, and the case is pocket-sized, making it easy to transport the earbuds in a gym bag or purse. AirPods begin playing music when you place them in your ear and automatically pause the music when you take them out of your ear. Users can double tap the Air pod to connect to Siri, allowing many questions to be answered while on the run.

Pros:

High-quality sound

Long battery life

Compact and easy to transport

Cons:

Can only be used with Apple devices



[Check price and rating on Amazon.com](#)

6. LG Tone Triumph HBS 510 Bluetooth

Like many popular models, these wireless headphones also have earbuds that rest in your ears and a neckband that rests on the back of your neck; however, when you are not using the earbuds, they fit back in the neckband and stay in place magnetically. These headphones have a long battery life, allowing for thirteen hours of continuous music play. The music and phone control are all situated on the neckband, allowing for ease of operation. The LG Tone Triumph headphones are compatible with Android and Apple products.

Pros:

Long battery life

Compatible with Android and Apple products

Earbuds magnetically can be magnetically connected to neckband when not in use

Cons:

Neckband rests directly on back of neck



[Check price and rating on Amazon.com](#)

7. JBL T450 BT

These headphones are once again more of a traditional headphone-style, with the earcup resting directly over the ear. The music and call controls are on the ear cup, and the headphones are foldable for easy storage and transport. The JBL T450 headphones

have stellar sound and bass quality, making it easy to get pumped for your run, and keep that motivation flowing.

Pros:

Less expensive than similar models

Compatible with all Bluetooth devices

Cons:

Sound is sometimes too loud for those who want to hear their surroundings



[Check price and rating on Amazon.com](#)

8. Beats by Dre PowerBeats 3 Wireless Earphones

Most headphone users see the name “Beats by Dre” and automatically assume the headphones will be the traditional-style, headband-type headphones, but this particular model is of the earbud and neckband variety. The earbuds rest in your ears, and are held in place by over the ear hooks. The headphones charge fast, allowing the user to use the headphones for up to an hour after only charging the headphones for five minutes. The Beats by Dre PowerBeats are sweat and water-resistant, allowing those loyal to the Beats by Dre brand to truly take their workout to the next level without having to worry about water and sweat damage.

Pros:

Sweat and water-resistant

Ear tips come with four size options for maximum comfort

Cons:

Not compatible with all Android devices



[Check price and rating on Amazon.com](#)

9. Bose SoundSport Truly Wireless Sport Headphones

Just like the name says, these headphones are truly wireless. Similar to the Airpod design, the earbuds rest in your ears. The Bose SoundSport Truly Wireless Headphones are sweatproof and waterproof, and also charge in the case in which they are housed. The earbuds themselves are lightweight and can be used for five hours after the battery is fully charged.

Pros:

Lightweight

Charge in their carrying case

Cons:

Do not come in a variety of earbud sizes



[Check price and rating on Amazon.com](#)

10. Trekz Titanium

The Trekz Titanium headphones are headphones that are ahead of their time. Instead of devices covering the ears or being placed inside the ears, these headphones use bone conduction technology, which lets the listener hear music through their cheekbones, so that surrounding noises are not completely blocked out. These headphones are perfect for the runner who enjoys the outdoors on less well-traveled paths, or who simply wants to be aware of traffic and people around them. The Trekz Titanium headphones are sweatproof and have a wrap-around headband that help hold them in place.

Pros:

Allows wearer to hear surroundings

Noise-canceling microphone

Good sound quality

Cons:

Not best for phone-call quality



[Check price and ratings on Amazon.com](#)

How Do I Choose Wireless Headphones?

With all the wireless headphone options out there, it can be easy to feel overwhelmed. When choosing a wireless headphone option, it is important to think about your own personal usage.

One thing to take into consideration is where you will be using the headphones. Will you be in the gym, running on the treadmill, or do you typically prefer to run outdoors? If you run inside, noise-canceling headphones might work for you because they will allow you to drown out your surroundings and just focus on your workout. If you prefer to run

outside, you may prefer headphones that still allow you to hear your surroundings so that you can keep your own safety in mind.

You may also want to consider the type of device you will be connecting to the headphones. It is a good idea to double check that your headphones can connect to your device, as some headphones tend to pair better with Apple devices.

Conclusion

There are many wireless headphone options available in a wide range of prices. As with most running equipment, you should take the time to think about what headphones work best for you personally, as opposed to what seems to be trending at the time of your purchase. Making an expensive headphone purchase because you saw someone wearing the same color and model at the gym will do you no good if the earbuds do not stay in your ears or you don't feel safe when you are unable to hear your surroundings over the music.

Your headphones should be a fun factor in your run, so you can stay motivated and take charge of your workout!

Frequently Asked Questions:

What kind of headphones are best for me?

You should choose headphones based on what type of headphones you like. Some people find it difficult to run or be active with earbuds. Also take into consideration whether or not you want to be able to hear your surroundings, or if you would prefer to cancel out the noise around you.

How do I pair the headphones to my device?

First and foremost, make sure the Bluetooth is enabled on the device you are trying to pair. Most headphones will pair with the chosen device quickly once both devices are in range. Follow the specific instructions on the headphone package of your choosing.

Why should I buy wireless headphones?

Wireless headphones are convenient and allow you to complete your run without having to worry about untangling wires or limiting your mobility.

What are the drawbacks of wireless headphones?

Unlike traditional headphones, or the older style of athletic headphones, Bluetooth headphones must be charged. Battery life depends on your usage, the type of headphones you purchase, and whether or not you allow the headphones to charge completely.