

Top-Tier Comfort: ASICS Gel-Nimbus 28 Review

Published on 30 Jan 2026 | By IFI Correspondent



The latest iteration of ASICS' cushioned daily trainer, the **ASICS GEL-NIMBUS 28**, is making a name for itself as one of the most comfortable running shoes available in 2026 — especially for easy runs, recovery days, and longer mileage. According to expert assessments and runner feedback, this model stays true to the Nimbus legacy of plush cushioning while introducing subtle improvements that enhance the overall ride experience.

At its core, the Nimbus 28 focuses on **comfort and protection**, using a combination of FF Blast+ midsole foam and ASICS' PureGEL inserts to dampen impact without compromising stability. Runners describe the cushioning as “just right” — soft enough to cushion heel strikes and long stretches of road, yet balanced enough to avoid feeling overly squishy or unsteady beneathfoot.

A key update in this version is a **lighter weight and more breathable engineered mesh upper**, which boosts comfort and adaptability across various foot shapes. The redesigned knit improves airflow and gives the shoe a secure yet flexible fit, making it ideal for long training sessions or recovery jogs.

The Nimbus 28's ride experience also benefits from a gentle **forefoot rocker effect** and well-placed traction zones on the outsole. These design touches help runners transition smoothly from heel to toe, enhancing the effortless feel during slower paces and extended runs. While it's not aimed at high-speed workouts or competitive racing, this shoe excels in the “90%” of training that builds base endurance and supports regular mileage.

Reviewers note a few considerations: the cushioning, while excellent for comfort, doesn't deliver explosive energy return like some performance trainers, and some runners might find it less responsive for tempo sessions. However, for runners seeking a **highly cushioned, protective, and reliable daily trainer**, the Nimbus 28 remains a standout choice.

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