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Web Page Health: FOCUS

Domain: runrepeat.com

Page Checked: /guides/best-running-shoes

Performance Rank: 78% | Topic Focus: 94% | Evaluated: 100+ Strategic Signals

TARGET PAGE FOCUS OVERVIEW

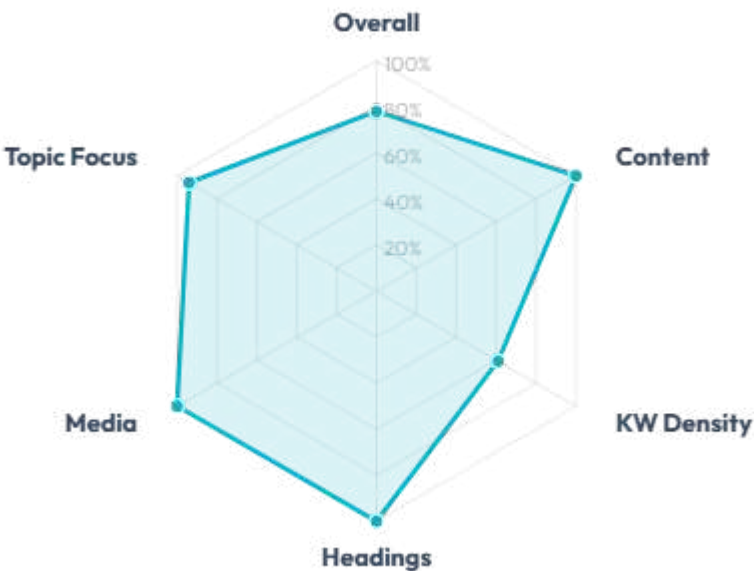
https://runrepeat.com/guides/best-running-shoes

CORE SEO METRICS	
METRIC	VALUE
Overall SEO Health	78/100
Keyword Density	2.42%
Main Content Words	8665
Total Visual Assets	434
Readability Score	Good
Topic Focus Score	94%
AI Footprint Score	5

TARGET KEYWORD PLACEMENT

PLACEMENT AREA	FOUND
In URL Path	NO
In Meta Title	YES
In Meta Description	YES
In H1 Heading	YES
In H2/H3 Subheadings	YES
In Main Content	YES
In Bold/Strong Text	YES
In Image Alt Text	NO
In Internal Links Anchor	NO

PAGE FOCUS PROFILE (SPIDER GRAPH)



TOP KEYWORDS FREQUENCY

TOP PHRASES & PLACEMENT

WORD COUNT

shoes	217	2.43%	T	H	D	C	B
mm	187	2.09%	T	H	D	C	B
running	168	1.88%	T	H	D	C	B
superb	139	1.55%	T	H	D	C	B
5	97	1.08%	T	H	D	C	B

1 Word

running shoes TARGET	96	2.15%	T	H	D	C	B
free shipping	40	0.89%	T	H	D	C	B
93 superb	39	0.87%	T	H	D	C	B
see deal	33	0.74%	T	H	D	C	B
92 superb	33	0.74%	T	H	D	C	B

2 Words

free shipping free	19	0.64%	T	H	D	C	B
shipping free shipping	19	0.64%	T	H	D	C	B
superb saucony endorphin	16	0.54%	T	H	D	C	B
adizero evo sl	11	0.37%	T	H	D	C	B
saucony endorphin speed	11	0.37%	T	H	D	C	B
best running shoes TARGET	8	0.27%	T	H	D	C	B

3 Words

SEARCH SNIPPET & METADATA

FIELD

VALUE

Meta Title6 Best Running Shoes in 2026 | RunRepeat

Meta DescThe 6 best running shoes based on extensive wear and lab testing. We award the best overall, best daily trainer, best for tempo, best for race, best shock absorption and best stability.

HEADING HIERARCHY

PAGE HEADINGS

H1: 6 Best Running Shoes in 2026

H2: How we test running shoes

H2: Best running shoes overall

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: Best daily running shoes

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: Best tempo running shoes

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: Best race running shoes

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: Running shoes with the best shock absorption

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: Best stability running shoes

PAGE HEADINGS

H3: What makes it the best?

H3: Pros

H3: Cons

H3: Today's best price

H2: There is no ONE best running shoe

H2: Where to start: road vs. trail running shoes

H3: Road running shoes

H3: Trail running shoes

H3: Key differences between road and trail shoes

H2: Use: The most important factor

H3: Daily running shoes (also best for beginners and daily wear)

H3: Tempo/speed training running shoes

H3: Race/competition running shoes

H3: Consider the distance as well

H2: Cushioning and ride in running shoes

H3: Shock absorption in running shoes

H3: Energy return in running shoes

H3: Stack height in running shoes

H3: Heel-to-toe drop in running shoes

H3: Foam softness

H3: Carbon-plated running shoes

H2: What is arch support and why it matters

H2: Choosing the right size and fit in running shoes

H2: Consider breathability and waterproofing

H2: Traction in running shoes

H2: Similar buying guides