



However, with the athleisure trend garnering popularity throughout the globe, trainers are no longer worn only to the gym or while taking part in sports. They can also add some style to your everyday outfit.

Truth be told, trainers is the common term for training shoes. Any athletic footwear you wear for aerobics, running or working out is referred to as trainers. Thanks to women, who pioneered athletic-casual wear, you can now rock that nice pair of Nike trainers you own to your next hangout, aside from just wearing them for working out.

So how exactly should you style this versatile bunch of athletic shoes? Simple; whatever you wear, you must make sure that your footwear stands out and amps up your look.

The most common style which people endorse is the sporty look. They style trainers with T-shirts, joggers and also layer them with hoodies and jackets. You can also style them with tailored sweat pants and T-shirts made from performance fabrics; perfect for the gym or to run casual errands.

In addition, you can style them as casual wears with chinos or jeans. Style them the same way you would a pair of regular sneaker-

ers. Just make sure that your pants are properly tapered at the bottom. You can also cuff your pants if they are loose at the bottom so that you can put your trainers on show for everyone to see.

If reading this suddenly made you consider things like pairing trainers with suits, throw that notion right out. Suits are just too formal to be worn with trainers and will end up looking odd and out of place.

You could argue that bending the rules of fashion births new trends and while that is true to some extent, it's just that the shape and size of trainers just do not go with the symmetry of a suit. They look odd; like a solid colourful blob at the bottom of your pants. If you are wondering if sneakers fare any better, then no, they do not.

The rules laid down for trainers are fairly simple; just make sure that the rest of your outfit is casual and well fitted so that your footwear is the star of the show. Fashion is becoming more minimalistic and items like trainers are becoming versatile to be able to wear them in a hundred million ways!

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LS PICK

Know your trainers

There is a difference between trainers and sneakers, even though everyone uses the term interchangeably. Although both have rubber soles, their usage is what differentiates them. The upper part of a sneaker is made of canvas while trainers are designed to suit a very specific sport or activity.

