# Trainers redefine summer style with chic dress pairings and retro flair



Trainers have transitioned from being a gym essential to a summer wardrobe fixture, now seamlessly paired with an array of garments, from jumpsuits to dresses. This trend marks a significant shift in fashion, where the lines between casual and chic continue to blur, offering a fresh approach to summer styling.

Fashion experts underline the importance of finding the right balance to master this effortless aesthetic. Amanda Wakeley OBE, a noted fashion designer, articulated that "the trainer trend is all about clean, minimalist silhouettes." Classic white leather trainers are highlighted as not only elegant but also versatile, suitable for various outfits. Low-profile designs are leading the trend, although a slightly chunkier sole can introduce a modern flair while enhancing comfort. This spring and summer, retro runners and soft suede textures are particularly in vogue, resonating with the growing popularity of nostalgic designs in contemporary fashion.

The emergence of muted shades, alongside soft creams and pastels, have also characterised this season. Deborah Sheridan-Taylor, a personal stylist, noted that low-profile, retro-inspired trainers, reminiscent of 1970s athletic footwear, have gained traction and are great companions for lighter summer fabrics. This focus on colour and texture embodies a lightness that complements the warmer months.

Styling trainers with dresses, however, is not merely a matter of chance; it demands a keen eye for proportion. Wakeley suggests that grounding floaty dresses with structured trainers is paramount to achieving balance. For voluminous dresses, low-profile trainers are recommended, while tighter-fitting or shorter hemlines may benefit from sleeker shoes. This philosophy of proportion balances the outfit, enhancing both comfort and style.

Despite the alluring pairing of trainers and dresses, not every dress qualifies for this casual juxtaposition. Wakeley cautions against highly structured or ultra-tailored silhouettes, which may clash with the relaxed essence of trainers. Fluid shapes, such as relaxed shirt dresses or A-line midis, tend to work far more harmoniously. Approaching this style with intention ensures that trainers transcend casual footwear, evolving into a considered element of the overall look.

Accessories play a vital role in elevating the trainer-and-dress pairing from relaxed to refined. Wakeley emphasises that the right jewels, like fine gold ornaments or sculptural earrings, can add a touch of glamour, while statement sunglasses can unify the ensemble. According to Sheridan-Taylor, introducing unique details—such as a vintage silk scarf—can add a personal touch and a dash of colour, further enhancing the outfit’s coherence.

The adaptability of trainers is not limited to casual settings; they can also be styled for more formal occasions. Wakeley asserts that "trainers can work beautifully for more dressed-up moments" when paired with luxe fabrics and statement accessories. For instance, a silk slip dress combined with sleek leather trainers can create an elegant look suitable for summer events. Sheridan-Taylor highlights that investing in quality trainers offers better value than traditional heels, frequently worn once and regretted, noting that a well-chosen pair of trainers can deliver both style and comfort throughout the season.

The rising trend of combining trainers with dresses has been echoed by influential figures in the fashion world. Bella Hadid recently showcased this effortless look, pairing a ruffled polka-dot midi skirt with ’90s-inspired trainers, illustrating the versatility of this style. As polka dots continue to dominate summer wardrobes, Hadid’s choice signals a wider acceptance of blending athletic footwear with traditionally feminine designs, setting a precedent for fashion-conscious individuals this summer.

Incorporating trainers into various summer outfits showcases their immense versatility, transcending mere functionality to become a stylish statement. From backyard barbecues to casual outings, the right trainer can not only complement a diverse range of dresses but can also redefine the rules of summer footwear.

## Reference Map:

* Paragraph 1 – [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html), [[4]](https://www.whowhatwear.com/fashion/shoes/summer-trainer-outfits)
* Paragraph 2 – [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html), [[2]](https://www.whowhatwear.com/fashion/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk), [[5]](https://www.standard.co.uk/shopping/esbest/fashion/womens/best-trainers-to-wear-with-summer-dresses-b1090606.html)
* Paragraph 3 – [[6]](https://www.telegraph.co.uk/fashion/royals/theduchesscambridgesguidetowearingdresseswithtrainersbest/), [[3]](https://www.womanandhome.com/fashion/best-white-trainers/)
* Paragraph 4 – [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html), [[2]](https://www.whowhatwear.com/fashion/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk), [[3]](https://www.womanandhome.com/fashion/best-white-trainers/)
* Paragraph 5 – [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html), [[4]](https://www.whowhatwear.com/fashion/shoes/summer-trainer-outfits), [[7]](https://lifeandstyle.asda.com/how-to-style-dresses-with-trainers/)
* Paragraph 6 – [[2]](https://www.whowhatwear.com/fashion/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk), [[5]](https://www.standard.co.uk/shopping/esbest/fashion/womens/best-trainers-to-wear-with-summer-dresses-b1090606.html), [[6]](https://www.telegraph.co.uk/fashion/royals/theduchesscambridgesguidetowearingdresseswithtrainersbest/)
* Paragraph 7 – [[5]](https://www.standard.co.uk/shopping/esbest/fashion/womens/best-trainers-to-wear-with-summer-dresses-b1090606.html), [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html)
* Paragraph 8 – [[2]](https://www.whowhatwear.com/fashion/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk), [[1]](https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.independent.co.uk/life-style/fashion/summer-dress-trainers-how-to-wear-fashion-b2758621.html> - Please view link - unable to able to access data
2. <https://www.whowhatwear.com/fashion/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk> - Bella Hadid has sparked a new summer fashion trend by pairing a ruffled polka-dot midi skirt with '90s-inspired trainers during a recent appearance in London. Despite cooler UK temperatures, Hadid added a leather bomber jacket to her outfit while keeping the rest summery and on-trend. Polka-dot prints, having made a strong comeback last year, continue to dominate fashion choices, and Hadid's ensemble exemplifies how this versatile pattern can be styled with a variety of shoe types—including retro '70s and hiking sneakers such as Salomons. Her chic look, which included a Saint Laurent bag and Nike Air Max 95 sneakers, is predicted to inspire fashion-conscious individuals to embrace polka-dot skirts with trainers all summer long. The article also provides links to shop Hadid’s look and suggests additional polka-dot skirt styles suitable for varied occasions and personal styles. ([whowhatwear.com](https://www.whowhatwear.com/fashion/celebrity-style/celebrity-style/polka-dot-skirt-trend-bella-hadid-uk?utm_source=openai))
3. <https://www.womanandhome.com/fashion/best-white-trainers/> - The article lists and reviews the six best white trainers for various occasions and preferences, emphasizing their indispensable role in modern wardrobes. The featured trainers include Adidas Stan Smiths for their iconic status and versatility; FitFlop Rally Trainers for their exceptional support; Converse Chuck Taylor All Stars for pairing with dresses; Russell & Bromley Park Mid Flatform Sneakers for their chic slip-on design; Superga 2750 Cotu Classics for their affordability and royal endorsement; and Reebok Club C 85 Sneakers for their trendy retro style. Each pair has been tested for comfort, fit, and durability, ensuring they meet high standards and work well with different outfits. The article also includes buying tips and advice for maintaining white trainers. ([womanandhome.com](https://www.womanandhome.com/fashion/best-white-trainers/?utm_source=openai))
4. <https://www.whowhatwear.com/fashion/shoes/summer-trainer-outfits> - This article from Who What Wear emphasizes the growing popularity of trainers (sneakers) as a stylish and comfortable summer footwear alternative to traditional sandals and flats. Trainers are celebrated for their versatility, pairing well with breathable, chic summer staples like airy dresses, linen trousers, and tailored shorts. The piece showcases six curated outfit ideas that integrate trainers to elevate summer style while maintaining comfort. These include combinations such as short sets, sleeveless tops with linen trousers, midi skirts with striped shirts, minidresses, cardigans with tailored shorts, and even strapless dresses—all styled with trendy sneakers. The article advises choosing neutral-toned trainers with subtle color accents to keep outfits fresh and contemporary. Key styling tips also mention the importance of accessories like minimalist jewelry, sunglasses, and basket bags to complete the look. Overall, the article presents trainers as a fashionable, heatwave-appropriate choice that can seamlessly blend sporty ease with everyday elegance. ([whowhatwear.com](https://www.whowhatwear.com/fashion/shoes/summer-trainer-outfits?utm_source=openai))
5. <https://www.standard.co.uk/shopping/esbest/fashion/womens/best-trainers-to-wear-with-summer-dresses-b1090606.html> - This article from The Standard provides a curated list of the best trainers to pair with summer dresses, highlighting both style and comfort. Featured trainers include Adidas Samba OG Shoes, Axel Arigato Dice Lo Sneakers, Gola Badminton Court Sneakers, Superga 2750 Cotu Classic, Nike Blazer Platform Low Trainers, and New Balance 550. Each trainer is accompanied by a brief description emphasizing its unique features and suitability for various summer occasions. The article serves as a guide for readers seeking fashionable and comfortable footwear options to complement their summer dresses. ([standard.co.uk](https://www.standard.co.uk/shopping/esbest/fashion/womens/best-trainers-to-wear-with-summer-dresses-b1090606.html?utm_source=openai))
6. <https://www.telegraph.co.uk/fashion/royals/theduchesscambridgesguidetowearingdresseswithtrainersbest/> - This article from The Telegraph offers guidance on how to wear dresses with trainers, featuring insights from the Duchess of Cambridge. It emphasizes the importance of a floaty, feminine silhouette when pairing dresses with trainers, suggesting that looser silhouettes add to the effortless vibe. The article also highlights the role of statement accessories in elevating the look, such as bold earrings or patterned scrunchies. Additionally, it provides three stylish and flattering combinations to try, including a printed midaxi dress with high-top Allstars, a printed dress with Adidas Stan Smith trainers, and a cotton embroidered dress with V-10 trainers. ([telegraph.co.uk](https://www.telegraph.co.uk/fashion/royals/theduchess-cambridges-guide-wearing-dresses-trainers-best/?utm_source=openai))
7. <https://lifeandstyle.asda.com/how-to-style-dresses-with-trainers/> - This article from George at ASDA provides styling tips for pairing dresses with trainers. It suggests various combinations, including ruffle dresses with sporty trainers, short dresses with slip-on canvas trainers, and smock dresses with lace-up trainers. Each combination is accompanied by a brief description emphasizing the suitability of the pairing for different occasions, such as picnics, BBQs, and alfresco catch-ups. The article serves as a guide for readers looking to incorporate trainers into their summer dress ensembles. ([lifeandstyle.asda.com](https://lifeandstyle.asda.com/how-to-style-dresses-with-trainers/?utm_source=openai))