

Insert for lace-up shoes comprises a tape base divided lengthwise into two longitudinal parts, a non-detachable zip fastener with a slider, installed between the aforementioned longitudinal parts so that they can be joined and separated, which has upper and lower stopper elements to limit the movement of the slider at its upper and lower ends, respectively. Holes for laces are provided along the length of each of the longitudinal parts of the tape base. The tape base is made of polyamide.