

NIKE FREE 3.0

The Nike Free 3.0 offers runners increased foot strength and a barefoot-like feel. Engineered mesh in the upper provides zoned structure: it's more open in areas that need greater flexibility or ventilation, and tighter in areas that demand support. The full inner sleeve construction hugs the foot but is still easy on and off. Part of a family of Nike Free running shoes, the Nike Free 3.0 offers a 4 millimeter midsole offset, placing it closer to a barefoot-like feel on the Nike Free spectrum of natural motion.



- 1 Full inner sleeve construction provides a dynamic, sock-like fit that hugs the foot but still allows for easy on and off.
- 2 Ultra-breathable engineered mesh provides zoned structure: tighter patterns are used in areas that demand support while more open patterns are used where breathability and flexibility are important.
- 3 Minimal no-sew overlays for support and stitch-free comfort.
- 4 Asymmetrical lacing system is offset to the lateral side of the foot to help reduce pressure over the top ridge of the foot for enhanced comfort.
- 5 Low-profile Phylite midsole has a 4mm offset, provides a resilient ride and is tough enough to double as an outsole, dramatically reducing the overall weight.

- 6 Flex grooves along the length and width of the midsole enhance flexibility and help maintain stability.
- 7 Transtarsal diagonal cuts enhance flexibility and provide a more natural motion.
- 8 Minimalistic, molded sockliner mimics the curvature of the foot to provide a great fit, enhance comfort and add support.
- 9 Strategically placed BRS 1000 carbon rubber enhances durability.
- 10 Pods of solid rubber on the medial toe for durability and traction.
- 11 Waffle outsole enhances traction and durability while also encouraging a more neutral and efficient toe-off.