

NIKE FREE 4.0

The Nike Free collection offers runners increased foot strength and a barefoot-like feel. Transverse diagonal cuts enhance flexibility and provide a more natural motion. For Summer 2013, Nike made significant updates to the Nike Free 4.0 upper for improved comfort. Large mesh midfoot panels increase airflow for optimal breathability and work with the inner sleeve construction for a supportive fit and feel. The Nike Free 4.0 is part of the Nike Free collection and, with a 6 millimeter midsole offset, offers enhanced natural motion for a more minimal experience.



- 1 Modified inner sleeve construction made of textured sandwich mesh provides a dynamic, sock-like fit that hugs the foot but still allows for easy on and off.
- 2 Large mesh midfoot panels increase airflow for optimal breathability.
- 3 Minimal no-sew overlays for support and stitch-free comfort.
- 4 Tongue-wrap construction for easy on and off.
- 5 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.
- 6 Low-profile Phylite midsole has a 6mm offset, provides a resilient ride and is tough enough to double as an outsole, reducing the overall weight.

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