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Sandals & Slides

Nike by You

Shoes \$100 & Under

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All Clothing

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Matching Sets

Big & Tall

Underwear & More

Jordan

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Bags & Backpacks

Hats & Headwear

Socks

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Golf

Soccer

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Fan Gear

Women

Limited Time

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New Arrivals

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Latest Drops

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New Fall Color: Flax

Fleece Shop

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Lifestyle

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Dunk

Retro Running

Air Max

Air Force 1

Training & Gym

Basketball

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Nike SB

Sandals & Slides

Nike by You

Shoes \$100 & Under

Clothing

All Clothing

Hoodies & Sweatshirts

Shorts

Pants

Leggings

Outerwear

Tops & T-Shirts

Skirts & Dresses

Bras

Matching Sets

Plus Size  
Jordan  
Accessories  
Bags & Backpacks  
Hats & Headwear  
Socks  
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Golf  
Soccer  
Fitness  
Volleyball  
Tennis  
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Fan Gear  
Kids  
Limited Time  
Extra 25% Off Select Styles  
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New Arrivals  
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Teen Essentials  
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Fall Fleece  
Shoes by Age  
Big Kids (1Y - 7Y)  
Little Kids (8C - 3Y)

Baby & Toddler (1C - 10C)

All Shoes

Lifestyle

Jordan

Dunk

Retro Running

Air Max

Air Force 1

Basketball

Running

Nike SB

Sandals & Slides

Clothing By Age

Big Kids (XS - XL)

Little Kids (4 - 7)

Baby & Toddler (0M - 4T)

Extended Sizing

All Clothing

Hoodies & Sweatshirts

Shorts

Pants & Tights

Outerwear

Tops & T-Shirts

Skirts & Dresses

Bras

Matching Sets

Jordan

Accessories

Bags & Backpacks

Hats & Headwear

Socks

Shop by Sport

Basketball

Running

Golf

Soccer  
Baseball  
Football  
Softball  
Tennis  
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Fan Gear  
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Men  
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AJ1  
Clothing  
Basketball  
Women  
Shop All  
Shoes  
AJ1  
Clothing  
Basketball  
Kids  
Shop All  
Shoes

AJ1

Clothing

Basketball

Big Kids

Little Kids

Baby & Toddler

Accessories

Shop All

Bags & Backpacks

Hats & Headwear

Sale

Limited Time

Extra 25% Off Select Styles

All Sale

Sale Shoes

Sale Clothing

Sale Accessories

Men

Shoes

Clothing

Accessories

Shop All

Women

Shoes

Clothing

Accessories

Shop All

Kids

Shoes

Clothing

Accessories

Shop All

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Nike Free

Nike Free

Nike Free

Set Your Feet Free

Engineered for natural range of motion, Nike Free technology sets your feet free so you can run the way you're meant to.

Shop Now

All Natural Movement

The Nike Free outsole has laser-siped flex grooves, which release stiffness in the foam and allow it to move as naturally as the foot does.

Barefoot-like Feel

It's not just the minimal design and breathable upper materials—Nike Free is shaped to the anatomy of the foot so it fits like a second skin and feels like a natural extension of your body.

Fine-Tuned Flexibility

From top to bottom, flexible materials make it easy for the foot to move every way it needs to.

Nike Free Series

Shop All

Running

Training

Skateboarding

Kids

Nike Free Series

Shop All

Running

Training

Skateboarding

Kids

Behind the Design

The Nature and Science of Nike Free

Tobie Hatfield, Athlete Innovation Director and Eric Avar, VP of Innovation conducted an exhaustive series of measurements to learn how the bare foot behaved while running. It was one of the first studies of its kind, and it gave them the data they needed to officially begin design on the first Nike Free.

Nike Free hits the same barefoot benchmarks first measured in the lab: balanced heel-to-toe pressure gradients, a 33-degree toe-off angle, and a more neutral pronation pattern.

Once the study of barefoot running was complete, the team got started on the initial designs. The mission was clear: Set the 52 muscles of the feet free.

Nike Free resembles the pressure profile of the bare foot much more closely than traditional footwear.

“

They can get any shoes they want, and they want to run barefoot!

Tobie Hatfield, one of the designers of the first Nike Free, after observing an elite track and field team training barefoot.

Nike Free Scale

Nike Free always helps enhance your body's natural motion, but the barefoot-like-running experiences vary from shoe to shoe. These variances are graded on the Free Scale. The lower the number, the more barefoot-like the shoe.

Shoes

Running

Sportswear

Basketball

Lifestyle

Training

Soccer

Skateboarding

Tennis

Golf

Football

Clothing

Base Layer

Joggers & Sweatpants

Tops & T-Shirts

Sleeveless & Tank Tops

Polos

Thermals & Flannel Shirts

Hoodies

Jackets

Pants

Tights & Leggings

Gear & Equipment

Backpacks & Bags

Socks

Balls

Belts

Gloves & Mitts

Hats & Caps

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Birthday

United States

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Nike Air Force 1

Nike Air Max

Nike FlyEase

Nike Flyknit

Nike Free

Nike React

Nike Vaporfly

Nike ZoomX

Space Hippie

Terms of Sale

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English

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English

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