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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)

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Baby & Toddler

Accessories

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Sale

Limited Time

Extra 25% Off Select Styles

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Clothing

Accessories

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Nike Metcon

Nike Metcon

Metcon 5

Know Your Strength

Unshakeable stability. Ground-gripping traction. The new Metcon 5 raises the bar, with updates that make a real difference in the gym.

Shop

Nike Metcon 5

Shop

New Cushioning

Go from heavy lifts to burpees with tuned cushioning that's firm in back and dynamic in front.

New Traction

Tackle sled pushes and agility drills with ridged traction that grips the floor with each step.

New Heel

A wider, diamond-shaped heel enhances Metcon's already-legendary stability.

What the Fittest Man On Earth Says

We dropped in on four-time world Crossfit champion Mat Fraser to get his take on the newest edition of his all-time favorite shoe.

Shop

Metcon Flyknit

The Fast One

The foot-hugging Metcon Flyknit 3 loves to lift—but it's also ready to run.

Best For

Weightlifting, high-intensity training, short runs and boot camps.

Shop Metcon Flyknit

Which Metcon is Right for You?

Shop All

Metcon 5

The Strong One

For stability and power, there's no defeating the workhorse Metcon 5.

Best For

Weightlifting, high-intensity training, rope climbs and sled pulls.

Shop Metcon 5

Metcon Flyknit

The Fast One

The foot-hugging Metcon Flyknit 3 loves to lift—but it's also ready to run.

Best For

Weightlifting, high-intensity training, short runs and boot camps.

[Shop Metcon Flyknit](#)

[Free x Metcon](#)

The Flexible One

The Nike Free x Metcon 2 combines flexibility with stability for the modern pace of high-intensity training.

Best For

High-intensity training, short runs, boot camps and strength training.

[Shop Free x Metcon](#)

[Metcon Flyknit](#)

The Fast One

The foot-hugging Metcon Flyknit 3 loves to lift—but it's also ready to run.

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