Nike Alphafly 4 set for marathon showcase

Nike's latest supershoe is the lightest and most responsive Alphafly released to date, with a claimed 10% increase in energy return and 5% reduction in weight compared with its predecessor

NIKE ALPHAFLY: LAUNCHES AND MILESTONES

2019 ■ ***Eliud Kipchoge*** breaks two-hour marathon barrier in unofficial attempt, wearing ***Nike Air Zoom Alphafly*** prototype

2020 ■ ***Alphafly 1*** makes commercial debut

2022 ■ Alphafly 2 launches as Nike and ***ADIDAS*** compete to advance shoe technology

2023 ■ ***Kelvin Kiptum*** sets marathon World Record, racing in third generation Alphafly

2024 ■ ***Sifan Hassan*** wins gold in Paris – setting women's Olympic record of 2:22.55, wearing Alphafly 3

2026 ■ **Apr:** Kenyan athlete ***Sabastian Sawe*** becomes first person to run a sub-two-hour marathon, clocking 1:59:30 wearing rival shoe Adidas's new 97-gram ***Adizero Adios Pro Evo 3***

■ **Sep:** ***Alphafly 4*** launches after prototype trials

NIKE ALPHAFLY 4 SPECIFICATIONS

Designed to help runners maintain speed and efficiency as fatigue sets in. ***Addisu Gobena*** *set Sydney Marathon course record wearing prototype in August*

Cost: **$280 (€245)**

Weight: **188g**



Atomknit upper
Enhanced open-hole breathable mesh and seamless construction for more precise fit

ZoomX LT Foam
High-stack midsole is up to 17% lighter than standard ZoomX, delivering softer cushioning and added bounce

Fast Shot outsole
Lightweight for optimal traction and grip

Air Zoom units
Placed at forefoot of shoe – provides cushioned impact, returning energy back to runner

Nike Flyplate
Full-length carbon fibre plate reduces flex – Alphafly's signature propulsive scoop triggering forward momentum

Source: Nike

Picture: Nike

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