

# A shoe-in to win

Nike claims its Vaporfly shoes improve their wearer's running times by up to 4%. What makes them tick?

## LIGHTWEIGHT VAPORWEAVE UPPER

Water-resistant material limits shoe weight

## CARBON-INFUSED PLATE

Stabilises ankle to reduce load on calves, while preserving energy by keeping toes straight

## ULTRA SPRINGY PEBAX FOAM

Absorbs runner's energy applied when foot meets pavement, before returning energy to stride

