

TRAINING FOOTWEAR



TRAINING FOOTWEAR TECHNOLOGIES

Midsole has a textured upper surface that is linked with the outsole and directly transmits information from the ground to the bottom of the feet. By increasing sensitivity under foot, MIZUNOCOB technology enables improvement of an athlete's balance and ultimately their performance.

MIZUNOCOB

Offering versatility in its application, while still maintaining softness and resilience. Designed to help enhance performance capabilities.

Mizuno Energy

A lighter, more cushioned iteration of U4ic, delivering a softer underfoot feeling for a smooth transition.

U4icX

Designed for superior feel, breathability, and comfort.

AIRmesh Upper

Located inside the shoe to provide a soft and secure fit.

Knitted Bootie Construction

TF-11 TRAINING SHOE

MIZUNO COB

W: 520020 / MSRP: \$125.00 / WEIGHT: 10 oz / SIZE: 6-12
 M: 520019 / MSRP: \$125.00 / WEIGHT: 10.9 oz / SIZE: 7-13, 14, 15

FEATURES

Mizuno's newest iteration of training shoe, the TF-11 utilizes full-length Mizuno COB technology, which helps improve balance and body awareness, in a sharper bottomed outsole geared towards speed and agility, as well as general fitness workouts. A lightweight design with a woven mesh upper combined with a half bootie construction provides an enhanced, soft feel that helps with increased stability. Internal medial and lateral support wings gives extra lockdown to the forefoot. Rounding out this sophisticated and advanced training shoe is a heel counter that delivers an excellent foothold with optimum weight efficiency, making the TF-11 a go to shoe for all-around training.



WOMEN'S



STYLE **COLOR**
 0000 White

MEN'S



STYLE **COLOR**
 9091 Black-Grey

TS-01 TRAINING SHOE

MIZUNO COB

W: 520022 / MSRP: \$105.00 / WEIGHT: 8.3 oz / SIZE: 6-12
 M: 520021 / MSRP: \$105.00 / WEIGHT: 10.4 oz / SIZE: 7-13, 14, 15

FEATURES

This brand new model is Mizuno's most cushioned training shoe. Balance is strength, and the Mizuno TS-01 training shoe utilizes innovative performance research to help improve body awareness and foot sensitivity to deliver a sophisticated and advanced training shoe. Designed with a full flat outsole and lateral outrigger, as well as a lateral rubber wall, the athlete will experience increased stability. Infused with Mizuno COB technology in the forefoot, a patent pending design featuring sensor pod clusters that enable enhanced feedback from the feet to aid in balance and, ultimately, allow you to pursue improved athletic performance. An engineered mesh upper design provides comfort to perfectly pair with the TS-01's high-level performance.



WOMEN'S



STYLE **COLOR**
 9100 Grey-White

MEN'S



STYLE **COLOR**
 9000 Black-White
 9100 Grey-White

WAVE REVOLT 2 RUNNING SHOE

MizunoEnergy



M: 520017 / MSRP: \$90.00 / WEIGHT: 9.3 oz / SIZE: 6.5-13, 14
 W: 520018 / MSRP: \$90.00 / WEIGHT: 8.5 oz / SIZE: 5.5-11.5

FEATURES: Perfect for the player or coach seeking a comfortable, stylish option whether traveling, in the gym, or on a run. Mizuno's new Wave Revolt 2 uses a breathable AIRmesh Upper to provide a superior feel, mixed with an ultra soft and responsive MIZUNO ENERGY midsole that provides maximum comfort.



MEN'S



STYLE

9000

COLOR

Black-White

WOMEN'S



STYLE

9000

COLOR

Black-White



FOOTWEAR TECHNOLOGIES



Spikes strategically positioned to maximize movement and traction.



Our proprietary flex construction that controls shoe flex for enhanced performance and feel in all three primary baseball movements: running, batting, and throwing.



Delivers optimal shock attenuation, durability, and a superior ride. Innovatively light, well cushioned, responsive, and resilient.



Provides stability while hitting and throwing. MIZUNO WAVE® relieves the shock sent to your ankles, and pressure while planting your foot, which in turn enables the player to maintain a highly stable base.



Mizuno's engineering philosophy to maximize performance by tailoring products to meet the needs of the female athlete.

WOMEN'S FOOTWEAR

MEN'S FOOTWEAR

CREATE YOUR CUSTOM CLEATS AT [MIZUNOCUSTOM.COM](https://mizunocustom.com)

CHECK OUR SITE OR CONTACT US FOR TODAY'S LEAD TIME QUOTE

DOMINANT SPECTRA

18+ Custom Options



CUSTOMIZATION OPTIONS



VARIOUS COLOR CHOICES

Up to 14 color choices for various parts of the shoe.



UPPER DESIGN & COLOR

Choose from digital printed camo or solid color design for midfoot area.



OUTSOLE

Choose from Metal, TPU Molded, or All Surface Turf outssoles.



TEAM LOGO & NAME

Upload your own logo/name to the back of your cleat.

ALL CUSTOM OPTIONS

- Mid or Low
- Baseball or Fastpitch Softball
- Outsoles
 - Metal
 - TPU Molded
 - All Surface Turf
- Chrome outsole color option
- Toe cap color option
- Vamp area color option
- Heel color option
- Shoe lace color
- MIZUNO RUNBIRD® Logo color
- Tongue and heel collar color
- Camo or solid midfoot color
- Team logos
- Flags
- Player names
- Player number

NEW MIZUNO PRO METAL

M: 320694 / MSRP: \$200.00 / WEIGHT: 10.5 oz / SIZE: 7-13, 14, 15

FEATURES: Step onto the diamond with confidence in the Mizuno Pro Metal Cleat, hailed as the best metal cleat in the world and the epitome of lightweight performance. This cleat redefines excellence with a water-resistant coating over its knit upper, ensuring not only a dry and comfortable fit but also providing structural support without compromising flexibility. Borrowing innovation from Mizuno's renowned running shoes, the full-length Mizuno Energy® midsole and insole deliver unparalleled cushioning and responsiveness. The 2-Way Grip heel liner takes performance to the next level by focusing on reducing heel slippage, enabling swift take-offs for optimal agility on the field. With the Mizuno Pro Metal Cleat, embrace the ultimate combination of cutting-edge technology, lightweight design, and unmatched traction for a truly elite performance on the baseball diamond.

***Wide foot order true to size. Standard foot order half size down.
Example: Standard size 10 needs to order 9.5.**



STYLE	COLOR
0074	White-Gold

NEW MIZUNO PRO TPU

M: 320695 / MSRP: \$190.00 / WEIGHT: 10.5 oz / SIZE: 6-13, 14, 15

FEATURES: Step onto the field with confidence in the Mizuno Pro TPU cleat, heralded as the best molded cleat in the world and the pinnacle of lightweight performance. This cleat redefines excellence with a water-resistant coating over its knit upper, ensuring a dry and comfortable fit while providing structural support without compromising overall flexibility. Borrowing innovation from Mizuno's renowned running shoes, the full-length Mizuno Energy® midsole and insole deliver unmatched cushioning and responsiveness. The 2-Way Grip heel liner prioritizes reducing heel slippage, allowing for quick take-offs and optimal agility. Slightly lighter than its metal cleat counterpart, the TPU studs on this cleat evenly distribute the athlete's body weight, reducing hot spots caused by cleat pressure. Whether on grass or turf, the Mizuno Pro TPU cleat stands as the ultimate choice for those seeking a perfect blend of lightweight design, comfort, and elite performance on any ball field.

***Wide foot order true to size. Standard foot order half size down.
Example: Standard size 10 needs to order 9.5**



STYLE	COLOR
0074	White-Gold

DOMINANT 4 LOW METAL

M: 320667 / MSRP: \$115.00 / WEIGHT: 10.4 oz / SIZE: 7-13, 14, 15

FEATURES: The Mizuno Dominant 4 features an innovative woven knit upper, giving the cleat a sleek design and a natural fit for all foot types. The rib construction of the Mizuno C-Flex Outsole is a combination of enhanced stability, flexibility, and traction, while reducing stud pressure, providing superior comfort during long games. Both full-length Energy can be found in the midsole and insole for our most cushioned cleat ever.



STYLE	COLOR
9090	Black
9000	Black-White
5100	Navy-White
1000	Red-White
5200	Royal-White
5110	Navy-Red NEW



DOMINANT 4 LOW TPU

M: 320670 / MSRP: \$100.00 / WEIGHT: 9.7 oz / SIZE: 6-13, 14, 15

FEATURES: The Mizuno Dominant 4 TPU features an innovative woven knit upper, giving the cleat a sleek design and a natural fit for all foot types. Translucent I-shaped TPU studs provide a unique accent that also increases traction on multiple surfaces. The rib construction of the new Mizuno C-Flex Outsole is a combination of enhanced stability, flexibility, and traction, while reducing stud pressure, providing superior comfort during long games. Both full-length energy can be found in the midsole and insole for our most cushioned cleat ever.



STYLE

9000
5110

COLOR

Black-White
Navy-Red **NEW**



NEW DOMINANT 4 LOW TURF

M: 320697 / MSRP: \$100.00 / WEIGHT: 9.7 oz / SIZE: 5-13, 14, 15

FEATURES: Step into exceptional comfort and performance with the Mizuno Dominant 4 Low Turf. Boasting a lightweight, breathable, and durable woven knit upper that effortlessly conforms to any foot, this turf shoe redefines versatility. The innovative G3 sole incorporates Mizuno Energy® cushioning, derived from the brand's high-performing running shoe line, ensuring an unparalleled level of comfort with every step. Ideal for the dynamic demands both on and off the diamond, the Mizuno Dominant 4 Low Turf excels in providing all-day comfort while maintaining the durability necessary for intense athletic activities. Elevate your game and experience the perfect fusion of style, adaptability, and performance in this top-tier turf shoe.



STYLE

9000
5110
0090

COLOR

Black-White
Navy-Red
White-Black



9-SPIKE® AMBITION 3 MID METAL

M: 320683 / MSRP: \$105.00 / WEIGHT: 12.2 oz / SIZE: 7-13, 14, 15

FEATURES: The Ambition 3 features Mizuno's iconic 9-Spike® technology for optimum traction. The outsole includes 3 zones to enhance Power, Propulsion, and Performance. Full length EVA midsole provides premium heel to toe cushioning. The Ambition 3 also features Mizuno Wave® technology to relieve the shock sent to your ankles and pressure while planting your foot, which, in turn, enables you to maintain a highly stable base. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE

9000

COLOR

Black-White



9-SPIKE® AMBITION 3 LOW METAL

M: 320682 / MSRP: \$100.00 / WEIGHT: 12.2 oz / SIZE: 7-13, 14, 15

FEATURES: Mizuno's iconic 9-Spike® technology for optimum traction. The outsole includes 3 zones to enhance Power, Propulsion, and Performance. Full length EVA midsole provides premium heel to toe cushioning. Mizuno Ambition 3 also features Mizuno Wave® technology to relieve the shock sent to your ankles and pressure while planting your foot, which, in turn, enables you to maintain a highly stable base. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE	COLOR
9000	Black-White
9100	Grey-White
5200	Royal-White
5100	Navy-White
1000	Red-White
0000	White



MIZUNO AMBITION 3 MID TPU

M: 320685 / MSRP: \$95.00 / WEIGHT: 9.8 OZ / SIZE: 6-13, 14, 15

FEATURES: Ambition 3 TPU features Mizuno's Translucent I-Shaped TPU studs, which provide a unique accent that also increases traction on multiple surfaces. The rib construction of the new Mizuno C-Flex Outsole is a combination of enhanced stability, flexibility, and traction, while reducing stud pressure to provide superior comfort during long games. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE	COLOR
9000	Black-White



MIZUNO AMBITION 3 LOW TPU

M: 320684 / MSRP: \$90.00 / WEIGHT: 9.7 oz / SIZE: 6-13, 14, 15

FEATURES: Ambition 3 TPU features Mizuno's Translucent I-Shaped TPU studs, which provide a unique accent that also increases traction on multiple surfaces. The rib construction of the new Mizuno C-Flex Outsole is a combination of enhanced stability, flexibility, and traction, while reducing stud pressure to provide superior comfort during long games. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE	COLOR
9000	Black-White
9100	Grey-White
0000	White



MIZUNO AMBITION 3 MID ALL SURFACE

M: 320686 / MSRP: \$90.00 / WEIGHT: 10 OZ / SIZE: 4-13, 14, 15

FEATURES: Mizuno has created a TRUE all-surface shoe that is designed to maximize performance on real grass, artificial turf, and all common indoor surfaces. Mizuno footwear designers analyzed players' foot direction and pressure points while playing on a full spectrum of surfaces to engineer a dense, multi-directional stud configuration. Comfortable, stable, and truly innovative, Ambition 3 AS is the most versatile shoe in baseball. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE

9000

COLOR

Black-White



MIZUNO AMBITION 3 LOW ALL SURFACE

M: 320688 / MSRP: \$85.00 / WEIGHT: 9.8 OZ / SIZE: 4-13, 14, 15

FEATURES: Mizuno has created a TRUE all-surface shoe that is designed to maximize performance on real grass, artificial turf, and all common indoor surfaces. Mizuno footwear designers analyzed players' foot direction and pressure points while playing on a full spectrum of surfaces to engineer a dense, multi-directional stud configuration. Comfortable, stable, and truly innovative, Ambition 3 AS is the most versatile shoe in baseball. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE

9090

9000

9100

0000

COLOR

Black

Black-White

Grey-White

White



MIZUNO WAVE LIGHTREVO MID TPU

M: 320675 / MSRP: \$70.00 / WEIGHT: 9.7 oz / SIZE: 6-12, 13

FEATURES: The Mizuno Wave LightRevo is a great TPU molded cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond.



STYLE

9000

COLOR

Black-White



MIZUNO WAVE LIGHTREVO LOW TPU

M: 320681 / MSRP: \$65.00 / WEIGHT: 9.5 oz / SIZE: 6-12, 13

FEATURES: The Mizuno Wave LightRevo is a great TPU molded cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond.



STYLE

COLOR

9000	Black-White
5100	Navy-White
1000	Red-White
5200	Royal-White
0090	White-Black NEW
9090	Black NEW



MIZUNO WAVE LIGHTREVO JR

M: 320673 / MSRP: \$60.00 / WEIGHT: 6.3 oz / SIZE: 1-5.5

FEATURES: The Mizuno Wave LightRevo Jr is a top rubber molded youth cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond.



STYLE

COLOR

9000	Black-White
5100	Navy-White
1000	Red-White
5200	Royal-White



MIZUNO WAVE LIGHTREVO YOUTH

M: 320674 / MSRP: \$55.00 / WEIGHT: 6.5 oz / SIZE: 10, 11, 12, 13

FEATURES: The Mizuno Wave LightRevo Youth is a top rubber molded youth cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond. One Velcro strap and faux laces add a convenience detail to do away with between-inning shoe tying!



STYLE

COLOR

9000	Black-White
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RELAX SLIDE 2

M: 320629 / MSRP: \$45.00 / WEIGHT: 7.5 oz

FEATURES: Lightweight, durable pre-game and after sport slide with a quick-drying cushioned EVA midsole.



STYLE	COLOR	SIZE
9000	Black-White	XS (4-5), S (5.5-6.5), M (7-8), L (8.5-9.5) XL (10-11), XXL (11.5-12.5), XXXL (13-14)

SHOELACE

W: 370201 / MSRP: \$7.00 / SIZE: 47", 51"

FEATURES: Available in a wide array of color options, our high-quality shoelace is ideal as a replacement or a great way to add a premium pop to your footwear.



STYLE	COLOR	STYLE	COLOR
9090	Black	1313	Pink
7070	Carolina Blue	6060	Purple
4141	Forest	1010	Red
5151	Navy	5252	Royal
2020	Orange	0000	White
4949	Patina Green	3030	Yellow

WOMEN'S FOOTWEAR



NEW MIZUNO PRO FP LOW METAL

W: 320698 / MSRP: \$130.00 / WEIGHT: 10.3 oz / SIZE: 6-12

FEATURES: Unleash your full potential on the fastpitch diamond with the Mizuno Pro FP Metal Cleat, a groundbreaking design that elevates protection to unprecedented levels. Featuring 270 degrees of lightweight, flexible casting PU, this cleat strikes a perfect balance between maximum durability and feather-light performance. The premium leather heel collar not only adds a touch of luxury but also firmly grips the sock to eliminate slipping, ensuring a secure fit during intense gameplay. The C-flex outsole takes center stage, providing articulated structure for enhanced stability, flexibility, and traction. Notably, it also reduces stud pressure, delivering superior comfort to the elite athlete. Crafted for those who demand the best, the Mizuno Pro FP Metal Cleat stands as the ultimate fastpitch cleat, setting a new standard for protection, performance, and comfort on the field.



STYLE	COLOR
0090	White-Black
0073	White-Silver

NEW MIZUNO PRO FP LOW TPU

W: 320699 / MSRP: \$120.00 / WEIGHT: 9.3 oz / SIZE: 6-12

FEATURES: Experience unparalleled protection and performance on the fastpitch field with the Mizuno Pro FP TPU Cleat, a design that redefines standards with 270 degrees of lightweight, flexible casting PU. Balancing maximum durability with feather-light construction, this cleat stands out as the pinnacle of elite athletic footwear. The premium leather heel collar not only adds a touch of luxury but ensures a secure grip on the sock, eliminating slipping during intense gameplay. The C-flex TPU outsole takes center stage, offering an articulated structure for enhanced stability, flexibility, and traction, while simultaneously reducing stud pressure to provide unmatched comfort. Versatile enough for any playing field, the Mizuno Pro FP TPU Cleat is the ultimate choice for the elite fastpitch athlete, delivering superior protection, performance, and comfort in every stride.



STYLE	COLOR
0090	White-Black
0073	White-Silver

NEW MIZUNO PRO FP LOW TURF

W: 320700 / MSRP: \$115.00 / WEIGHT: 8.6 oz / SIZE: 6-12

FEATURES: Step onto the fastpitch turf with confidence in the Mizuno Pro FP Turf shoe, a design that pushes protection to unprecedented levels with its 270 degrees of lightweight, flexible casting PU. This turf shoe strikes a perfect equilibrium between maximum durability and feather-light design, ensuring elite performance on the field. The premium leather heel collar adds a touch of luxury while gripping the sock firmly, eliminating any risk of slipping during intense play. The G3 sole takes comfort to new heights, housing Mizuno Energy® from our running shoe line to deliver superior, all-day cushioning. Engineered to give you the edge over your competitors, the Mizuno Pro FP Turf Shoe stands as the ultimate fastpitch footwear, combining advanced protection, lightweight agility, and unmatched comfort for a winning performance on any surface. This shoe is for the serious player. Nothing feels like a Mizuno!



STYLE	COLOR
HMHM	Harbor Mist
0090	White-Black

SWEEP 6 LOW METAL

W: 320662 / MSRP: \$115.00 / WEIGHT: 10.5 oz / SIZE: 6-12

FEATURES: Tough and incredibly lightweight, the Mizuno Sweep 6 is Mizuno's newest high-performance cleat innovation. Gender Engineered specifically for softball players, Sweep 6's rib construction with a Mizuno C-Flex Outsole enhances stability, flexibility, and traction, while reducing stud pressure, providing superior comfort during long games. Sweep 6 is constructed using an innovative woven knit upper, giving the cleat a sleek design and a natural fit for all foot types. This cleat features an innovative protective toe guard that is lightweight and adds to the cleat's durability, making it a great option for not only pitchers, but every position on the field. Both full-length Energy can be found in the midsole and insole for our most cushioned cleat ever.



STYLE	COLOR
9000	Black-White
9100	Grey-White
0000	White
0051	White-Navy
0010	White-Red
0052	White-Royal

NEW 9-SPIKE SWIFT 8 LOW METAL

W: 320689 / MSRP: \$100.00 / WEIGHT: 11.1 oz / SIZE: 5-12



FEATURES: Mizuno's iconic 9-spike technology for optimum traction. The outsole includes 3 zones to enhance Power, Propulsion, and Performance. Full length EVA midsole provides premium heel to toe cushioning. Mizuno Swift 8 also feature Mizuno Wave® technology to relieve the shock sent to your ankles and pressure while planting your foot, which in turn, enables you to maintain a highly stable base. The New double stacked insole improves step in comfort for a more cushioned experience.



STYLE	COLOR
0090	White-Black
0091	White-Grey
0051	White-Navy
0010	White-Red
0052	White-Royal
007E	White-Rose Gold LIMITED
0000	White

NEW FINCH ELITE 6 TPU

W: 320687 / MSRP: \$90.00 / WEIGHT: 6.5 oz / SIZE: 5-12

FEATURES: The 9-Spike Finch Elite 6 Low TPU is Gender Engineered for softball-specific movements. Translucent I-shaped TPU studs provide increased traction on multiple surfaces. The ribbed construction of the Mizuno C-Flex Outsole is a combination of enhanced stability, flexibility, and traction, while also reducing stud pressure to provide superior comfort during long games. The new double stacked insole improves step in comfort for a more cushioned experience.



STYLE	COLOR
0090	White-Black
0091	White-Grey
0051	White-Navy
0010	White-Red
0052	White-Royal
007E	White-Rose Gold
0000	White

NEW MIZUNO AMBITION 3 LOW WOMEN'S ALL SURFACE

W: 320690 / MSRP: \$85.00 / WEIGHT: 8.8 oz / SIZE: 5-12

FEATURES: Mizuno has created a TRUE all-surface shoe that is designed to maximize performance on real grass, artificial turf, and all common indoor surfaces. Mizuno footwear designers analyzed players' foot direction and pressure points while playing on a full spectrum of surfaces to engineer dense, multi-directional stud configuration. Comfortable, stable, and truly innovative, Ambition 3 Low Women's AS is the most versatile shoe in softball. New double stacked insole improves step in comfort for a more cushioned experience.



STYLE

9100
0000

COLOR

Grey-White
White



WAVE FINCH LIGHTREVO TPU

W: 320665 / MSRP: \$65.00 / WEIGHT: 8.9 oz / SIZE: 6-11

FEATURES: The Mizuno Finch Wave LightRevo is a great TPU molded cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond.



STYLE

9000
0000
0050

COLOR

Black-White
White
White-Blue



WAVE FINCH LIGHTREVO JR

YTH: 320666 / MSRP: \$60.00 / WEIGHT: 6.5 oz / SIZE: 2.5-5.5

FEATURES: The best rubber molded cleat option for young players! The Mizuno Wave Finch LightRevo Jr is a top rubber molded youth cleat option suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Also features Mizuno Wave® technology to reduce pressure, while adding comfort and stability during athletic movements around the diamond.



STYLE

9000
0000
0050

COLOR

Black-White
White
White-Blue

