



THE FASTEST, LIGHTEST, EVER.

ADIDAS UNVEILS ITS FIRST SUB 100 GRAM SHOE, THE ADIZERO ADIOS PRO EVO 3



- **adidas introduces the Adizero Adios Pro Evo 3 – the lightest and fastest Adizero shoe ever, weighing an average 97* grams.**
- **The race-day shoe represents the culmination of three years of cutting-edge research. It is 30% lighter, delivers 11% greater forefoot energy return, and improves running economy by 1.6% compared to its predecessor - making it a record breaker before it's even laced up.**
- **A total reimagining of the interplay between foam and carbon delivers peak performance for elite athletes, limited pairs available from April 25th on adidas.com and at speciality retailers**

Herzogenaurach, April 23rd, 2026 – adidas unveils the Adizero Adios Pro Evo 3, the lightest and fastest racing shoe adidas has ever created. The shoe marks a new era of supershoe innovation and is set for its debut on the feet of adidas' fastest athletes in London this weekend.

Building on a legacy of record-breaking performance, the Adizero adios Pro Evo 3 represents a radical leap forward. Engineered through a moonshot brief to create adidas' first ever sub-100-gram race shoe, the Evo 3 redefines what is possible at the pinnacle of long-distance running.

“Our goal was two digits on the scale, with better performance than we've ever had” – Stephan Scholten, VP Product, adidas.

At the pinnacle of the Adizero franchise – the most winning running shoe range on the global stage – the Evo 3 introduces a series of breakthrough innovations designed to unlock maximum speed and efficiency:



- Next-generation Lightstrike Pro Evo foam – adidas’ lightest and most responsive foam to date, at nearly 50% less weight than previous iterations. With a 39mm stack, it maximises cushioning, propulsion and energy return across every stride.
- At the heart of this leap forward is the new ENERGYRIM technology – a revolutionary carbon-integrated system that supports the maximum volume of Lightstrike Pro Evo foam underfoot while providing precisely tuned stiffness for stability. This unique interplay of foam and carbon redefines energy return, propulsion and efficiency in a supershoe.
- Ultra-lightweight upper and precision detailing – stripped back and engineered with inspiration from technologies in kitesurfing sails, the upper delivers a weightless feel with precise support. Even the smallest components – from laces to stitching – have been obsessively refined to deliver marginal gains that make the difference on race day.
- A more efficient outsole design – featuring strategically placed Continental™ rubber in the forefoot to provide reliable traction at high speeds, without compromising weight.

Patrick Nava, GM Running at adidas says: “Creating the Adizero Adios Pro Evo 3 pushed us to think differently from the very start. We weren’t just trying to improve on what we’d done before, we wanted to see how far we could go. We went through more than a dozen iterations, working closely with our athletes and testing everywhere from our labs in Herzogenaurach to high-altitude camps in Kenya and Ethiopia. At that level, every detail really matters – we were measuring things down to the nearest nanogram. It was a long process, but it’s led to something we believe genuinely changes what a race-day shoe can feel like.”

The design aesthetic is an evolution of its record-breaking predecessor – the Adizero Adios Pro Evo 2 – featuring a minimalistic white finish, contrasted by three black stripes and a heel outsole with an exposed mirror, showcasing the Energy Rim.

Complementing the footwear, elite athletes competing from London onwards are expected to run in adidas’ latest performance racing kit, built around Techfit+ and Climacool+ innovations. The range spans a two-piece outfit comprising shorts and a singlet, or a Techfit+ endurance suit – a fully integrated race-day system designed for targeted support and enhanced airflow in demanding conditions. In testing, the suit has been shown to improve running economy by up to 1%. Athletes including Sebastian Sawe and Tigist Assefa are expected to opt for the shorts and singlet, while Yomif Kejelcha and Amos Kipruto will compete in the endurance suit.

The shoe will launch with a highly limited release, with ambitious runners able to sign up for the chance to get their hands on a pair from April 23. This will be followed by a wider release in the fall marathon season. The Adizero adios Pro Evo 3 will cost \$500/€500. To find out more, please visit: [\[INSERT LINK\]](#).

Follow the conversation on Instagram, Facebook and X using #Adizero Adios Pro Evo 3 and @adidasrunning.

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*Sample shoe sizes (UK 8.5) weighing in at an average of 97 grams.

NOTES TO EDITORS:

Midsole measurements: Heel: 39 mm / Forefoot: 36 mm – Drop: 3 mm

THE ADIZERO ADIOS PRO EVO SUCCESS

Since launching in September 2023, the Adizero Adios Pro Evo franchise has helped adidas athletes break three world records and win over 30+ key road races which includes six World Marathon Major wins, seven national records, five course records and one Olympic record time.

THE ADIZERO FRANCHISE SUCCESS

Since 2020, adidas' Adizero franchise has helped athletes secure 200+ victories at key running and track competitions – as well as shattering 24 world records. This dominance continued in 2024, with adidas athletes wearing Adizero models winning six out of 12 World Major Marathons – more than any other brand.

ABOUT ADIDAS

adidas is a global leader in the sporting goods industry. Headquartered in Herzogenaurach/Germany, the company employs more than 65,000 people across the globe and generated sales of € 24.8 billion in 2025.

ABOUT ADIDAS RUNNERS

adidas Runners is an international community comprising people from different backgrounds and walks of life, united by a desire to become better: better runners, better athletes and, ultimately, better humans. Spanning 48 countries, adidas Runners is one of the largest running communities worldwide.

FAQs

What is the Adizero adios Pro Evo 3?

The Adizero adios Pro Evo 3 is adidas' lightest and fastest racing shoe ever created, weighing an average of 97 grams and marking the brand's first sub-100-gram race shoe.

How much lighter is the Evo 3 compared to previous models?

The Evo 3 is 30% lighter than its predecessor and delivers 1.6% more running economy, making it a record-breaker before it's even been laced up.

What is ENERGYRIM?

ENERGYRIM is a breakthrough carbon-integrated design that redefines how stiffness and propulsion are delivered in a supershoe, reimagining the interplay between foam and carbon for peak performance.



What is Lightstrike Pro Evo foam?

Lightstrike Pro Evo is adidas' lightest and most responsive foam to date, delivering nearly 50% less weight than previous iterations while maximizing cushioning, propulsion, and energy return with a 39mm stack.

When can I buy the Adizero Adios Pro Evo 3?

The shoe launches in limited pairs on April 25th on adidas.com and at specialty retailers, with sign-ups starting April 23rd, followed by a wider release during the fall marathon season.

How much does the Adizero Adios Pro Evo 3 cost?

The shoe is priced at \$500/€500.

What is the heel-to-toe drop of the Evo 3?

The shoe features a 3mm drop, with a 39mm heel stack and 36mm forefoot stack.

How successful has the Adizero adios Pro Evo franchise been?

Since launching in September 2023, the franchise has helped adidas athletes break three world records and win over 30 key road races, including six World Marathon Major wins, seven national records, and one Olympic record time.

How long did it take to develop the Adizero Adios Pro Evo 3?

The shoe is the culmination of three years of cutting-edge research, with more than a dozen iterations tested in labs in Herzogenaurach and high-altitude camps in Kenya and Ethiopia.

What type of rubber does the outsole use?

The outsole features strategically placed Continental™ rubber in the forefoot of the Adizero Adios Pro Evo 3 to provide reliable traction at high speeds without compromising weight.