

TRAINING FOOTWEAR



TC-11 TRAINING SHOE

MIZUNO COB

M: 520013 / MSRP: \$145.00 / WEIGHT: 11.8 oz / SIZE: 7-13, 14, 15
 W: 520014 / MSRP: \$145.00 / WEIGHT: 10.0 oz / SIZE: 6-12

FEATURES:

Balance is strength, and the Mizuno TC-11 training shoe utilizes innovative performance research to help improve body awareness and foot sensitivity to deliver a sophisticated and advanced training shoe. Infused with MIZUNO COB technology, 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. A knit upper design and booty construction provide superb comfort to perfectly pair with the TC-11's high-level performance.



MEN'S



STYLE

1090
9890

COLOR

Red-Black
Dark Shadow-Black

WOMEN'S



STYLE

9000
0000

COLOR

Black-White
White

TF-01 TRAINING SHOE

MIZUNO COB

M: 520007 / MSRP: \$125.00 / WEIGHT: 10.4 oz / SIZE: 7-13, 14, 15
 W: 520008 / MSRP: \$125.00 / WEIGHT: 8.3 oz / SIZE: 6-12

FEATURES:

Mizuno's second innovation in the Training Category, the TF-01 utilizes 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 provides an enhanced, soft feel that also helps with increased stability. Rounding out this sophisticated and advanced training shoe is an external heel counter that delivers an excellent foothold with optimum weight efficiency, making the TF-01 a go-to shoe for all-around training.



MEN'S



STYLE

9091
9100
9120
RBRB

COLOR

Black-Grey
Grey-White
Grey-Orange
Reflex Blue

WOMEN'S



STYLE

9091
511Z
0000

COLOR

Black-Grey
Navy-Raspberry
White

TF-02 TRAINING SHOE

MIZUNO COB

M: 520009 / MSRP: \$95.00 / WEIGHT: 10.2 oz / SIZE: 7-13, 14, 15
 W: 520010 / MSRP: \$95.00 / WEIGHT: 8.5 oz / SIZE: 6-12

FEATURES:

The fast-focused TF-02 is the latest introduction to Mizuno's groundbreaking training footwear collection. At the forefront of its innovative design is a sharp MIZUNO COB outsole, which provides more traction during speed and agility workouts, while also helping enhance general fitness training. A lightweight design with a 2-Layered Upper Mesh Construction delivers added durability and an ideal fit. TF-02 is full of sophisticated details, including an external heel counter that provides an excellent foothold with optimum weight efficiency. Versatile and fast, the TF-02 is an ideal all-around training shoe.



MEN'S



STYLE	COLOR
9091	Black-Grey
5050	Blue
9190	Grey-Black
1090	Red-Black

WOMEN'S



STYLE	COLOR
9091	Black-Grey
0000	White

WAVE REVOLT TRAINING SHOE

MizunoEnergy

M: 520011 / MSRP: \$90.00 / WEIGHT: 9.3 oz / SIZE: 6.5-13, 14
 W: 520012 / 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 uses a breathable AIRmesh Upper to provide a superior feel, mixed with an ultra soft and responsive MIZUNO ENERGY (FOAM) midsole layer that provides maximum comfort.



MEN'S



STYLE	COLOR
9000	Black-White
0090	White-Black

WOMEN'S



STYLE	COLOR
9000	Black-White
F690	Frost Grey-Black

MEN'S FOOTWEAR



MIZUNO PRO DOMINANT KNIT METAL BASEBALL CLEAT

M: 320646 / MSRP: \$125.00 / WEIGHT: 10.6 oz / SIZE: 7-13, 14, 15

FEATURES:

Unrivaled Mizuno Pro quality meets innovation. The new Mizuno Pro Dominant Knit baseball cleat features a groundbreaking full knit upper and an all-black, tone-on-tone design for an extraordinarily sleek look that also provides a natural, comfortable fit for all foot types. 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.



STYLE

COLOR

9090

Black

MIZUNO DOMINANT KNIT METAL BASEBALL CLEAT

M: 320616 / MSRP: \$125.00 / WEIGHT: 10.6 oz / SIZE: 7-13, 14, 15

FEATURES:

Mizuno's newest introduction to the Dominant Family, the Mizuno Dominant Knit features an innovative full knit upper, giving the cleat a sleek design and a natural fit for all foot types. 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.



STYLE

COLOR

AVAILABLE

9000

Black-White

0000

NEW White

8/31/21

MIZUNO PRO DOMINANT TPU KNIT MOLDED BASEBALL CLEAT

M: 320645 / MSRP: \$105.00 / WEIGHT: 9.5 oz / SIZE: 7-13, 14, 15

FEATURES:

Innovation combines with unrivaled Mizuno Pro quality to create an incredible molded baseball cleat. The Mizuno Pro Dominant TPU Knit features a groundbreaking full knit upper and an all-black, tone-on-tone design for an incredibly sleek look that also provides a natural, comfortable 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.



STYLE

COLOR

9090

Black

MIZUNO DOMINANT ALL SURFACE KNIT LOW TURF SHOE

M: 320628 / MSRP: \$105.00 / WEIGHT: 9.7 oz / SIZE: 6-13, 14, 15

FEATURES:

Mizuno's newest introduction to the Dominant Family, the Mizuno Dominant All Surface Knit features an innovative full knit upper, giving the cleat a sleek design and a natural fit for all foot type. 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 high, dense, multi-directional stud configuration. Comfortable, stable, and truly innovative, Dominant All Surface Knit is the most versatile shoe in baseball.



STYLE

COLOR

9000

Black-White

9-SPIKE® AMBITION MID METAL BASEBALL CLEAT

M: 320603 / MSRP: \$95.00 / WEIGHT: 12.5 oz / SIZE: 7-13, 14, 15

FEATURES:

Features Mizuno's iconic 9-Spike® technology for the best traction in the game. The outsole includes 3 zones to enhance Power, Propulsion, and Performance. Full length EVA midsole provides premium heel to toe cushioning. Mizuno Ambition 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.



STYLE

COLOR

9000

Black-White

9-SPIKE® AMBITION LOW METAL BASEBALL CLEAT

M: 320583 / MSRP: \$90.00 / WEIGHT: 12.2 oz / SIZE: 7-13, 14, 15

FEATURES:

Features Mizuno's iconic 9-Spike® technology for the best traction in the game. The outsole includes 3 zones to enhance Power, Propulsion, and Performance. Full length EVA midsole provides premium heel to toe cushioning. Mizuno Ambition 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.



STYLE

COLOR

9000

Black-White

5100

Navy-White

1000

Red-White

STYLE

COLOR

5200

Royal-White

0000

White

MIZUNO DOMINANT MID TPU MOLDED BASEBALL CLEAT

M: 320620 / MSRP: \$95.00 / WEIGHT: 11.6 oz / SIZE: 6-13, 14

FEATURES:

Dominant TPU features Mizuno's iconic 9 SPIKE® Advanced configuration with a design that emphasizes superior comfort, soft flexibility, and enhanced cushioning. Spikes are constructed with a high-end molded TPU material that is suitable for all field types, making it a perfect option for players needing a nonmetal cleat. Designed to eliminate the worry of comfort and stability, allowing players to maximize their performance and dominate the game.



STYLE

COLOR

9000

Black-White

MIZUNO DOMINANT TPU MOLDED BASEBALL CLEAT

M: 320566 / MSRP: \$90.00 / WEIGHT: 11.3 oz / SIZE: 6-13, 14

FEATURES:

Dominant TPU features Mizuno's iconic 9-SPIKE® Advanced configuration with a design that emphasizes superior comfort, soft flexibility, and enhanced cushioning. Spikes are constructed with a high-end molded TPU material that is suitable for all field types, making it a perfect option for players needing a non-metal cleat. Designed to eliminate the worry of comfort and stability, allowing players to maximize their performance and dominate the game.



STYLE

COLOR

9000

Black-White



MIZUNO AMBITION ALL SURFACE MID TURF SHOE

M: 320596 / MSRP: \$80.00 / WEIGHT: 10.9 oz / SIZE: 6-13, 14, 15

FEATURES:

Offers great versatility for all-surface and multi-sport use by utilizing an outsole engineered for enhanced traction and increased flexibility.



STYLE

9000

COLOR

Black-White

MIZUNO AMBITION ALL SURFACE LOW TURF SHOE

M: 320595 / MSRP: \$75.00 / WEIGHT: 10.6 oz / SIZE: 6-13, 14, 15

FEATURES:

Offers great versatility for all-surface and multi-sport use by utilizing an outsole engineered for enhanced traction and increased flexibility.



STYLE

9000

9100

0000

COLOR

Black-White

Grey-White

White

RELAX SLIDE 2

M: 320629 / MSRP: \$35.00 / 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)

MIZUNO SELECT NINE TPU MID MOLDED BASEBALL CLEAT

M: 320585 / MSRP: \$60.00 / WEIGHT: 10.9 oz / SIZE: 5-13

FEATURES:

The Mizuno Select Nine 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



MIZUNO SELECT NINE TPU LOW MOLDED BASEBALL CLEAT

M: 320584 / MSRP: \$55.00 / WEIGHT: 10.2 oz / SIZE: 5-13

FEATURES:

The Mizuno Select Nine 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
5100

COLOR

Black-White
Navy-White

STYLE

1000
5200

COLOR

Red-White
Royal-White

MIZUNO SELECT NINE JR LOW YOUTH MOLDED BASEBALL CLEAT

M: 320581 / MSRP: \$50.00 / WEIGHT: 7.0 oz
SIZE: 10, 11, 12, 13-4.5 (10-12 BLACK ONLY)

FEATURES:

The Mizuno Select Nine 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. Features one Velcro strap and faux laces add a convenience detail to do away with between-inning shoe tying!



STYLE

9000
5100

COLOR

Black-White
Navy-White

STYLE

1000
5200

COLOR

Red-White
Royal-White

WOMEN'S FOOTWEAR



NEW MIZUNO DOMINANT KNIT METAL SOFTBALL CLEAT

W: 320655 / MSRP: \$125.00 / WEIGHT: 9.8 oz / SIZE: 6-12

FEATURES:

Mizuno's newest introduction to the Dominant Family, the Mizuno Dominant Knit features an innovative full knit upper, giving the cleat a sleek design and a natural fit for all foot types. The rib construction of the new 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.



STYLE

COLOR

AVAILABLE

0000

White

8/1/21

MIZUNO SWEEP 5 MID METAL SOFTBALL CLEAT

W: 320618 / MSRP: \$110.00 / WEIGHT: 10.0 oz / SIZE: 6-12

FEATURES:

For added ankle support, the Mid version of the innovative Mizuno Sweep 5 is incredibly lightweight, tough, and built for high performance. Gender Engineering specifically for softball players, Sweep 5's rib construction with a new Mizuno C-Flex Outsole enhances stability, flexibility, and traction, while reducing stud pressure, providing superior comfort during long games. 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.



STYLE

COLOR

9000

Black-White

MIZUNO SWEEP 5 LOW METAL SOFTBALL CLEAT

W: 320617 / MSRP: \$105.00 / WEIGHT: 9.8 oz / SIZE: 6-12



FEATURES:

Tough and incredibly lightweight, the new Mizuno Sweep 5 is Mizuno's newest high-performance cleat innovation. Gender Engineered specifically for softball players, Sweep 5's rib construction with a new Mizuno C-Flex Outsole enhances stability, flexibility, and traction, while reducing stud pressure, providing superior comfort during long games. 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.



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

NEW 9-SPIKE SWIFT 7 LOW WOMEN'S METAL SOFTBALL CLEAT

W: 320638 / MSRP: \$90.00 / WEIGHT: 11.1 oz / SIZE: 5-12



FEATURES:

The #1 fastpitch cleat. Combining incredible performance, comfort, and value, the new Swift 7 is Gender Engineered for softball-specific movements, providing enhanced cushioning and ultimate comfort. Also features a padded booty tongue for an added layer of comfort.



STYLE	COLOR	AVAILABLE	STYLE	COLOR	AVAILABLE
9000	Black-White	8/1/21	5200	Royal-White	8/1/21
5100	Navy-White	8/1/21	0000	White	8/1/21
1000	Red-White	8/1/21			

NEW 9-SPIKE ADVANCED FINCH ELITE 5 TPU MOLDED SOFTBALL CLEAT

W: 320639 / MSRP: \$80.00 / WEIGHT: 8.6 oz / SIZE: 5-12

FEATURES:

Designed with input from softball legend Jennie Finch, the 9-Spike Advanced Finch Elite 5 is Gender Engineered for softball-specific movements. 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 also reducing stud pressure to provide superior comfort during long games.



STYLE	COLOR	AVAILABLE	STYLE	COLOR	AVAILABLE
9000	Black-White	8/1/21	5200	Royal-White	8/1/21
5100	Navy-White	8/1/21	0000	White	8/1/21
1000	Red-White	8/1/21			

NEW MIZUNO AMBITION 2 ALL SURFACE LOW TURF SHOE

W: 320640 / MSRP: \$75.00 / WEIGHT: 8.8 oz / SIZE: 5-12

FEATURES:

With the new Ambition 2 AS, 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 high, dense, multi-directional stud configuration. Comfortable, stable, and truly innovative, Ambition 2 AS is the most versatile shoe in softball.



STYLE	COLOR	AVAILABLE
9000	Black-White	8/1/21
0000	White	8/1/21

MIZUNO FINCH SELECT NINE TPU SOFTBALL CLEAT

W: 320591 / MSRP: \$55.00 / WEIGHT: 9.5 oz / SIZE: 6-11

FEATURES:

Designed with input from Jennie Finch, the Mizuno Finch Select Nine is a great TPU molded option suitable for all field types, while offering an EVA midsole or enhanced comfort and durability.



STYLE

9000
0000

COLOR

Black-White
White

MIZUNO FINCH SELECT NINE YOUTH GIRLS MOLDED SOFTBALL CLEAT

YTH: 320592 / MSRP: \$50.00 / WEIGHT: 7.0 oz / SIZE: 2.5-5.5

FEATURES:

The best rubber molded cleat option for young players! Designed with input from Jennie Finch, it is suitable for all field types, while offering an EVA midsole for enhanced comfort and durability. Features one Velcro strap and faux laces add a convenience detail to do away with between-inning shoe tying!



STYLE

9000

COLOR

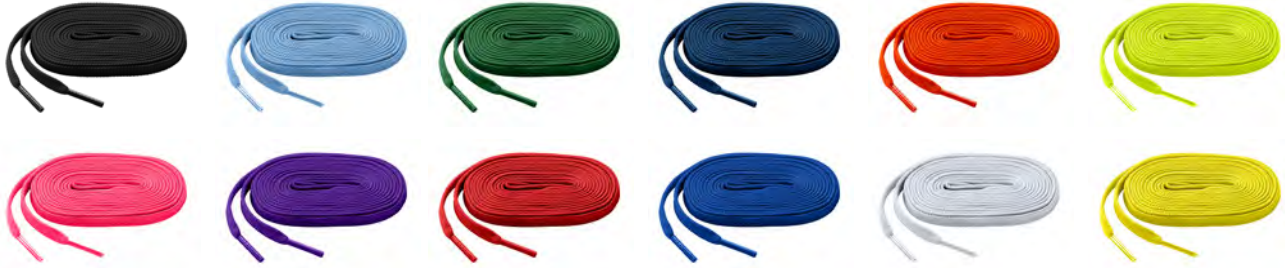
Black-White

SHOELACE

W: 370201 / MSRP: \$5.00 / 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

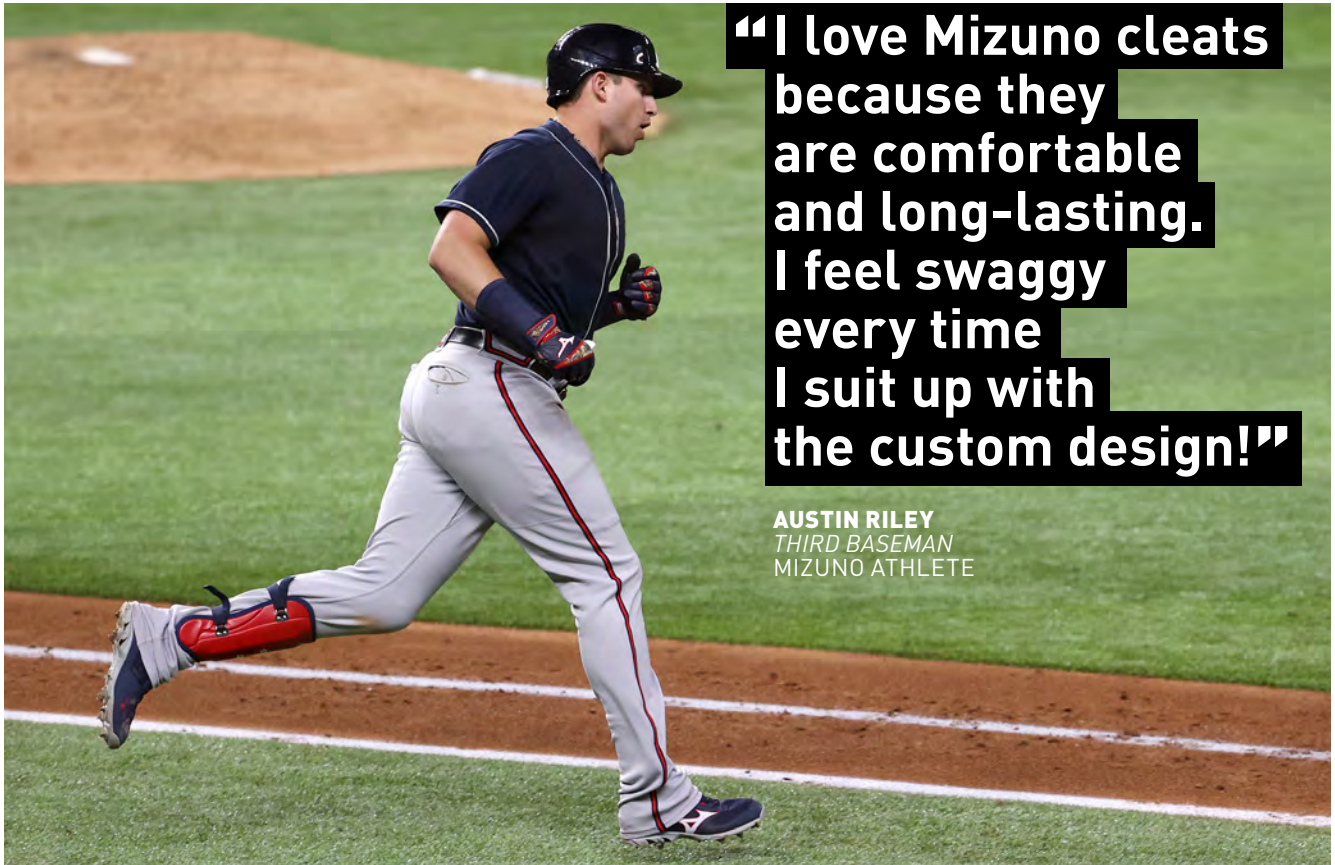
COLOR

9090	Black
7070	Carolina Blue
4141	Forest
5151	Navy
2020	Orange
4949	Patina Green

STYLE

COLOR

1313	Pink
6060	Purple
1010	Red
5252	Royal
0000	White
3030	Yellow



“I love Mizuno cleats because they are comfortable and long-lasting. I feel swaggy every time I suit up with the custom design!”

AUSTIN RILEY
THIRD BASEMAN
MIZUNO ATHLETE