Form 144 Filer Information

FORM 144

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0002131044
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	(•) LIVE ( ) TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	FedEx Freight Holding Company, Inc.
SEC File Number	001-43059
Address of Issuer	8285 Tournament Drive Memphis TENNESSEE 38125
Phone	901-560-0784
Name of Person for Whose Account the Securities are To Be Sold	Michael Lyons

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Former Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common stock	Merrill Lynch 2100 Ross Ave Suite 1000 Dallas TX 75201	4235	560778	149520000	11/17/2026	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *

Common stock	06/30/2022	Employment related - stock options	FedEx Freight Holding Company, Inc.	☐		1174	11/18/2026	Cash
Common stock	06/22/2023	Employment related - stock options	FedEx Freight Holding Company, Inc.	☐		1004	11/18/2026	Cash
Common stock	06/27/2024	Employment related - stock options	FedEx Freight Holding Company, Inc.	☐		729	11/18/2026	Cash
Common stock	06/26/2025	Employment related - stock options	FedEx Freight Holding Company, Inc.	☐		1220	11/18/2026	Cash
Common stock	06/26/2026	Employment related	FedEx Freight Holding Company, Inc.	☐		108	11/18/2026	Cash

***** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report	☑

144: Remarks and Signature

Remarks	Mr. Lyons was a Section 16 Officer and is selling within the 90 day window. Options initially issued to acquire shares of FedEx Corporation common stock were converted into options to acquire FedEx Freight Holding Company, Inc. common stock in connection with its spin-off from FedEx Corporation on June 1, 2026. This notice is filed only for the sale of stock of an issuer with respect to which the undersigned is an affiliate. The stock is not restricted as to resale and no information concerning the acquisition thereof is required.
Date of Notice	11/17/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/Michael Lyons

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)