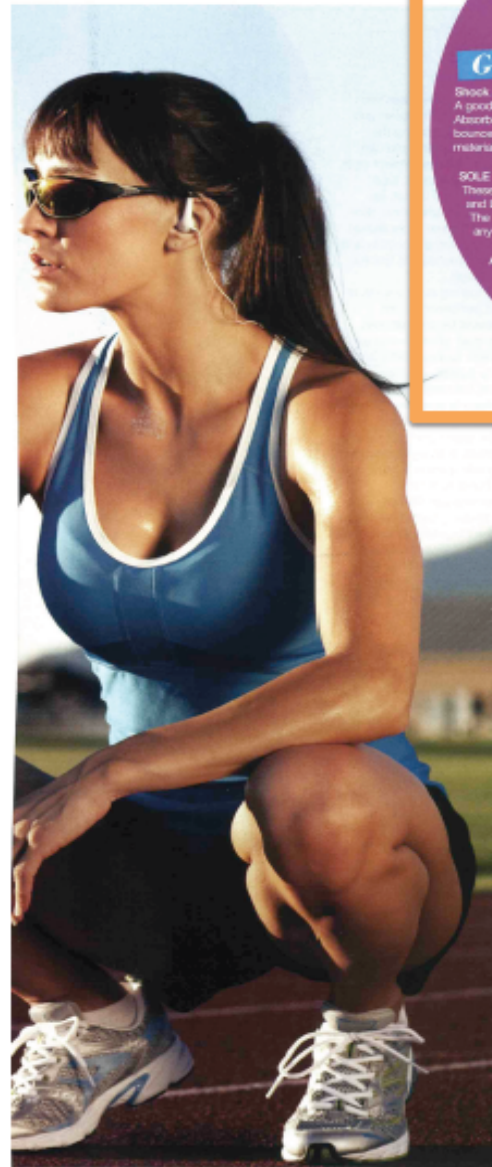


SHOCK ABSORBER

Bodyfit

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We know our RUN bra is a kit essential! Get a RUN bra and get RUNNING!



get RUNNING

GET THE GEAR

Shock Absorber Run Bra, £35.99, shockabsorber.co.uk
A good sports bra is essential. The Run Bra from Shock Absorber is designed specifically for running to reduce bounce and provide extra support. The moisture-wicking material is soft, seamless and friction-free.

SOLE Dual Layer socks £11.60 - £13, yousoko.co.uk
These socks have a double layer of blended Tactel, Coolmax and Lycra to reduce friction and prevent blisters when running. The super-soft wicking materials and seamless design stop any rubbing and keep feet cool and dry.

Adidas Supernova t-shirt £28.00, adidas.com/running
When you need to keep cool and dry, a tee like this should do the trick. The design follows the natural movement of your body during exercise for a better and more comfortable fit and a handy zip pocket on the lower back allows you to safely store keys or other valuables.

Train like A PRO

- Run at whatever speed feels comfortable. Running too quickly will cause you to tire faster and potentially have to slow down or walk towards the end of your run or the race itself.
- Try to run outside wherever possible. Changes in terrain, camber and wind resistance mean that running outdoors is different to treadmill running. If you do run on the treadmill, set the gradient to one percent to better mimic running outdoors.
- If your legs feel tired and heavy after your warm-up, cancel your speed run and go for a short easy jog instead. Take an extra day of rest if you feel you need it. Two good training days and two days of rest are better than four below-par workouts.
- Although concrete is usually the most accessible training surface it puts the greatest strain on the legs. Grass and trails have more give and are kinder to your joints.
- As trainers age, the level of support and shock absorbency they provide diminishes. Press against the ball and heel of the insole; if there is no give, it's time for a new pair.

Eat like AN ELITE

- Focus on eating a balanced diet with plenty of fruit and veg, as well as complex sources of carbohydrate such as brown rice. There is no need to eat a significant amount of extra calories as the training runs are relatively short.
- Try to drink 500ml of water during the hour before your training runs to make sure you are fully hydrated. Experiment with taking fluids on board during your runs, working out the timings and volumes that work best for you.
- There is no need to consume sports drinks during your runs as your stores of energy will be sufficient. Water is fine, however, if you prefer the taste of isotonic or hydration drinks then be sure to factor any extra calories into your daily intake.
- Runners need slightly more protein than those who don't exercise, as it is an essential part of the recovery process. Try to eat a lean source of protein with each meal, such as fish, chicken or turkey to provide the building blocks for repair and regeneration following training sessions.