

**SHOCK  
ABSORBER**

women's  
**fitness**

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Great gear, of course the RUN bra is here!  
Fab coverage from the team at Women's  
Fitness.

**power up your runs**

**DID YOU KNOW?**  
You can find your perfect running shoe by analysing your own gait at home. Find out how at [www.myprecisionfit.com](http://www.myprecisionfit.com)

**Tight fit**  
Salomon's super comfy Trail tights will keep you warm and dry from start to finish. They also come with a handy zip pocket to keep your keys and other shrapnel safe.  
■ £45, [www.salomonrunning.com](http://www.salomonrunning.com)

**Great gear!**  
**Run with it**  
With kit this good, you're guaranteed a P

**Show your colours**  
Reduce bounce by 75 per cent with this slick running-specific Shock Absorber bra in patriotic red, white and blue.  
■ £37, [www.shockabsorber.co.uk](http://www.shockabsorber.co.uk)

**Listen up**  
Thanks to EarClick technology, Urbanears Medis headphones stay secure and snug so you can focus on your mileage.  
■ £45, [www.sweetshop.co.uk](http://www.sweetshop.co.uk)

**It's a breeze!**  
Don't let the wind hold you back. Brave all weather conditions with this thermal and wind-repellant Trail Fire windbreaker jacket from Columbia.  
■ £80, [www.columbia.com](http://www.columbia.com)

**Running buddy**  
Bupa's free Smart Runner app will lend you a helping hand with your warm-up, stretching, run and cool-down, whether you're heading for the hills or a light jog.  
■ [www.bupa.co.uk/smartrunner-app](http://www.bupa.co.uk/smartrunner-app)

**POST-RUN ESSENTIALS**

**Organic Food Bar**  
Packed with protein, this yummy, healthy bar is great for recovery or on the go.  
■ £1.99, [www.kinetic4health.co.uk](http://www.kinetic4health.co.uk)

**Biona Organic Coconut Water**  
Refracting, rehydrating and packed with potassium, this high-energy all-natural drink really hits the spot.  
■ £1.66, [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)

**Tiger Balm Red**  
Whether you're running the London Marathon or a 5K, this effective muscle rub is a must.  
■ £4.40, Boots

**Sole mate**  
Get in tune with your body with these clever Asics Gel-Exoel 33 trainers, designed to work with your foot's 33 joints. They give great support, plenty of spring and a smooth ride – oh, and they look great, too!  
■ £120, [www.asics.co.uk](http://www.asics.co.uk)

**Top this**  
The ventilated Adidas Supernova tank works with your body, rather than against it, thanks to Formation technology. It follows the natural movement of your body for ultimate comfort.  
■ £26, [www.shop.adidas.com](http://www.shop.adidas.com)

**WELL-EARNED TREATS**

**310 COCO**  
COCONUT WATER

**ORGANIC**

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