

GET IN GEAR

Whether you're a pavement pounder, gym bunny or trail racer, we have the latest running kit for you

1 Indoor

It doesn't matter if you prefer the treadmill or an indoor track, you can have fun with your indoor kit without having to consider unpredictable climate factors! Include a splash of colour or look for feminine tops and leggings with added details, such as ruching. There's no breeze to keep you cool when training indoors, so it's easy to overheat. Keep a water bottle handy to stay hydrated, and wear clothing with great moisture management to keep you comfortable. Invest in some indoor-specific training shoes with all-round support.

2 Trail

Trail running is an exhilarating alternative to pounding pavements, but wet, cold and muddy conditions can take their toll. To protect yourself, buy some long-length running tights to tuck into trail-specific running shoes or technical quick-drying, anti-blisters and anti-bacterial socks. A windbreaker or lightweight waterproof jacket with reflective strips will provide extra visibility and warmth. Trail shoes have soles with deep treads, designed for greater stability on surfaces such as loose soil, wet grass or sand – essential if you are new to running on uneven terrain.

3 Urban

As summer months come closer, more people will start taking to the streets. Capri running leggings are a cool option, and compression tights that gently massage your legs can help speed up muscle recovery by improving circulation. Similarly, compression vests are specifically cut for the female body and hug your muscles. Improve your freedom of movement by choosing kit that fits your body shape. Polarised sunglasses will protect your eyes from UV light and glare, while breathable head gear will protect your head and face from the sun's heat.

WORDS: Siân Lewis. PHOTOGRAPHY: Will Ireland



Armed with style

Get funky and wipe away excess moisture with these bright Nike Multi-pack Wristbands, £4, available in various colourways; www.nikestore.com/uk.

Fashionably fast

Nike's Dri-FIT ACG Fit Fast Women's Tank Top, £25, allows you to run with comfort, support and style; www.nikestore.com/uk.



No sweat

Bring back that 80s vibe with this bright red Unisex Flex Terry Headband, £4, from American Apparel; www.americanapparelstore.com.



Full support

The adidas Supernova Hi X-Bra, £30, is a smooth T-Shirt-style sports bra designed to give you all the support you need on the move; 0870-240 4204, www.adidas.com.



Red alert

Reach your target with the Polar RS200 heart rate monitor, £97.38, featuring an interval trainer allowing you to create and save favourite workouts; www.polarelectro.co.uk.



Keep it cool

Perfect for indoor exercise, Asics Athena Split Shorts, £25, are lightweight and breathable to help keep you cool; www.asics.co.uk.



Winged feet

Whether you're training for speed or planning to run a marathon, adidas adizero Mana trainers, £65, will help you succeed; 0870-240 4204, www.adidas.com.

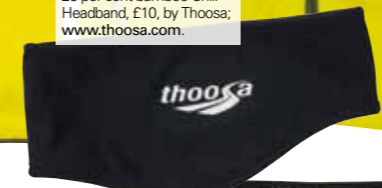


Feel the vibe

Merrell's Cirrus Jacket, £50, is a lightweight windbreaker that folds away easily into a belt bag or a pocket; 020 7860 0100.

Toasty ears

Keep your ears warm on cold morning runs with this 25 per cent bamboo Chill Headband, £10, by Thooosa; www.thooosa.com.



Made for motion

Protect your ankles by wearing long-length running leggings. adidas Adistar Long Tights, £50, use ClimaCool technology to help your skin breathe; 0870-240 4204, www.adidas.com.



Citrus burst

Fewer seams, mesh panels for ventilation and an inner bra support make this adiStar Shimmel vest, £35, by adidas, a top choice for comfort on the go; 0870-240 4204, www.adidas.com.



Zone out

Even when you're going flat out, these robust and water-resistant Sennheiser MX 85 Sport II headphones, £36.81, guarantee a secure fit and superb wearing comfort; www.sennheiser.com.

Safety first

Thanks to the compression midsole and solid rubber outsole in the Asics GEL-Enduro 4, £50, your feet will feel cushioned and protected when you twist and turn on uneven terrain; www.asics.co.uk.



Core comfort

Made to support your core muscles, Sweaty Betty's Ejecta Seamless Compression Vest, £49, works hard with you when you're working out; www.sweatybetty.com.

Tip your cap

If you want to keep the sun out of your eyes or the rain off your face, the Asics baseball cap, £12, is the hat to choose; www.asics.co.uk.

Sunny outlook

Protect your eyes and reduce glare with these Oakley Enduring sunglasses, £159.99, with rubber-coated arms for a super secure fit; www.oakley.co.uk/custom.



Clock in

Check your time with the Breo Roam Watch, £9.99. It has an LCD screen, weighs in at just 10g and is totally water-resistant; www.breosport.co.uk.



Body in mind

With anatomically-placed antibacterial and moisture management mesh, and figure-flattering design, these Sweaty Betty Parallax Capris, £55, are body perfect; www.sweatybetty.com.



Bonny bounce

Pure and simple, the PUMA Lifestyle Sports Bra, £15, works well under vests or Tees, but if you're feeling confident, it's a cute crop top worn by itself; www.puma.com.



Steady pace

Develop your technique with these women-specific Cure Distance Shoes, £120, and soon you'll be smashing your personal best times; www.newtonrunning.co.uk.

