

What's your RUNNING STYLE?

Whether you chase pavements, hit the road or race through nature, this guide has you covered for every session

Words: Joanna Ebsworth

ROAD RUNNING

Go the distance with kit that will get you where you want to be



Super lightweight, stable and springy, these **Brooks Adrenaline GTS 20 Trainers (£120; brooksrunning.co.uk)** have integrated GuideRails to preventing excess movement and keep injury-prone knees protected.



Sport performance meets streetwear culture in **Oakley's EVZero Blades Jolt Sunglasses (£143; oakley.com)**. The durable, rimless frames with increased nose pad grip provide all-day comfort, while the Prizm lenses enhance visibility.



This full-coverage **Shock Absorber Infinity Power Bra (£50; wiggle.co.uk)** provides extreme bounce control, thanks to an innovative support system that anchors the breasts to the centre of the body, instead of relying on the shoulders and sides.



Designed to offer total freedom of movement, these lightweight, stretchy **GORE R5 Light Shorts (£44.99; gorewear.com)** have side mesh for added ventilation and a back zip pocket for essentials.



Made from the same ultra-durable fibres used in marine ship ropes, **Under Armour GORE-TEX® Breeze Hoodie (£60; underarmour.co.uk)** stands up to wear and tear, rubs less, and is also extremely lightweight, so it dries mind-blowingly fast.

Saucony Rock-It Bra Top, £25, Split Second 2.5" Short, £36, and Endorphin Speed Trainers, £180; saucony.com/uk

TRAIL RUNNING

Choose gear that's tough enough to handle any weather or terrain

These virtually seamless **Smartwool PhD Pro Endurance Mowery Print Socks (£24.99; smartwool.co.uk)** offer unwavering comfort, fit and durability with targeted cushioning on the soles and Achilles heel.



Waterproof and super breathable, **Montane's Minimus Stretch Ultra Jacket (£165; montane.co.uk)** is lightweight and packs into its own pocket, with stretch for added comfort and ease of movement on the go.



With a snug, comfortable fit so you can move more freely and faster, this **Salomon ADV Skin 12 Set Running Vest (£99; wiggle.co.uk)** has integrated soft flasks to help you stay hydrated and plenty of storage to carry extra kit and calories.



Inov-8's OROC 270 Shoes (£150; inov-8.com), with revolutionary Twin-Spike technology, provide the ultimate grip when racing over extreme terrain so you can run fast with confidence, even over frozen ground.



Falke's moisture-regulating, seamless **Windproof Tights (£130; falke.com)** score points thanks to their comfort and functionality, with the water-resistant material on the thighs offering protection on the coldest, wettest days.



BAM Easy Zip-Neck Bamboo Top, £49, and Enduro Panelled Leggings, £59; bamboclothing.co.uk

URBAN RUNNING

Be ready for any challenge the concrete jungle might throw at you

With a foldable brim so it easily packs away, you can whip out this moisture-wicking **New Balance Packable Speed Run Hat** (£22; newbalance.co.uk) whenever you need to keep the sweat off your face and sun out of your eyes.



Designed to reduce running-related injuries, **Nike's React Infinity Run Flyknit Trainers** (£139.95; nike.com) are super springy, with 24 per cent more foam for added cushioning, and have a wider base for more extra stability through each foot strike.



Perfect for when the weather calls for an extra layer, this **Adidas by Stella McCartney Light Jacket** (£149.95; adidas.co.uk) has breathable mesh inserts to keep you cool, plus an adjustable hood that can be tucked away once the rain stops.



This **dnb Run Singlet** (£11.20; wiggles.co.uk) combines anti-bacterial, temperature-regulating fabric at the front with a full mesh back, striking a breathable balance for runs up to 10K. A reflective finish also keeps you visible in low-light.



The sweat-wicking, quick-drying fabric of **lululemon's Fast and Free Tights** (£108; lululemon.co.uk) has a barely-there feel to prevent distractions, and there's plenty of room for carrying essentials in the side-storage and waistband pockets.



Asics Sport Run Top, £22.50, Icon Winter Tights, £33, and Gel-Noosa Tri 12 Trainers, £120; asics.com