

## set your own pace

With the right approach, a realistic goal and clever tech to spur you on, you too can be a runner

SHOP THE RANGE



## BY GIRLS FOR GIRLS

THE NEW RANGE FROM KARI TRAA

Kari Traa Slowstart Capri £35  
K2411113



THE NORTH FACE

The North Face MA Graphic Play Hard Tank £25  
A5134084

Features a longer length and a shaped hem for active use, as well as moisture wicking properties to keep you cool while you push hard in your latest workout.

24 Find more colours and more choice online at [COTSWOLDOUTDOOR.COM](http://COTSWOLDOUTDOOR.COM)

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### LISTEN

**Don't stop me now**  
Queen

**Dog days are over**  
Florence and the Machine

**Changing**  
Sigma ft. Paloma Faith

### DOWNLOAD

**Strava**  
Use with GPS watches and smartphones to log workouts and routes.

**Glympse**  
Share your real-time location with friends/family for peace of mind.

**Via**  
A satnav app with audio instructions.

### FOLLOW

**@marathontalk**  
Free weekly podcast, broadcast via iTunes.

**@runnersworlduk**  
Advice, news, features and tools from the UK's biggest running mag.

**@therunningbug**  
A 200,000-strong online community for support, inspiration and chat.



WHERE DID YOU RUN THIS WEEKEND? SHARE YOUR ROUTE AND PREFERENCE. OTHERS #JLivebetter

### THE KIT

Mix eye-catching prints and flattering colours for a bold yet stylish running look.

SWIPE FOR MORE



Ronhill Aspiration Windlite Running Jacket E55

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Adidas Response Wind Jacket E40

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Adidas Response Short

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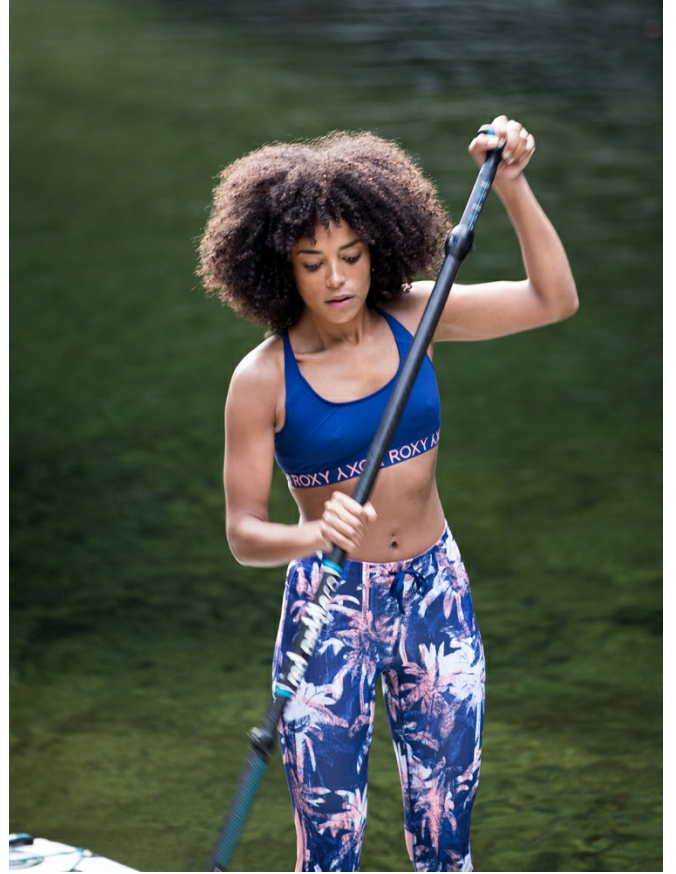
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