

## Tops

### 1 O'Neill Cirrus Jacket, £79.99, [oneill.com](http://oneill.com)

Dress like a marathoner even if you don't run like one yet! This lightweight cover up has been designed to protect you against the elements, with high breathability to help keep you cool and dry during your running sessions. Plus, the bright pink colour will help you stand out from the crowds on race day.



### 2 doRunning Long Length Tee, £27.99, [prodirectrunning.com](http://prodirectrunning.com)

A classic black tee is a kit bag essential and this elasticated, long length top comes with a practical side zip – handy to store your keys or phone during your runs. And, the shaped neckline ensures a comfortable fit throughout the toughest of workouts.



### 3 Buff T-shirt, £54.99, [buff.eu](http://buff.eu)

You don't have to sacrifice style over comfort. This top is perfect for crisp, spring training sessions. It provides added warmth and the coverage you need, plus the high-stretch fabric allows maximum movement. Plus, the flat seams help prevent chafing – ideal for endurance events.



### 4 Helly Hansen W Pace 2 Supportive Singlet, £35, [hellyhansen.com](http://hellyhansen.com)

Layering is key at this time of year and this base layer is tight fitting, without being restrictive. The vest is designed for a range of fitness activities, made with HH Cool fabric and an in-built bra to support high-impact workouts.



## Bottoms

### 1 Spiro Bodyfit Base Layer leggings, £13, [spiroactivewear.com](http://spiroactivewear.com)

Ideal for both competitions and training sessions, these leggings are made from soft-stretch fabric for freedom of movement during your runs. The long-length design is well suited to chillier days and the classic black colour will flatter all body shapes. There's also a handy zip pocket to store your valuables on the move.



### 2 Striders Edge UV Capri, £55, [stridersedge.com](http://stridersedge.com)

If you prefer three-quarter-length trousers this pair is ideal. The contrast side panels and reflective piping flatters and slims your figure, while the ruching around the knee aids freedom of stride. The charcoal colour makes a nice change from standard black.



### 3 HPE Formula40 shorts, £40, [hpe-store.com](http://hpe-store.com)

Love loose-fitting shorts to train in? Give this pair a go on your next session. They have chafe-resistant coverseaming to accentuate your curves and four-way stretch fabric to ensure comfort as well as style. And, there's a hidden internal pocket to hold your essentials.



### 4 Asics Women's Vesta Knee Tights, £35, [asics.co.uk](http://asics.co.uk)

Cool mornings and chilly evenings call for leggings and these performance tights provide breathability and essential moisture management, so you'll stay dry and comfy throughout your sweaty session. What's more, the leggings boast 360 degree reflectivity to boost your visibility.



## Accessories

### 1 Brooks Ravenna, £95, [brooksrunning.co.uk](http://brooksrunning.co.uk)

Invest in a good pair of running shoes well ahead of race day, and this pair offer the right balance of neutral and support to aid your stride. These funky trainers have an engineered saddle that envelops your foot to help towards a more comfortable run. We love the sleek design and stand-out colours, too.



### 2 Freya Active Cosmic Blue, £35, [freyalingerie.com](http://freyalingerie.com)

A well-fitting sports bra is just as essential as the right pair of trainers, so ensure you're supported with these dark blue and orange undies. You can stay comfortable and focused during your sessions without the worry of unwanted bounce!



### 3 Asics Challenge Racer Watch, £49, 01628 770 988

Keep on track of your workouts with this nifty gadget. The vibrant running accessory has been designed specifically for women and is easy to wear, view and use during your training sessions. So, you can keep on top of your performance and aim for that PB!



### 4 Odlo Headband Polyknit Running, £15, [odlo.com](http://odlo.com)

Stay warm on crisp morning runs and keep your hair comfortably off your face with the help of this stretchable knit headband. The breathable fabric means you won't have to worry about sweat getting in your eyes and the loops on the inner side increases insulation, to deliver the extra warmth you need at this time of year.

