

Asics Gel Kinsei

www.asics.com.au

The Kayano has had over a decade at the top of Asics Running Shoe range, but not any longer! Introducing Asics' new flagship shoe, the space age Gel Kinsei. Virtually everything on the Kinsei has been revamped or improved: lighter more durable EVA (termed Solyte); discrete gel units (or pods) under the heel of the foot; the super-breathable spacemaster mesh upper; improved stretch and higher tension in the biomorphic fit; and a fandangal space trusstic. If you want to try the ride of the new Kinsei, run on into your local Athletes Foot store (only store that is stocking them), but make sure you do not forget your wallet as you are going to need it!

Price: \$300

Where to get: Only in Athletes Foot stores



Pearl Izumi Shift XCR

www.pearlizumi.com.au

Well summer is over and winter is on its way and although Australia is not the wettest continent in the world, it can get pretty damp at times (well at least in some parts), so bring on the Pearl Izumi Shift XCR. The Shift XCR provides a seamless, breathable yet waterproof upper that will keep the little piggies dry at all times. Whilst looking specifically like a trail shoe, the XCR can also be used on the road and are most suited to a fairly neutral runner.

Price: \$250

Where to get: Selected Paddy Pallin Stores



POWERbreathe

www.powerbreathe.com

It just seems like common sense; we do resistance training for the muscles in our legs, back and arms, so why not our diaphragm? POWERbreathe is an inspiratory muscle trainer that strengthens the muscles used for breathing. The adjustable pressure valve only releases air when enough pressure is asserted to open the valve. Scientific research has shown particularly encouraging results for asthmatics. What we liked the most was its simplicity. Just a couple of minutes a day and your lungs will be able to keep up with the rest of your body!

Price: \$119

Where to get: Call 1800 000 180 for stockists



Pria Energy Bar

www.powerbar.com.au

There are some new flavours that have recently been added to the Pria Energy Bar range, Fruit & Nut and Strawberry. Both bars are considered Low GI products, so great for providing sustained energy. Perfect for a quick snack that you can nibble on before heading out for a run and packed with all of the chemical goodies that growing bodies need! R4YL have become big fans of the Fruit & Nut flavour.

Price: \$1.95

Where to get: Supermarkets, Health Food Stores

