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Look good all summer long.

T-shirt £12

Trousers £18



THE UK'S FIRST RUNNING MAGAZINE JUST FOR WOMEN

# women's running

WWW.WOMENSRUNNINGUK.CO.UK IT'S YOUR TIME!

**LOSE WEIGHT NOW!**

ONE PLAN TO BURN MORE FAT

**YOUR HALF MARATHON GUIDE**

- ✓ Pick your own plan
- ✓ Injury-free mileage
- ✓ 12-week schedules
- ✓ Run your perfect race

GET FIT WITH INTERVAL TRAINING  
WHY IT REALLY WORKS

**RUN YOUR NEXT PB!**  
TEN BEST FLAT RACES

**REAL-LIFE**  
'Running helped me lose five stone'

**LEARN TO LOVE LONG RUNS**  
Relight your running passion

**EAT THIS, NOT THAT**  
15 easy ways to save 400 cals

**STAYING YOUNG**  
'I'm 71 and run marathons'  
One inspirational woman's story

**FOOD ALERT!**  
SPICES TO BOOST RECOVERY

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