

Your outdoor WORKOUT WARDROBE

Be ready for all your sporty summer adventures wearing the latest kit to run, bike and hike

Running



COOL RUNNINGS (£63, asics.com)

From tanks and tees to shorts and shoes, the new range of summer running kit from Asics has everything to keep you feeling cool and dry when the temperature rises, including these light, flexible and breathable Road High Waist Tights.



SUUNTO Sonic Bone Conduction Headphones (£129, suunto.com)

Sweatproof and water-resistant, these open-ear headphones let you listen to your favourite music while allowing you to be aware of traffic or the sounds of nature. Incredibly lightweight, a full 60-minute charge delivers 10 hours of battery life.



Compressport Visor Ultralight

(£22, compressport.com)

Made from a ventilated and fast-drying mesh fabric that quickly wicks away sweat and moisture, this visor boasts an articulated peak that can be lowered for increased sun protection or raised to widen your field of vision.

HOKA Skyward X Road Running Shoe

(£185, hoka.com)

Pushing soft and smooth to the extreme, these resilient trainers promise your easiest miles yet with a convex carbon fibre plate that allows the revolutionary suspension system to compress and spring back with each step.



Montane Featherlite Windproof Jacket

(£90, montane.com)

Weighing in at a mere 90g, this windproof yet highly breathable jacket stows away in any pack or pocket. Perfect for whipping out on mountain trails to beat chilly gusts and gales, it also has several handy zip pockets.





**Adidas Terrex Agravic Speed
Ultra Trail Running Shoe**
(£200, [adidas.co.uk](https://www.adidas.co.uk))

Designed for ultra races, these shoes boast a breathable, foot-hugging upper and abrasion-resistant overlays for durability over any terrain. Made with recycled materials, they'll help you leave a footprint that's both stylish and eco-conscious.



**Smartwool
Active Mesh
High Neck Tank**
(£44.99, [smartwool.co.uk](https://www.smartwool.co.uk))

Combining three performance fabrics in one, this vest blends the natural anti-sweat and anti-odour benefits of merino wool with the quick drying time of recycled polyester and the softness and cooling properties of Tencel Lyocell.

HUAWEI Watch Fit 3
(£139.99, [huawei.com](https://www.huawei.com))

Ultra-slim and super-light, this fashion-forward sports watch has a 1.82in extra-large high-definition AMOLED display for viewing all your fitness and recovery stats and promises 30 per cent more stable heart rate monitoring.



**Haglofs L.I.M Intense Trail
Running Vest**
(£130, [haglofs.com](https://www.haglofs.com))

Serving as a super lightweight and breathable running gilet, this highly adjustable vest keeps all your essentials secure as you tackle long distances with a total of five pockets, plus two spots for hydration flasks.

**Sweaty Betty Tempo
Run Shorts**

(£65, [sweatybetty.com](https://www.sweatybetty.com))

These two-in-one running shorts are made from a quick-drying, sweat-wicking fabric and feature mesh inserts and high hemlines for total freedom of movement, with a zip pocket at the back for essentials.



**Compressport Pro Racing
Socks v4.0 Run Low**

(£16, [compressport.com](https://www.compressport.com))

Lightweight and highly ventilated, these ergonomically shaped socks prevent blisters by wicking away sweat quickly to keep feet fresh and dry. Different dot thickness also adds targeted protection and extra grip.

New Balance RC Short 3"
(£60, [newbalance.co.uk](https://www.newbalance.co.uk))

When the sun is shining, only short shorts will do! These ones wick sweat away from your body, feature an external back zippered pocket and two internal drop-in pockets, and include a seamlessly constructed internal brief for distraction-free runs.



**Brooks Crossback 2.0
Sports Bra**

(£50, [brooksrunning.com](https://www.brooksrunning.com))

Sleek and streamlined, this best-selling bra has smooth, built-in cups that lift and shape each breast to comfortably limit movement. The nearly seamless design also reduces chafing and digging.

Cycling

PEDAL POWER

Rapha's new 'This is how we ride' collection features cycling apparel to help female riders feel empowered, comfortable and confident. It includes this Padded Skort (£100, rapha.cc) with an integrated chamois pad to protect your posterior.



**Oakley Encoder Strike
Giro D'Italia**

(£248, oakley.com)
Created with insight from Team Oakley athletes, these cycling sunglasses feature functional ventilated frames for greater airflow and Prizm lenses with an extended shape for optimised coverage and a wider field of view.



**Giro Agilis MIPS Road
Helmet**

(£99.99, wiggle.com)
Combining an airy design with slightly deeper coverage, this helmet is at home on the road and during multi-surface riding activities. Adjustable for a secure fit, it also has anti-microbial padding for added comfort and hygiene.



**Thule Vital 8L Hydration
Pack**

(£124.99, thule.com)
Specifically constructed to improve bike handling and reduce muscle strain, this women-specific backpack has a low centre of gravity for optimal weight distribution, along with expandable cargo space for your gear and a 2.5L Hydrapak reservoir.



**Le Col Lightweight
Socks**

(£17, lecol.cc)
Engineered to maximise breathability without compromising comfort on the hottest summer rides, these socks use a lightweight mesh construction for optimised breathability and moisture management.



Vango F10 Hydrogen Air
(£580, vango.co.uk)

As the world's lightest twin-skin tent with AirBeam technology, this award-winning, highly-compressible structure is easy to inflate, takes just six minutes to pitch and packs away into small rucksacks and bike-packing bags.



Stolen Goat Wenders Ibex Everyday Jersey
(£75, stolengoat.com)
Easy to wear all day, every day, this short-sleeve jersey is designed to cope with the warmest of weather. Breathable, quick-wicking and fast-drying, it also features four-way stretch fabric for a close yet comfy fit.

H&M DryMove Cycling Bib Shorts
(£74.99, hm.com)

Lightweight and stretchy, these breathable bib shorts wick away moisture from your skin and have a mesh panel at the back to increase ventilation. A concealed silicone trim also helps to keep the legs in place.



Rab Cinder Crank Pants
(£135, rab.equipment/uk)

Ultra-lightweight and breathable, these technical biking pants have an articulated on-bike fit and high-wear reinforcements for added durability to withstand your most challenging adventures on mountain trails.



Rab Cinder Downpour Light Waterproof Jacket

(£160, rab.equipment/uk)
Built with a lightweight Proflex fabric which is supple and soft next to skin, this highly compressible and packable shell is packed with bike-specific features and perfect for throwing over your jersey in summer showers.

Le Col Pro Air Jersey
(£140, lecol.cc)

Made to help you survive the hottest conditions, this exceptionally breathable jersey is Le Col's lightest, with an airy mesh construction designed to increase airflow and minimise moisture build-up.



Maaree Empower Sports Bra

(£49, maaree.com)
Perfect for cycling, this breathable medium-support compression sports bra incorporates pre-tensioned Overband Technology to keep your breasts securely in place. Even better, it includes a rear pocket for phones and valuables.

Canyon Ultimate CF SL 7 Di2
(£3,849, canyon.com)

As Canyon's entry level all-round road bike, this high-performance design strikes a perfect balance between lightness, comfort, robustness and aerodynamics, and excels at racing and climbing.





Hiking



PEAK PERFORMANCE
(£50, columbiasportswear.co.uk)
Columbia's Boundless Explorer collection features advanced tech, including sun protection and rain-and-stain repellency. These breathable Boundless Trek Leggings will keep you feeling fresh all day.



Montane Dart Vest
(£32, montane.com)

Made from 100 per cent recycled Apex Eco fabric for the ultimate in breathability, this lightweight, moisture-managing vest dries almost as fast as it gets wet to keep you cool and comfy outdoors.

Rab Muon ND40L Hiking Pack

(£200, rab.equipment/uk)

Built for fast-moving hikers, this strong and streamlined pack boasts a women-specific fit, wraparound harness, shaped lumbar pad and supportive hipbelt for reliable comfort as you clock up the miles.



Merrell Moab Speed 2 Mid GORE-TEX

(£155, merrell.com/uk)

Perfectly blending flexibility and rigidity for amazing stability, this new and improved best-selling hiking boot now has a 30 per cent increase of foam underfoot for greater comfort, and Vibram traction lugs to improve grip.



Polar Grit X2 Pro
(£649, polar.com/uk)

With its brilliant Amoled touchscreen display, dual-frequency GPS, and ultra-durable design, this outdoor sports watch has all the training, recovery and sleep-tracking features you need, plus navigation tools and offline maps to help you explore more.



Finisterre Wander Short
(£75, finisterre.com)

Made from a recycled ripstop fabric, these hard-wearing and quick-drying adventure shorts look stylish in any setting. Relaxed at the thigh for an optimal range of movement, they also have a water-repellent coating for protection in light rain.



Keen Hyperport H2 Sandal
(£95, keenfootwear.com)

Hybrid versatility meets hyper comfort with this lightweight part-sandal, part-hiker. Ideal for all your summer wanderings, it offers a shock-absorbing insole, extra-thick cushioning, and Aquagrip rubber for better traction on wet surfaces.



**Jack Wolfskin Kammweg
FZ Fleece Jacket**
(£150, jack-wolfskin.co.uk)

Created specifically for ambitious, multi-day hiking trips, this lightweight merino wool-blend jacket soaks up sweat and dries quickly. The reinforced shoulders are also ideal for wearing with a rucksack.



BAM Twist Walking Socks
(£18, bambooclothing.co.uk)

Treat your feet to the very best in temperature control and comfort wearing these soft and breathable socks. Just the right thickness to wear with walking boots, they feature ribbing at the arch and ankle to prevent slipping.

**The North Face x Icebreaker
Merino 200 Dress**

(£135, thenorthface.co.uk)
Made from a soft and breathable 100 per cent merino waffle fabric, this stylish-yet-practical dress features a waist adjuster, side splits and dropped shoulders for excellent freedom of movement.



**YETI Yonder 25oz
Water Bottle**
(£25, uk.yeti.com)

Strategically engineered to be both incredibly lightweight and shatter-resistant, this bottle features a 100 per cent leakproof Yonder Cap with a two-part system for easier sipping and refilling on-the-go.



Smartwool Intraknit Racerback Bra
(£59.99, smartwool.co.uk)

For next-to-skin comfort, choose this seamless bra knitted from a moisture-managing merino wool blend. The racerback style offers even weight distribution across the shoulders while an outer layer supports, shapes and lifts. 