



MEN

WOMEN

STORES

Stephanie Gold NB points 4,100

myNB rewards

# INDOOR VS. OUTDOOR

## RUNNING INDOORS

A shorter stride and faster cadence makes the treadmill ideal for runners with a midfoot strike.

Controlled speeds, varied elevation and real-time performance stats let you personalize your run.

Stay inside and rack up miles in these running essentials.

### WOMEN'S



880v7



SEASONLESS TANK



IMPACT CAPRI

### MEN'S



860v8



STRETCH SS



DOMINATE DURASHORT

## RUNNING OUTDOORS

Outdoor running engages hip and leg muscles better than the treadmill and can be easier on the knees

Different running surfaces activate different leg muscles, plus changing scenery helps mix up your routine

Take it outside with these durable shoes and warm layers.

### WOMEN'S



GOBI TRAIL v2



NB HEAT JACKET



NB ICE 2.0 SS



NB HEAT TIGHT

### MEN'S



HIERRO v3



NB HEAT RUN JACKET



NB HEAT TIGHT

Whether you run indoors or out, our full running collection has you covered.

[SHOP WOMEN](#)
[SHOP MEN](#)

**COME SEE US**

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