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Gift guide runners

looking for the perfect running pressies? Our gift guide for 2024 has got you covered! Browse our curated range of out-of-this-world running gear from top brands, including leggings, jackets, tops, GPS watches, socks, and more. Whether you're looking to upgrade your own wardrobe or find a special gift for someone else, we've got endless possibilities. Invest in quality pieces that are ready for anything, with classic style meeting high-tech fabrics and thoughtful features. Need the latest gadgets? Discover open-ear headphones and lights for safer running, or top-quality smart-watches with sports features. If you know exactly what shoes someone needs, check out our latest shoe arrivals. Or if not, consider a Gift Voucher, so we can match them with the most suitable pair using our Natural Gait Analysis service. Online Gait Analysis is also available for those who can't visit our store. Our running gifts have everything to make a runner happy, but if you haven't found the perfect one, go for a Gift Card or E-Voucher. Ideal for any occasion and can be used in-store or online! Looking for more inspiration? Check out these collections based on running needs or interests... The article discusses various products suitable for runners, including a minimalist belt, running shorts, and accessories. The Dingo Running Belt Waist Pack is highlighted for its ability to hold large items securely while looking stylish. It also features a non-stretchy strap that provides a secure fit when worn lower on the hips. Tracksmith's split-seam shorts are made from high-quality Italian-sourced jersey, providing UV protection and moisture-wicking properties. The women's version has a liner and a 3-inch inseam, while the men's version has a liner and a 5-inch inseam. The article also recommends Tracksmith's shorts, which are described as being very soft and durable. They feature an internal drawcord, three pockets, and an exterior zip pocket for storing small items like keys and ID. In addition to running gear, the article mentions a yoga block from Manduka that can be used for supporting balance and stretching during yoga practice. It also features an extra-grippy texture and nicely rounded edges. Finally, the Lululemon Women's Ponytail Running Hat is recommended for long-tressed runners who want to keep their hair out of their face while running. The hat has an extra-wide back opening and sweat-wicking fabric, making it suitable for long runs in warm weather. Vest keeps runners visible to cars without obstructing their path. Running at night isn't ideal, but as the days get shorter, it sometimes can't be avoided. With the Amphipod Xinglet Reflective Vest, you can keep your favorite runner safe and visible to car headlights. The vest features adjustable straps that fit over the shoulders, chest, and waist for a bright and bold look from all angles. The Oofos OOahh Slide Sandal offers superior foot support with its foam construction, cradling arches and providing cloud-like buoyancy. The sandals come in various colors and are resistant to odors and moisture, making them machine washable. For sweaty runs, the ultra-absorbent Halo Sweatband II keeps sweat and sunscreen out of your eyes. With dozens of color options, this sweatband is a favorite among runners like Wirecutter senior editor Nathan Burrows. The Tracksmith Twilight Tee is a high-performance running shirt that remains soft and unstretched even after multiple washes. This premium tee makes for a thoughtful gift. For sore muscles, the Qi Mei Massage Ball provides intense pressure to unknot arches and loosen knots in other areas. And when chafing strikes, Squirrel's Nut Butter Anti-Chafe Salve protects sensitive areas with its smooth, non-greasy formula. For the new runner who wants to keep tabs on their health or a veteran runner seeking a fitness tracker, this device is an excellent gift option. We put several models through testing, with the Fitbit Inspire 3 emerging as our top choice due to its simplicity, small size, and precision. The Fitbit app syncs the data from the device, which displays time, heart rate, step count, and other relevant information on a swipe-activated background screen. Users can also monitor additional metrics such as distance traveled and SpO2 levels with a right swipe. Goodr OG Sunglasses offer great style and durability for runners Running gear that'll make your runs more enjoyable, including sunglasses with various frames and lens options to reduce glare and protect against UV rays, as well as a range of other products like sunscreen, recovery slides, running lights, and medal displays. These sunglasses come in a variety of styles and colours, with different lenses available to suit your needs. They also feature a 30-day return policy and one-year warranty. On the other hand, the Coppertone SPF50 4 in 1 Sport Sunscreen is a multi-benefit sunscreen that provides broad-spectrum protection for everyday use. It's water-resistant, sweat-resistant, and absorbs quickly into the skin, making it ideal for runners. Reviews rave about its effectiveness, saying it doesn't sting their eyes like other sunscreens do. The Oofos Slides are also highly recommended by reviewers, who swear by their comfort and ability to absorb impact after a run. The Lumefit Run Light is another essential item for runners, providing 360-degree visibility with its ultra-bright light and reflective bands. It's adjustable and comfortable to wear, making it perfect for nighttime or winter runs. Finally, the Stainless Steel Medal Hanger Display is a stylish way to showcase your running achievements, made from solid stainless steel and available at an affordable price. Reviews praise its sturdy design and ease of use, saying it "does the job perfectly." The Nike Dri-Fit Crew Neck Running Top is also a popular choice among runners, featuring a minimalist design, thumbholes, and a stash pocket for storing small items. Reviews rave about its comfort and style, calling it "the best running long sleeve" they've ever worn, best recovery shoes for runners: Oofos slides vs Hoka slides #7 Brooks Adrenaline GTS 23 running shoes (£135) we tested a very good pair of running shoes from brooks which had a lot of peoples favourite things about them such as cushioning and support making it a great all rounder to keep your foot stabilised during your run, lots of people have said that they love their Adrenaline GTS 23 because the support and cushioning is excellent and also like the colour options. #8 Gregory Maya 22 running backpack (£85) it can be very hard for women to find a good running backpack as most are designed with men in mind but this one from gregory is really good at fitting different body shapes. it has lots of compartments for your things and a stretchy front pocket that is so convenient. #9 adidas Tailored Impact High Support Sports Bra (£50) i love the sports bra from adidas as its very supportive during runs or workouts and its also breathable, functional and made from recycled materials which is great. people have said they are really happy with this product and say it should be tried by anyone looking for high support. Related: half marathon gear checklist: 6 running accessories for half marathon training #10 Core Balance Foam Roller (£13.99) this foam roller from core balance is a must-have for runners to relieve muscle pain and improve recovery times. its made of lightweight eva foam which helps break up soft tissue and target trigger points. #11 Westlab Soothing Epsom Bath Salt (£10) running can be hard on the body but an epsom salt bath may be just what you need to relax tired muscles. epsom salts are rich in magnesium which is great for treating skin issues and soothing overworked muscles. #12 Beenax Massage Ball Set (£9.99) another important thing for runners is massage, a good set of balls like this one can relieve trigger points and sore muscles I've found that incorporating sciatica relief exercises into my workout routine has been a complete game-changer, making it a must-have for anyone struggling with similar issues or general muscle tension. When it comes to gym essentials, here are some top picks: Adidas Everyset Trainer Shoes (£80) offer the perfect blend of comfort and stability, ideal for weightlifting. They provide a 'grounded' feeling that lets you focus on form during bodyweight exercises or lifting weights. Meanwhile, CFX Resistance Bands (£12.99) are lightweight, portable, and suitable for all fitness levels - great for targeting key running muscles in the hips, glutes, and legs. Build & Fitness Adjustable Wrist and Ankle Weights (£23.99) add resistance to runs or workouts without being too heavy, while Core Balance Yoga/Pilates Mat (£17.99) is a top pick for yoga and pilates due to its lightweight, extra-wide design, and non-slip surface. For those looking to integrate yoga with running, 'Yoga For Athletes: 10 Minute Yoga Workouts to Make You Better at Your Sport' by Dean Kohlman offers a no-nonsense guide on how to do it effectively and safely. #18 Gritin Sport Jump Rope (£7.99) The Gritin Sport Jump Rope is an ideal addition to any HIIT workout routine, offering a fun and varied alternative to traditional exercises. Its anti-slip design and easily adjustable length make it portable and convenient for on-the-go workouts. Several reviewers have praised the product, with one reviewer stating that it has taken their workouts to the next level. #19 Shokz OpenRun Wireless Bone Conduction Headphones (£103) Shokz Headphones are a top recommendation among runners, particularly those who value bone conduction technology and official backing from England Athletics. These headphones provide high-quality sound without overheating the ears during exercise, while also being incredibly comfortable and long-lasting. #20 Garmin Forerunner 235 running watch (£199) The Garmin Forerunner 235 is a popular choice among runners for its comprehensive feature set, including activity tracking, daily step counts, calorie tracking, and sleep monitoring. It also allows users to track their distance, pace, time, heart rate, and more with ease. #21 Theragun Prime Electric Handheld Massage Gun (£275) The Theragun Prime is a game-changer for post-workout recovery, providing deep muscle treatment to soothe tightness, tension, and discomfort. Reviewers rave about its effectiveness, citing a 10-fold increase in relief from pain compared to cheaper alternatives. #22 Run Fast, Cook Fast, Eat Slow: Quick Fix Recipes for Hangry Runners (£16.99) This book by Olympian Shalene Flanagan and chef Elyse Kopecyk offers fast and easy recipes that prioritize flavor without sacrificing nutrition. It includes a range of pre-run snacks, post-run recovery breakfasts, energizing smoothies, and more to fuel runners' busy lifestyles. Given article text here #1 Book for Healthy Recipes A great resource to improve your cooking skills is this book that focuses on high-quality nutrition without eliminating food groups. It's ideal for runners like you who want to feel fuller and more energized. #2 Garden of Life Sport Certified Protein Powder This protein powder from Garden of Life is a good choice due to its NSF Certification and Informed Choice Certification. It provides 24 grams of sustainable whey protein, sourced from grass-fed cows, ensuring the best amino acids for muscle recovery and repair. #3 Trip CBD Drinks These delicious CBD-infused drinks from Trip are perfect for before or after a run, providing an energy boost and helping with relaxation after a busy day. Many users rave about these drinks as a game-changer for their training routine. #4 Pip & Nut Dark Chocolate Nut Butter Cups Pip & Nut's dark chocolate nut butter cups are award-winning, ethically sourced, and palm oil-free. They make a great post-run recovery treat, perfect for satisfying your sweet tooth. #5 Supplements for Runners This article discusses various supplements that can help runners improve their performance and recovery. It also highlights the importance of tracking training progress with a year's training diary. #6 Running Motivation For those who need an extra boost of motivation to start their run, there are several gift options available, including stylish mementos for racing achievement, adorable mugs from Etsy, and coffee gift sets from Cafe Pod. The Ultimate Gift Guide for Runners Looking for the perfect gift for your runner? Whether they're a seasoned pro or just starting out, we've got you covered. From high-tech gadgets to luxurious pampering treats, here are our top picks to help them smash their goals. For the curious and adventurous, Adharanand Finn's book about training with the world's fastest people is a must-read. For the fashion-conscious runner, performance socks from Shyu will keep their feet happy all day long. And for those who want to show off their love of running, a minimal display rail to hold up to 48 medals is the perfect way to showcase their achievements. But what about motivation and recovery? Our journal with daily overview pages and reflection space will help them stay on track. Meanwhile, a box of Hu chocolate bars made from Fair Trade ingredients will be the perfect pick-me-up after a hard session. And for those weekend runs that end in fresh pastries, Britain's Best Bakeries are here to guide them. Athletes know how important recovery is, which is why Westlab's bath salts with magnesium are a popular choice. And for runners who love their kicks as much as they love running, a travel-sized cleaning kit will keep their shoes in mint condition. Last but not least, because those hard-working soles need some TLC too, the Cowshed pedi kit is a luxurious treat that includes a miniature foot scrub and balm, foot file, and socks to lock moisture in overnight. Looking for a way to warm up after a chilly swim? This mug from Ocean Bottle is made from eco-friendly materials and comes with a leak-proof lid. Not only does it keep you cozy, but buying this product also helps fund the collection of ocean-bound plastic bottles.

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