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RUNNER'S[®] WORLD



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HALF MARATHON SPECIAL

- Training plans for every level
- UK and world's best races
- Expert nutrition and strategy tips

Run Strong Forever

- ✓ BEAT INJURY
- ✓ HIT NEW GOALS
- ✓ STAY MOTIVATED

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Lungs With Yoga*

MO FARAH

Adam Gemili
Jonnie Peacock
Alberto Salazar

We celebrate our 2013 Heroes of Running

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with one simple diet tweak

Wipe Out Self-Doubt

BEAT THE HEAT

20 gear essentials for summer running

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AUGUST 2013 £4.50



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RAVE RUN



Location **Costa Brava, Catalonia, Spain**
Runner **Joe Mackie** Photographer **Dan Patitucci**

'Costa Brava' may not conjure up images of an off-the-beaten-track runner's paradise, but guided trail runs open up the rugged coast between the picture-perfect beaches, giving you stunning stretches all to yourself. This forest-coast-beach trail, south of Cala Estreta, ends in Calella, where recovery baths in the Med and Michelin-starred refuelling at Casamar await. runningcostabrava.com



