

**Riixo – Calf Cuff**  
– from £76.98

**Riixo.com**

These clever calf cuffs aim to reduce the effects of delayed onset muscle soreness (DOMS), help treat shin soreness, ease tight calves, reduce Achilles pain and aid faster recovery. With the use of both compression and ice/heat treatment they are a versatile and easy-to-use solution. The compression fit cuffs help promote blood flow along with either ice or heat treatment. The cuffs contain a gel which can be either frozen or heated in a microwave. This makes them extremely easy to use and they are also very simple to get on, thanks largely to the very clever sock which is supplied. With a carry case that helps them retain either the heat or cold, it means they can be used immediately after training or an event.

**Zygospec – Airfly – \$128.00**  
**Zygospec.com**

New Japanese brand Zygospec have taken a fresh approach to eyewear with these ‘floating’ sunglasses. By using a new temple grip design they have removed the traditional nose pad. The fully adjustable temple arms and pads ensure a secure yet surprisingly “invisible” fit and, by removing the nose pad, more air is able to circulate around the lens and thus reduce any fogging. The glasses are so light you forget you are wearing them and, with polarised or photochromatic lens options, all of which offer full UV protection, they are as functional as they are unusual.

**Secret Training – Stealth Big Energy Drink Mix – £17.99 (700g)**  
**Secret-training.com**

When you need a lot of energy per mouthful or have a limited capacity to carry bottles, perhaps in an ultra-distance event, then Big Energy delivers. When mixed as per the manufacturer’s directions the drink mixture will provide 180g of carbohydrate per litre. The fuelling solution has been tested by professional cycling teams as well as ultra-distance athletes in extreme conditions with exceptional results, making it the energy solution other brands are hoping to emulate.

**Torg – Energy Gels – £24.00 (Box of 15)**  
**Torgfitness.co.uk**

Formulated to deliver the brand’s unique blend of carbohydrates and electrolytes to the muscles quickly, these gels use a 2:1 Maltedextrin:Fructose mix along with key electrolytes. The result is 30g of carbs per gel in a range of flavours that offer something a little different from the norm. Flavours include forest fruits, banoffee and apple crumble, but our current favourite is the raspberry ripple.

