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OF THE BEST
GIFT IDEAS FOR
RUNNERS

PLUS
Stay Fit Through
the Holidays—
Free Training Plan

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Deena Kastor / Shalane Flanagan

RECORDS BROKEN P. 12, 22

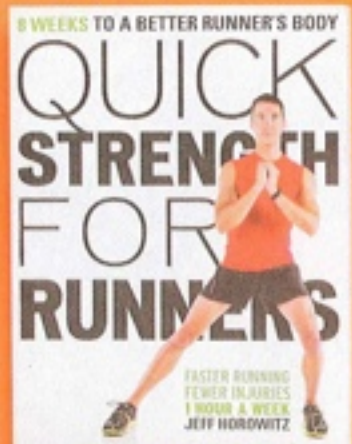
and Dennis Kimetto's new 26.2 record



Go Pro Hero 4
p. 60



Swunto Ambit3 Sport
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CROSS-TRAINING

1. **Reebok CrossFit Nano 4.0 shoes, \$120, reebok.com** The cage overlay construction delivers the lateral stability needed for dynamic workouts. Rope climbs, anyone? 2. **Beachbody PiYo DVD, \$60, beachbody.com** Blend the best of Pilates and yoga with this bodyweight-based resistance program for a low-impact, effective off-day workout. 3. **Quick Strength for Runners by Jeff Horowitz, \$20, velopress.com** Run coach Jeff Horowitz teaches readers how to work key muscles for increased strength on the roads. 4. **Jabra Sport Pulse Wireless earbuds, \$200, jabra.com** Carry your coach with you via a built-in biometric heart rate monitor, real-time voice coaching and a built-in fitness-tracker app. They even play music! 5. **SOUL Electronics Transform Headphones, \$99, soulelectronics.com** The Transforms serve up over-ear comfort rugged enough for on-the-go listening. 6. **Yurbuds Inspire 400 earphones, \$50, yurbuds.com** With soft yet secure fit, volume control, voice control, music control and magnetic-click technology for a tangle-free cable, if you can think of it, these probably do it!

Newton Kismet
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