



RUN,

CROSS-TRAIN,

EAT,

RECOVER,

REPEAT.

These 31 products—every one of them rigorously evaluated by the RW test team—will take your running to the next level. To find the absolute best stuff, we vetted hundreds of options on grueling road and trail runs, during sweaty gym sessions, and to fuel our efforts and recovery. No matter what your fitness goals are, this is the gear that will help you reach them faster.

INJURY PREVENTION / p.61

Bounce back with these high-tech devices, low-tech tools, and topicals that help treat and prevent aches and pains.

TRAINING / p.65

Everything you need—from weights to wireless headphones—to enhance your training, no matter how you work out.

NUTRITION / p.67

Delicious snacks, energy-boosting gels, and protein-rich recovery options that provide essential nutrients—all approved by dietitians.

FITNESS TRACKERS / p.68

From logging miles, mapping routes, and checking vitals to storing your favorite playlist, these are the year's top watches.

TRAIL / p.69

For the rugged and gnarly roads less traveled, you'll never want to leave home without these essential items.



←
MARC PRO / \$700

In our testing of high-performance self-recovery tools, nothing proved as effective as the Marc Pro. Lofty praise for an electrotherapy device, but it works, helping torched legs recover fast after hard tempo sessions and long runs. The device uses long, gentle waveforms to stimulate muscles without fatiguing them. Although it's pricey, its ability to reduce delayed onset muscle soreness (DOMS) and loosen tight muscle tissue is worth the money.