

→ **SUMMER TRAINING SPECIAL**

RUNNER'S

WORLD
JULY 2010

**Stronger.
Leaner.
Faster!**

The 7-Minute Workout Every Runner Should Do

5-K BASICS
Reach Any Goal

- ✓ LOSE WEIGHT
- ✓ STRESS LESS
- ✓ RUN—DON'T WALK!

NEW RULES OF HYDRATION
What (And When) To Drink For Peak Performance

+ Best Post-Run Recovery Shakes

Speedy Recovery
The Right Treatment For Any Injury

The RW Marathon Challenge
TRAIN WITH US!
New Plan Inside

BEGINNERS
Stay Fit On Vacation

RUNNERSWORLD.COM
WORLD'S LEADING RUNNING MAGAZINE

KITCHEN ESSENTIALS

Collapsible Colander

Every runner needs a colander for draining pasta or rinsing produce. But it often gets buried under a pile of pots, making it difficult to grab in a hurry. Instead, try one that collapses flat, like this one by Chef'n (chefn.com), so it's easy to retrieve when you need it.



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as seen in