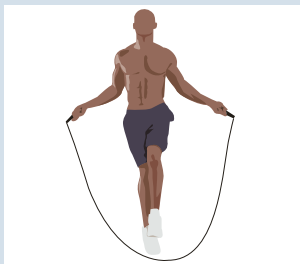


1 MONTH TO ... JUNK THE GYM

Wallet under more strain than your muscles? Running is one of the cheapest ways to keep fit, but you can maximise the benefits by tearing up your gym membership and doing your cross-training at the park.

1 Buddy up

Resistance training in pairs can be as effective as using weights, according to a 2009 study at the University of Texas. Run through your normal regime of leg curls, extensions and crunches, but get a friend to push against your movement, with increasing power.



2 Jump to It

Skipping can burn 700 calories per hour, while building fast-twitch muscle fibres in the quads, glutes and calves. Build up to six-minute high-intensity sessions of 180 revolutions per minute - roughly 85 per cent of maximum heart rate.

3 Short circuit

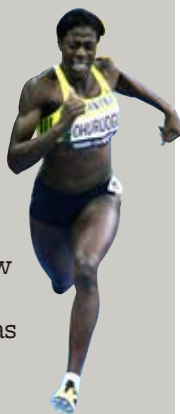
After performing 30 reps each of sit-ups, lunges and press-ups, find a park bench. Do step-ups by placing one foot on the bench and lifting your body up so weight is evenly distributed on both feet. Repeat 30 times on each foot.

THIS MONTH'S WARM-UPS CONTRIBUTORS:
RUTH EMMETT, ED EYESTONE,
JASON KARP, KERRY MCCARTHY, SAGE ROUNTREE

JUNE

1

Always dreamed of competing against elite sprinter Christine Ohuruogu? Then get on board the **ADITOUR**, a month-long interactive sports roadshow that gives you the chance to try out new footwear and take on some of the best athletes adidas has to offer. Find out more at adidas.com/aditour.



5

Runs of a different kind will dominate the news when **ICC WORLD TWENTY20 2009** starts today. Men's and women's cricket tournaments are integrated this year, so match-day ticket holders get twice the bowls for their buck. Visit cricket20.com for further details.



20

Not ready to flash the flesh in skimpy summer kit? Then cover up at today's **SUMO RUN 5K**, in London's Battersea Park, where competitors run the course in inflatable sumo suits. All proceeds go to charity. Visit sumorun.com to register.



25

It won't take a year in Provence to sort out your strides with the **SAAB SALOMON TRAIL TRAINING CAMP**. This week-long course includes tips from the UK's best trail runners, all in a French countryside setting. See saab-salomontrails.com.



1

Winner of the **RUNNER'S WORLD Jane Tomlinson Inspiration Award** 2009, Rosie Swale-Pope is a true adventurer. Read about her global running challenge in **JUST A LITTLE RUN AROUND THE WORLD**, published today by HarperTrue and on sale for £6.99.



10

Learn more about your sport with **ASICS RUNNING 2009**, a course held at Kettering Conference Centre, Northamptonshire. Topics including rehab, physiology and biomechanics will be taught by industry-leading experts. Tickets are £125, available from physiok.co.uk.



22

WIMBLEDON starts today - the perfect excuse to treat yourself to strawberries and cream. Up to 500 tickets per day are reserved for sale at the turnstiles of each court, so run down early to stake your claim. Visit wimbledon.org for more details.



27

Forests, moors and mountain views await runners at the **Outsider Festival** today. Choose between the **OUTRUNNER 12K** or the **ROTHIE RELAY 6K**, both in Cairngorms National Park. Or try a whole new sport altogether, be it gorge walking, river rafting or mountain climbing. Book at outsiderfestival.co.uk.

