

Shift to a higher gear

Five new products to help you find just a little more speed

By Brad Culp

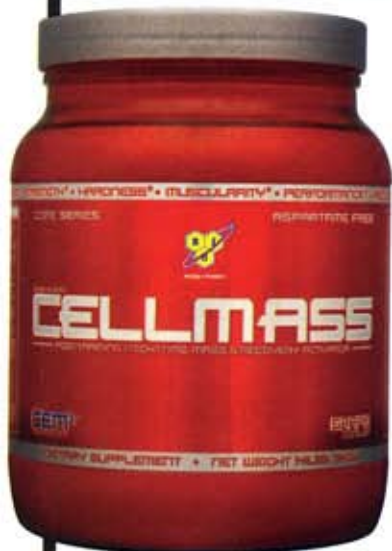
If you've been at this sport awhile then you know mammoth jumps in fitness are hard to come by; so instead, we seek out what little advantages we can find. These five new products won't make you drop 30 minutes at your next Olympic-distance race, but they can make training and racing a bit more comfortable and a little faster.



Fitness with Joe Easy Runner \$60

You probably won't pick up too many members of the opposite sex running down the street with this thing, but you'll probably start running faster, so we think it's a fair trade. The rubber bands connect from the back of your ankle to your waist to help prevent over-striding, which is a cause of injury among runners. After a few short training sessions you'll notice a faster turnover and a more upright running posture.

fitnesswithjoe.com



BSN Cellmass \$60 (40 servings)

Don't be turned off by the name. Just because the word "mass" is there doesn't mean it'll bulk you up. Cellmass is a post-exercise and nighttime muscle rejuvenator proven to help repair your working muscles while you rest. It contains a blend of creatine, glutamine, phosphates and electrolytes to help make the most out of every training session. At only 40 calories per serving it's one of the lowest-calorie supplements to aid muscle recovery.

bsnonline.net



Kona Endurance Pro \$60 (40 servings)

One of the biggest buzz products of 2007 has been revamped for 2008. Kona Endurance Pro has a similar formula to the original VO₂ max-boosting supplement, but the newest edition has been reinforced with more adaptogens like rhodiola rosea and more amino acids like citrulline malate. Take it every day for a month with breakfast and see if it works for you.

konaendurance.com



TriSwim TriSlide \$13.50/bottle

Who ever thought that skin lubricants could go high-tech? TriSwim—makers of chlorine-fighting shampoo, conditioner, body wash and lotions—recently released TriSlide as the first skin lubricant available in a spray bottle. The silicone-based lubricant works well at preventing chaffing, but we liked it best under the arms and legs of our wetsuit. It makes your wetsuit fly off better than cooking spray and it won't dissolve any of the neoprene. tri-swim.com



Speedo STR X Wetsuit \$550 (full sleeve), \$350 (sleeveless)

It seemed inevitable that the world's leading swimsuit manufacturer would eventually dive into the wetsuit business. What took them so long? They wanted to do it right, and the STR X is proof they've done their research. Using 3mm Yamamoto SCS neoprene throughout the chest and back, the suit provides maximum flexibility where you need it most. The backs of the legs have been reinforced with 4mm Aero Mesh neoprene, lifting the butt and hips out of the water and minimizing drag. Speedo has also released the STR PRO as its mid-level suit (\$300 for the fullsuit and \$250 for the sleeveless). speedousa.com

Images courtesy the manufacturers