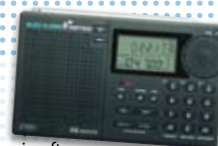


FOR HIM

HE'LL LOVE...

Eton G6 Buzz Aldrin Aviator Radio

Celebrate 40 years since Buzz and Neil walked on the Moon with this pocket size, world band radio for the traveller, radio or aircraft enthusiast. Tune into MW, FM, shortwave and the aircraft band; features stereo sound, night-time backlight, fast or slow tuning, international clock and wake-up alarm. £89.95 – for stockists call 023 92 313090 www.etoncorp.co.uk



GADGETS

Energy conscience

We've become hugely addicted to technology, yet at the same time we're aware of its environmental impact – but can we have it all? Of course we can.

Smarter Charger – Eco Charger

£19.99, www.carphonewarehouse.com

We waste a staggering amount of cash leaving our mobile plugged in even when they've been fully juiced.

Push the button on the front of this charger and it'll glow blue, then when your handset is fully charged it switches off, this makes it an impressive 90% more efficient than your standard socket-dweller.



Green Routes – Econav

£159.99, see www.vevia.co.uk

This is a first in the SatNav market, and plenty will follow suit into the eco-friendly sub-category soon. Enter some details about your car and it'll give you the route that's best for your fuel consumption, and also advise on gear and accelerator pedal usage to get the most from your tank. Overall, the system reckons it could save up to one-third off the average driver's fuel bill, and so pay for itself in six months.



Energy Eye –

Watson, £99.99,

www.firebox.com

Not just an impressive-looking device, but one that really delivers and gives you and the family a clear idea on where to save cash.

It hooks up to your electricity meter and then, in a combination of cool blue and red glows as well as numbers, shows you on an LED screen how energy efficient you are and how much you are spending.



Planetary Power – Freeloader Pro

£69.99, www.iwantoneofthose.com

Early efforts to solar-power gadgets were okay, but this one is noticeably better – possibly the best harnesser of the sun's power we've seen so far.

You'll get 10 adaptors in the kit that fit most of the big, branded electronic items. You can either charge them directly when the rays are shining or let your Freeloader soak up the sun to its internal battery and power up after dark.



> GEAR, GADGETS AND GET FIT

It's Tee time

RETAIL THERAPY

with Jon Perks



What better way to celebrate summer than with the latest crop of tees

You don't need any more T-shirts, you've got enough to open your own store..." says the Goodyly Other Half as she attempts to pull me away from a Bullring shop window. She may be right, but there's something hugely satisfying about pulling on a new tee for the first time – as there is with wearing an old favourite.

My brother insisted on keeping hold of one bearing an image of Sitting Bull/Crazy Horse until it was so tight on him it was tearing at the seams. He'd had it since he was four. I think he finally binned it when he hit puberty.

There are several theories as to the T-shirt's origins, but most agree it came from the navy (British or US depending on your allegiance) in the early 20th century, when it was just a plain

white garment worn under the uniform.

Today there are more designs, motifs and colours than days in the year – and that's part of the appeal.

Wearing a design or slogan that makes you stand out is one of the key attractions, and this summer there's another raft to choose from, whatever your size, taste, budget or gender. Here are just a few that caught our eye:

Angle Wolverine tee, £25 from French Connection



Fat Punk Eve t-shirt, £29.99 from www.fatpunkstudio.com



Free & Easy tees, £25 from Fat Face, The Mailbox



Banksy Pulp Fiction Bananas tee, £14 from www.8ball.co.uk

Led Zeppelin Coda T-shirt, £14.99 from www.8ball.co.uk



Jacamo White Petrol logo T-Shirt, £10



Exploding Chopper from Chunk, £24.95 from www.moreTvicar.com



McNulty from The Wire, £12 at www.shotdeadinthehead.com

Jakes vintage Cosmos '74, £28 from www.moreTvicar.com



Pop Crew £25 from Fat Face, The Mailbox



Sex Pistols puzzle newspaper tee, £24.95 from www.moreTvicar.com



Soul Cal Independent Tee £16.99, from Republic

Race ready

PERSONAL TRAINER

with Sam Taylor



With the entries for the Second Birmingham Half Marathon (October 11) now open, I have decided to give you the low-down on how to get your training programme ready for the event. Training for a distance such as 13.1 miles takes a lot of time, commitment and passion, but the feeling of joy on completion makes it all worthwhile. Here's how to prepare for the miles of blood, sweat and cheers.

The perfect fit

Get to a specialist running shop and have your

gait analysed; they will have experts on hand to guide you towards a new pair of trainers that will suit your foot shape, posture and running style. This will then help in the prevention of a number of injuries which can occur due to the impact generated when running. A good pair of socks will help prevent odours and blisters.

Creating a core training plan

Maybe not your first thought when it comes to training for a running event, but possibly just as important as your running sessions. Improvement in flexibility can help reduce the risk of injuries and increase recovery time between sessions. Improvement in core muscle strength and function can improve posture, running style and in turn athletic performance. I would recommend stretching before and after training and furthermore combine a stretching routine with approximately eight core stability exercises on rest days.

Interval training

This is my favourite method of running training and involves working at different intensities for either a designated time or distance. A simple example of this would be to walk at a steady pace for one minute and then run at a fast pace for one minute, alternating this process for the desired time. Intervals are a great way to build stamina and also a fantastic way for you to train at speeds you normally wouldn't reach.

Tempo running

This is a great way of preparing your body to run your desired speed come race day. It involves training at your 'race pace' for example if you wanted to run the half marathon in two hours you would be required to run 9.09 minute-miles. Therefore a simple tempo running schedule would involve running at a steady pace for 5-15 minutes then run at 9.09 minute miles for 2-3 miles, go back to a steady pace for a further 5-15

minutes and then finally back to 9.09 minute miles for another 2-3 miles. To progress the programme you would decrease the steady pace running time and increase the distance running at your race pace until you feel confident in achieving your target pace.

Hill training

Great for building stamina and strength but everybody hates them! Find a hill of fairly steady gradient and approx 100m in distance. Newcomers begin by walking up and then running down it and progress to running up and walking down and then both up and down. Tackle the hill between 6-12 times depending on individual fitness levels.

For more information on the Birmingham Half Marathon visit www.birminghamhalfmarathon.com and for running training plans contact Sam Taylor on 07931955194 or email sam@lifestyles2day.com.