

get fit **Run Into Shape**

KNOW WHEN IT'S TIME FOR A REST DAY

Under Armour's SpeedForm Europa RE running shoes (from \$140, underarmour.com) connect with the MapMyRun app to give you your usual running analytics, including distance and real-time pace info. But they also have the Jump Test, a feature that measures your average airtime during a series of jumps, indicating how fatigued your muscles are. Bonus: The battery will outlast your sneakers by a long shot.



SCAN TO SHOP!

Download the free **Love My Shape** app and scan the page.



GAUGE YOUR INTENSITY

Are you a minimalist? Now you get real-time heart rate updates even without a running watch thanks to these **Bose SoundSport Pulse wireless headphones** (\$200, verizonwireless.com): They track your pulse from your inner ear. Use the companion app to record your heart rate data over time. Plus, you can train hard and sweaty because the ultradurable earbuds are covered in a water-repellent cloth.



PERFECT YOUR POSTURE

Better running form means a new PR and less risk of injury. **Lumo Run** (\$100, lumobodytech.com) can help you get in line without hiring a running coach. Sync it with your smartphone and clip the pint-size device on the back of your pants, aligned with your spine. During your run, it can give you real-time audio coaching on things like cadence (a.k.a. foot strikes), braking, bounce, and pelvic rotation.

Go gadgets

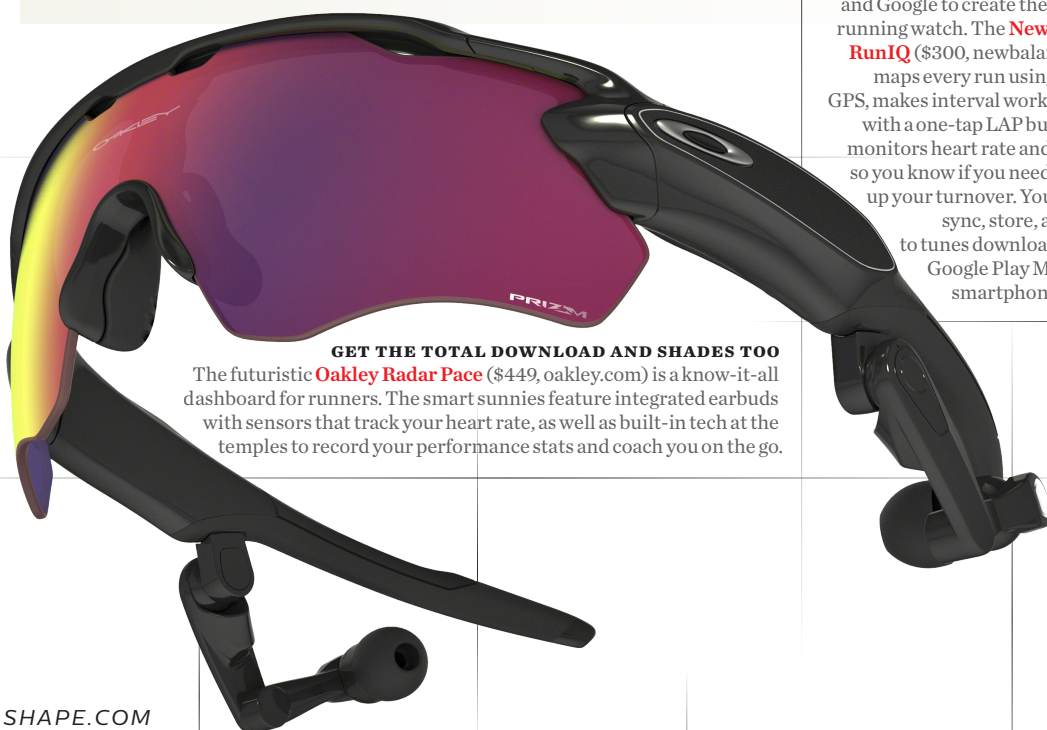
There's more to running tech than meets the wrist. The latest wearable gear is also popping up in sunglasses, headphones, sneakers, and even waistbands to give you the intel you need to be faster, stronger, and better than ever.

By SARA ANGLE



KEEP ALL YOUR STATS IN ONE PLACE

OK, so this one *is* a wrist gadget, but it packs such a punch, we had to include it. New Balance teamed up with tech titans Intel and Google to create the ultimate running watch. The **New Balance RunIQ** (\$300, newbalance.com) maps every run using built-in GPS, makes interval workouts easy with a one-tap LAP button, and monitors heart rate and cadence, so you know if you need to speed up your turnover. You can also sync, store, and listen to tunes downloaded from Google Play Music—no smartphone needed.



GET THE TOTAL DOWNLOAD AND SHADES TOO

The futuristic **Oakley Radar Pace** (\$449, oakley.com) is a know-it-all dashboard for runners. The smart sunnies feature integrated earbuds with sensors that track your heart rate, as well as built-in tech at the temples to record your performance stats and coach you on the go.