

Take the First Steps to Fitness this week with Running gear from SportsDirect.com

Thursday 26 April, 2012

If you've been inspired by the London marathon runners this weekend and you're ready to pound the pavement to either shift those pounds, improve your health or start training for your own marathon, leading [running shoes](#) retailer SportsDirect.com have some fantastic offers for you this week.

Taking up a new hobby or sport can be quite a challenge, not only physically but on the wallet too! SportsDirect.com's range of running gear including trainers, clothing and accessories will not only get you looking the part but will save you money on top brands. Right now you can get up to 80% off selected running gear for both men and women.

If you're training in the evenings, hi-vis running clothing is essential to stay safe on the roads; SportsDirect.com's hi-vis range starts from just £4.99 online and you can choose from shirts, coats and reflective accessories to be seen.

If you're just starting out as a runner, jogger or power walker; finding your own pace and rhythm can take time. Avoid over heating during your exercise routines with the right base layer clothing. Starting from just £2, the SportsDirect.com base layer collection includes shirts and running tights to help regulate your body temperature for a more comfortable, sustainable exercise routine.

It's not just the right clothing that can help improve your fitness regime, finding running shoes that fit well and prove their stability against the elements is another step in perfecting your training. SportsDirect.com offer a wide variety of running shoes for men and women from trusted, quality running brands such as New Balance and Karrimor. The online sportswear giants also stock speciality trail running shoes if you plan to take on a tough terrain throughout your training.

Wherever you run and however you run, SportsDirect.com's selection of equipment and clothing will suit your ability, style and performance without breaking the bank. Log on today to find the latest deals at www.sportsdirect.com or stay up to date socially via the official www.facebook.com/SportsDirectUK Facebook and twitter.com/SportsDirectUK pages.

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