

**MEN'S
Running**

TRAIL ZONE

YOUR MONTHLY GUIDE TO RUNNING IN THE GREAT OUTDOOS

MILITARY MAYHEM

MR tackles the
special forces
selection test

**TURN YOUR
TRAIL RUN
INTO A GYM
SESSION**

p70

HARD MAN?

**CAN YOU TACKLE THE
UK'S TOUGHEST
OFF-ROAD RACES?**

GEAR

**KIT YOURSELF OUT
WITH OUR TRAIL
APPAREL GUIDE**

INSIDE 