

## ICE GUYS FINISH FAST

Cool your jets: **Icing your thighs just before a race can improve your finishing time**, a new British study reveals. In hot, humid conditions, experienced runners who wore frozen gel packs on their quads and hamstrings during a 30-minute warmup averaged 85 seconds faster in a 5K than when they didn't ice. "Precooling blunted the negative effect of heat strain, so the runners were able to exercise more intensely, especially over the final kilometer," says study author Carla Randall, M.Sc. Try it: Use underwrap and tape to strap on ice packs, or wear compression shorts that have pockets for reusable ice inserts (\$110, 110playharder.com).

SPEED  
SECRET!

Warm up with  
ice to crush the  
competition.