



WHAT ARE YOU WAITING FOR?  
EXPLORE THE WORLD AROUND YOU TODAY



Wherever you are, whatever you're doing, create your own rules. Find a running route, lace up your shoes, and brace the great outdoors as you explore the world around you on foot. Not tomorrow. Today.

Whether you're on holiday or at home, running is one of the best ways to uncover your surroundings and renew your perspective. Reinventing her running routes around London is how inspirational speaker and creator **Adrienne LDN** keeps discovering the capital.

**Adrienne adds:** *"Everyday and every run is a chance to discover and explore your city. When I'm running, I have the freedom and the time to clear my mind, then I can start the day with focus, and that's ... #whyirun."*

Support yourself on every run in the **How We Do Tight**, designed to get you to the finish line, thanks to a high-rise back and drawstring waistband, its tight, lightweight fabric with reflective detailing, and zipper pocket for essentials. Paired with the racerback **Don't Rest Bra**, achieve new personal bests in this medium support garment, which features compression technology, anti-bounce straps and a cooling ventilation mesh panel. Sizes range from A to D cup.

**Where will your run take you today? Let us know**

@adrienne\_ldn @adidaswomen #HereToCreate

**See the full SS18 Bras & Tights collection here:**

[www.adidas.com/training\\_women](http://www.adidas.com/training_women)