

FITNESS



The ultimate winter training accessory is a tiny man on a tricycle trailing behind you.

Cold Runnings

LOOK COOL STAYING WARM.

Some bears hibernate when winter comes, spending nights at home listening to the *Dreamgirls* original cast recording on vinyl. Others let neither snow nor rain nor gloom of night hamper their will to run. Now, thankfully, you don't have to bundle up Michelin Man-style to stay warm. Your winter running wardrobe can be as sleek and stylish as your summer one. Just choose wisely and remember to layer. **JOSHUA DAVID STEIN**



NEW BALANCE MRJ9303 LIGHTWEIGHT CONVERTIBLE JACKET

New Balance's Cocona-infused outer shell jacket converts into a vest (hello, global warming!) and is full of thoughtful features like an iPod pocket and back vents. \$99



NEWTON ALL-WEATHER TRAINERS

With a gripped sole for icy roads, a unique support system, and a highly reflective upper, these sneakers are tough enough to outlast the season but light enough not to feel like snowshoes. \$175



BLACK DIAMOND MIDWEIGHT GLOVES

The goat leather palms of these snug Polartec Power Stretch fleece gloves are reinforced with Kevlar stitching to keep your hands toasty and skinny-looking. (For 30- to 40-degree weather.) \$22.95



NIKE THERMAL RUNNING SKULLCAP

You can lose a lot of body heat through your head, so a good cap is as important to a winter runner as a yarmulke is to a rabbi. Black but reflective, Nike's skullcap is a simple yet stylish example. \$20



BROOKS THERMAL VISIBILITY PANTS

Days are shorter and nights longer in winter, so it's more likely you'll be running in the dark. With 360 degrees of highly reflective Scotch-Brite, these pants are reflective without being unduly shiny. \$88

SHOW AND TELL

GET A GREAT ASS

Getting steely glutes isn't a walk in the park (though walking does help). We asked Brian Palomba, a personal trainer and butt guru at Equinox fitness club in New York City, for assistance.



TARGET YOUR ASSETS

"If you're interested in bulk, use higher weights with fewer reps—three sets of 12," says Palomba. "If you're looking for more definition, use lighter weights, but do more reps—three sets of 20."



SQUATTER'S RIGHT

The squat is one of the most effective exercises for your butt. Keep your weight on your heels and your chest high. At the bottom position, your butt should be stuck out, your knees bent at a right angle. At the top, your butt should be squeezed in and your legs straight but not locked. Rest the bar on your shoulders, not your neck. Start with three sets of 10, using only your body weight. Increase weight gradually.



ASS THAT BACK UP

"Glutes not only allow you to straighten your legs, they are responsible for raising your back away from your lower body." Do squats, but also try back raises, which keep your legs stationary. Go as low as you can with your back straight. Curving it outsources the work to your back and leaves your butt jiggly.

EVERETT COLLECTION (ROCKY III)

