

Well & good

Vanity box Face protection

The heat is on, and you better be lathering this stuff on to save face, writes **Angie Wong**

Shopping



◀ **Lancôme** The silkiest formula we found without a white film after mess. The SPF 30 is great for all day wear and it is full of vitamins. *Lancôme, citywide, \$350.*

▶ **Bobbi Brown** This tinted moisturiser is a triple threat. It moisturises, protects your skin from the sun's rays, and offers foundation coverage for those who can't go bare face even on hot summer days. *Bobbi Brown, citywide, \$340.*



◀ **Murad** This is what many doctors prescribe to their patients after a skin peeling or other abrasive treatments. The SPF 30 cream does go on thicker than other formulas. But that is to ensure full coverage. *Elemis Spa, Citywide, \$690.*

▶ **Neutrogena** A very light moisturiser which is perfect for travel as 100ml passes airport security. The SPF 15 offers enough protection for a day in the sun, but not enough for sunbathing. *Mannings, citywide, \$99.90.*



SURVIVAL OF THE FITTEST

Last the pace

and when, if you puff out try walking at a decent speed until you catch your breath, then run again. Keep this up for the full 5km. Once you can do 5km without walking at all boost it straight to 10km with the same run/walk strategy.

Once you can run 10km you're going to need to visit the weights room at your local gym and work through a series of lunges, squats and sidesteps to add a little muscle to your legs. Do this once a week for about 40 minutes each time, consult a trainer if you are unsure how to do any of them correctly.

The next big step is 20km. This distance takes time when you first start out, but keep at it and you should

Tell your colleagues, tell your folks, tell your half-asleep building security guard you are running a marathon

Benjamin Branch shows us how to make it to the finish line

I get asked by a lot of people, both friends and clients, how they can boost their endurance for sporting events like marathons, Trailwalker and triathlons. The simple answer is to train hard. But this is perhaps an over-simplification. If you train for a marathon by doing nothing but weights, you aren't going to finish the race. So not all endurance is the same and if you train incorrectly, you'll likely not succeed.

I decided that for this issue's column I would focus on the most popular endurance sport, marathons. Obviously before you begin any serious training you should see your doctor and get checked out, just to make sure you don't keel over and potentially damage the sidewalk.

Marathons can be really tricky. I mean really, really tricky. You're looking at putting your body through a serious beat down. Not just during the race but during the training as well. A good idea before you begin training for a marathon is to tell every person you know that you are going to run a marathon. Put in on Facebook, tell your colleagues, tell your folks, tell your half-asleep building security guard. After you have done this you will be unable to back out of it without looking like a total idiot and this should be enough to keep you motivated.

You'll probably want to start training with 5km runs and a fully loaded iPod, run for as long as you can

be able to get your body tuned to the endurance. You should be running this distance twice a week.

Two weeks before the marathon I'd recommend running a marathon distance either on your own or with a friend as a warm up, then drop back to 20 km runs twice a week. Three days before the race stop all running and weight training. Stretch your whole body out for 15 minutes a day and eat healthy. On race day, make sure you get at least nine hours sleep the night before. Now you're ready for the big race.

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Endurance is king Here's how to go the extra mile to the finish line