



Sports Bra Guide

The only excuse for not purchasing a good sports bra to support your breasts as you run, is that you are male!

The average breast weighs between 250 -300g, there are no muscles within the breast itself and any unsupported movement - such as running - causes three-dimensional movement: up-down, in-out, and side-to-side. This can result in discomfort, chafing and strain on the breasts' supportive tissue - the Coopers ligaments - which in turn can lead to sagging. Once the ligaments around the breast stretch there is nothing you can do to shorten them again.

Normal bras reduce breast movement by approximately 35 %, but a good sports bra achieves closer to 60%. A- and B-cup sizes normally suit crop-top compression styles or running vests with inbuilt support, while larger sizes can require moulded cups. Either way, look for a bra which has been designed for high-impact activities. All of the bras stocked at Coventry Runner are of this type and are particularly suited to running.

Sports bras work by compressing the bust close to the rib cage for maximum hold and minimum movement. They also need to provide total coverage, so forget trying to find one that looks glamorous - it won't do the job properly unless it's high cut and full in the cup.

The principles of a good sports bra

1. The fabric should be comfortable and absorbent.
2. The bra should be smooth against the skin, with no rough seams or bindings that could rub or cause irritation.
3. The straps should be fairly rigid, to minimise bounce, and be wide enough to sit comfortably on the shoulders.
4. The underband should be firm around your body, to prevent it from riding up your back.
5. A 'jump test' is probably the best way to test how effective a bra is at reducing bounce!