



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

TriZee Athletes, Ft-201 Jalsa Apartment, Bhopal | www.TriZee.in | 9893389787

Best Undergarment Choices for Female Athletes in Running, Cycling & Triathlon

Hey TriZee Girls 🙌

If you're serious about running 🏃, investing in a good sports bra is just as important as good running shoes!

Here's what to look for:

- **High-impact support:** Running involves repetitive motion, so it's important to choose a bra that provides firm, comfortable support to minimize movement and ensure ease throughout your run.
- **Moisture-wicking fabric:** Keeps sweat away and prevents rashes.
- **Snug, not tight:** It should support, not suffocate.
- **No underwires or rough seams:** Avoids chafing during long runs.
- **Adjustable straps or racerback designs:** Better fit & movement.

Recommended options:

1) Kalenji by Decathlon:

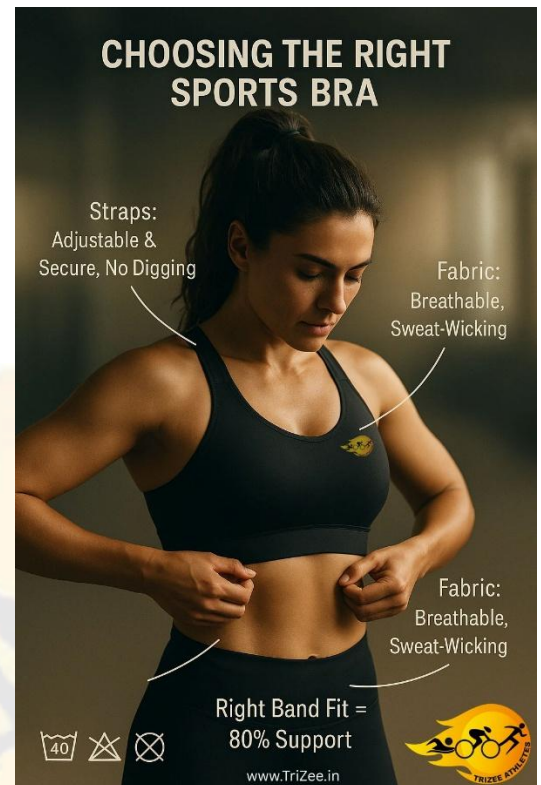
- a) Basic Running Sports Bra (₹599-₹899)
For Long runs, HIIT, intense training
- b) Sportance Running Bra (₹612-₹999)
For Marathon training, fast tempo runs, cross-training
- c) Zip Running Sports Bra (₹1,299-₹1,499)
For Serious runners seeking easy on/off and strong support

2) Nike:

- a) Nike Dri-FIT Alpha High-Support - Zip-Front (₹2,400-₹3,500)
For Long runs, interval workouts, races, HIIT
- b) Nike Dri-FIT Swoosh Run High-Support (₹1,500-₹2,500)
For daily runs, for medium intensity runners
- c) Nike Swoosh Run Division (₹1,500-₹2,500)
For Short runs, recovery jogs, treadmill session

3) Adidas:

- a) Adidas TLRD Impact High-Support Bra (MRP ₹4,599 available at discounted ₹1,839)
For Intense running, long runs, interval training, endurance sessions
- b) Adidas Don't Rest Alphaskin High-Support (₹2,000-₹3,000)
For HIIT, speed work, medium distance runs, race day
- c) Adidas Don't Rest Alphaskin Medium-Support (₹1,999-₹2,499)
For Easy runs, medium pace runs, recovery jogging





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4) Under Armour:

- a) Under Armour Infinity High-Impact (₹3,000–₹4,500)
For Long runs, tempo sessions, hill workouts, Serious running.

5) Puma:

- a) Puma Mid Impact 4Keeps (₹1,100–1,300)
For everyday runs or training
- b) Puma Run Reflective High-Impact (₹3,499)
For races, long runs, or high-impact sessions
- c) Puma High-Impact Ultraform (₹3,499)
For races, long runs, or high-impact sessions

6) Amazon:

- a) Enamor SB18 (MRP ₹1,999, After Discount ₹798–₹838)
For Marathon training, interval workouts, long runs
- b) Enamor Cotton Blend (₹844)
For Easy runs, gym sessions

Invest in Your Comfort, Performance & Confidence:

Your athletic journey deserves more than just determination; it needs the right support, quite literally. Wearing a **sports bra designed for your training intensity** isn't just about comfort; it's about **injury prevention, performance enhancement, and confidence**. Whether you're running long distances, cycling hard, or racing through a triathlon, choosing the right sports innerwear can drastically improve how you move, breathe, and recover. Don't compromise with regular wear. Invest in quality sports apparel that's built for athletes like you. Because when you support your body right, it supports your dreams better. 💪👉

If you're unsure what to pick, consult with an experience female athlete 🧡✅

Let's run smart, not just hard! 💪🔥

-Zee

(Dt: 14.06.25)