



The "grid" element relates to the distrodensity squares across the foam surface, creating variable massage experiences as you perform core stability drills. Its small size (just 13 inches long) is perfect for travel.

TP Massage Grid Foam Roller \$40
[Tpmassageball.com](http://tpmassageball.com)

Self-massage takes a step toward self-repair. This segmented roller digs into the fascia, breaking up tight muscles, knots and adhesions while opening up trigger points.

MuscleTrac \$45 Muscletrac.com

Perfect for displaying race-day images, the all-important medal and other precious pieces from the big day.

Finish Line Framing Race Frames \$59-\$249
Finishlineframing.com



Frozen peas? Really? These cold compression wraps contour to the knee or back and evenly distribute cold gel to the affected areas.

Gomji Knee, \$85, and Back, \$99
Cold Compression Gomji.com

From gear selection to race strategies, triathlon legend Mark Allen takes you on an introductory tour of triathlon in Volume 1 of USA Triathlon's new DVD series. Purchase includes one free online coaching consultation with Mark Allen.

USAT Triathlon Getting Started Volume 1 \$30 Endurancefilms.com

Set up for the new year with a five-disc DVD series that will take you strong and fit into the season.

Triathlon Training Series Volume 1 \$125
Triathlontrainingseries.com



Outside the Box approaches the fundamentals of laneless swimming, including comfort among your race-day peers, turns, drafting and navigation.

Total Immersion Outside the Box DVD \$30
Totalimmersion.net

