

COMPRESSION SUITS

CLOTHING TO BOOST YOUR GAME

Can new technology help you play better?

One of the most eye-catching aspects of the Olympics last summer – aside from Britain's sporting excellence – was the sheer volume of performance apparel. Cyclists, rowers, swimmers, athletes... The humble running vest and shorts were nowhere to be seen in Beijing, having been replaced by all manner of lycra-based clothing. Golf might not need the streamlining effect of a Sharksuit, but the compression technology behind many of these outfits has certainly been embraced by the game in the past 12 months. The Galvin Green compression suit is at the forefront of this base layer movement, helping golfers to keep their muscles warmer over longer periods and keeping moisture away from the body more effectively.

■ Galvin Green's Emerson and Enzo garments both cost £39 and are available in black, white and ultramarine. Contact: 01932 578211, www.galvingreen.com



Body heat

The garments are made from warm-yet-breathable, non-absorbent polypropylene material that maintains body temperature for up to eight hours.



Cuts acid

The improvement in circulation improves muscle oxygenation and helps the body eliminate lactic acid, a chemical compound that builds up in muscles during exercise.

Better blood flow

Pressure from the garment's weave compresses the muscle, which in turn helps push used blood back to the heart quicker and therefore boosts blood flow.

Muscle boost

The compression garment also helps muscles maintain the correct anatomical position, so they don't move so much. This means that there is less energy being wasted, improving stamina. Muscle soreness and soft tissue damage is also reduced.

TRIED & TESTED



CHRIS JONES

As a sceptic of this type of clothing, I wasn't expecting much when I wore Galvin's top for the first time on a cold day at The Grove, under a T-shirt. After 18 holes, I'd become a convert. I felt fresh enough to play another round, and because my movement wasn't restricted by a jumper and a jacket (I was more than warm enough in this and a shirt) I'd shot one of my best scores of the year.