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Salming Rule of 5

In our holistic view on running Full Body Running and Salming Running Wheel™ with its hub and five spokes is the foundation when we build running shoes. The design and construction of our shoes can be derived from the natural running technique and the bio-mechanical laws that govern how the human body moves when running. This is the last piece in the jigsaw-puzzle to make the Salming Running Wheel™ roll as frictionless and balanced as possible. Natural running shoes should be designed to facilitate for you to find the right running technique and form. At Salming, we apply what we call the Rule of 5:

#1 lig

Improves running efficiency with approximately 2-3% per 100 g reduction in shoe weight. Lightweight shoes will cut minutes away from your PB on a half marathon.

#2 flexible

The shoe flexibility should imitate the foot flexibility in order to facilitate a natural running technique. You will improve training of biological structures with a flexible forefoot shoe design.

#3 flat

Low Heel to Toe Drop facilitates correct foot landing at the ball of the foot. In addition you become more naturally balanced with gravity without adjusting body position. The arch area of the shoe should not be pushed up too much as it prevents the arch's natural cushioning and spring function.

#4 proprioception

Improves sensory feedback from feet to brain. The foot automatically senses information from the ground contact with each and every step. With this data, your brain responds accordingly. If the midsole is too thick the sensory feedback gets distorted – it would be equivalent to put ski gloves on the hands when typing on a keyboard. The level of thickness is variable to what surface one runs on.

#5 anatomical fit

A relatively roomy toe box is preferable so the toes are not pinched together. A tight toe box will deform the foot over time and lead to all sorts of problems. We want the foot to be able to function exactly as nature intended it too.





Salming OT Comp - powered by Michelin Technical Soles™

Confidence is key when running in extreme terrain. Therefore, developing the ultimate off trail performance shoe OT Comp (Off Trail Competition), Salming teamed up with technical soles authority Michelin in order to create a lightweight agile self-cleaning shoe with excellent traction that cater to the needs of orienteering, OCR and Swimrun athletes — meaning traction and adaptability combined!

The lug design of the outsole is inspired by a mix of Michelin critically acclaimed mountainbike and motorbike tires Wild Mud and Starcross 5. The lug are constructed for maximum penetration in mud when searching for harder ground and grip. The small difference in height built into the lug itself allows for excellent penetration. At the arch there's a tread design for stability, control and traction on obstacles.

The base structure that connects the outsole to the midsole, adopt the Michelin Fiber Lite Technology construction that enables extreme lightness through a very thin but very durable textile layer. The Michelin Fiber Lite technology derives from Michelins tire making experience where the tire structure is partly made of fiber. These areas are recognized on the outsole as the embossed downwards areas with a clear textile texture surface.

The rubber compound used in the OT Comp outsole is Michelins OCX - Extreme Outdoor Compound - which features an extreme adherence on wet slippery surfaces due to its special sticky compound.

The Salming OT Comp upper construction has a lightweight mesh body allowing excellent water drainage and breathability. The side areas exposed to the tear and wear of rugged terrain has added RocShield™ reinforcement areas, protecting your foot and shoe.

The Midsole features the Salming DNA of the Torsion Guidance System 62/75° (TGS62/75°) — the distance from heel to the ball of foot (62% of the shoe) has been designed to offer an optimized rear foot stability, which ends up in a so called "ballet" line, inserted at a 75° angle. The TGS 62/75° technology assures that the shoe bends in exactly the right places.

The midsole of OT Comp is Salmings critically acclaimed RunLite compound, also found on Salming Elements, its predecessor. The RunLite midsole is made thin to enable the mind to read the ground underneath your foot (Proprioception being part of Salming Running WheelTM) but still with enough cushion properties to make your run comfortable. The drop is 4mm.





OT COMP MEN/WOMEN

Confidence is key when running in extreme terrain. Therefore, developing the ultimate off trail performance shoe OT Comp (Off Trail Competition), Salming teamed up with technical soles authority Michelin in order to create a lightweight agile self-cleaning shoe with excellent traction that cater to the needs of orienteering, OCR and Swimrun athletes – meaning traction and adaptability combined! For more info about OT Comp, see page 10.



1288053-0808 LAVA RED

> Color Lava Red Weight 256g (UK 7,5) Stack 16mm center of heel 12mm ball of foot Lug Drop

Midsole Runlite™ Outsole Michelin Technical Soles™ Lining Gender Sizes

UK 6,5-11 US 7,5-12 EU 40^{2/3}-46^{2/3}

CM 25,5-30

LAVA RED

1288054-0808

Color Weight Stack

Lug Dгор Midsole Outsole Lining Gender

Sizes

Lava Red 220g (UK 5,5) 16mm center of heel

12mm ball of foot 7mm Runlite™ Michelin Technical Soles™

Mesh Women UK 3,5-8 US 5,5-10 EU 36-42 CM 22,5-27



















Michelin Technical Soles™

The rubber compound used in the OT Comp outsole is the Michelin OCX - Extreme Outdoor Compound - which features an extreme adherence on wet slippery surfaces due to its special sticky compound.





Salming Trail5 - an award winning performance trail running shoe!

The Trail5 has made a mark already before hitting the shelves in its debut season, receiving accolades such as The ISPO Winner Award (Category Performance Trail Running Footwear) in Munich, February 2017.

The shoe combines the finest Swedish and Italian design ϑ engineering in order to provide maximum grip and comfort on all surfaces such as technical off trail and wet rocks. The design and construction is based on Salmings Rule of 5^{TM} – a framework of the brands design process when it comes to creating performance running shoes. All firmly based in our running philosophy – The Salming Running Wheel TM.

The Vibram Megagrip compound has been developed by Vibram, the world authority in terms of performance rubber outsoles, with more than 75 years of experience in more than 120 countries. The Megagrip is a sticky and very long lasting compound that provides excellent grip characteristics in wet, muddy, slippery conditions as well as dry rocky ground.

The backbone of the Trail5 is Salming's Natural Running Support System™, which facilitates for every runner to find and stay in their natural running stride. The NRSS™ is a complex system where all parts are integrated and work together to give the perfect end result. It starts with the Torsion Guidance System 62/75° (TGS62/75°) – the distance from heel to the ball of foot (62% of the shoe) has been designed to offer an optimized rear foot stability, which ends up in a so called "ballet" line, a 75° angle. In front of the 75° line, we have designed the shoe with deep grooves to enable greater flexibility, thus stimulating the natural movement of the foot. The forefoot flex is designed to help create a pre-tension in the foot before foot landing. The TGS 62/75° technology assures that the shoe bends in exactly the right places.

Important components of the the NRSS™ system are the raised rear foot midsole walls, deeper midsole grooves, an anatomical interior heel cup and last but not least – an exterior Torsion Efficiency Unit™. Combined, all these properties provide the basis of the NRSS™ shoe stability and support. The upper has been designed to merge with the support and stability properties, creating one solid responsive and supportive unit. The design thinking of the upper is a wrap around design concept, existing of four different units coming together to create that snug comfortable first feel with great breathability and fit. The fully integrated ExoSkeleton™ is a part of the lacing construction and keeps the foot in place. The tongue has a gusset design which is a part of the three layer upper construction that consists of the big soft air mesh next to the foot, the second layer being the ExoSkeleton™ and to seal it all off – the thin net mesh.

The cushioning properties of EnRoute spells RecoilTM and Recoil RTM – combined they deliver the perfect mix of shock absorbing and a highly responsive and light feel. If you seek only one shoe to cover various types of trail running – the lightweight Salming Trail5 is your obvious





TRAIL5

The Trail5 has made a mark already before hitting the shelves in its debut season, receiving accolades such as The ISPO Winner Award (Category Performance Trail Running Footwear) in Munich February 2017. The shoe combines the finest Swedish and Italian design & engineering in order to provide maximum grip and comfort on all surfaces such as technical off trail and wet rocks. The design and construction is based on Salmings Rule of 5™ - a framework of the brands design process when it comes to creating performance running shoes. All firmly based in our running philosophy - The Salming Running Wheel™.



ISPO AWARD WINNER 2017/2018























Drop

Midsole

Outsole

Lining Gender Sizes 19,5mm ball of foot

Vibram MegaGrip™

5mm

Recoil™

UK 6,5-13

US 7,5-14

EU 40^{2/3}-49^{1/3} CM 25,5-32

Why Vibram MegaGrip™? The Vibram Megagrip compound has been developed by Vibram, the world authority in terms of performance rubber outsoles, with more than 75 years of experience in more than 120 countries. The Megagrip is a sticky and very long lasting compound that provides excellent grip characteristics in wet, muddy, slippery conditions as well as dry rocky ground.





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Weight

Stack

Drop

Midsole

Outsole

Lining Gender

Sizes

235g (UK 5,5)

5mm

Recoil™

Women

UK 3,5-8,5

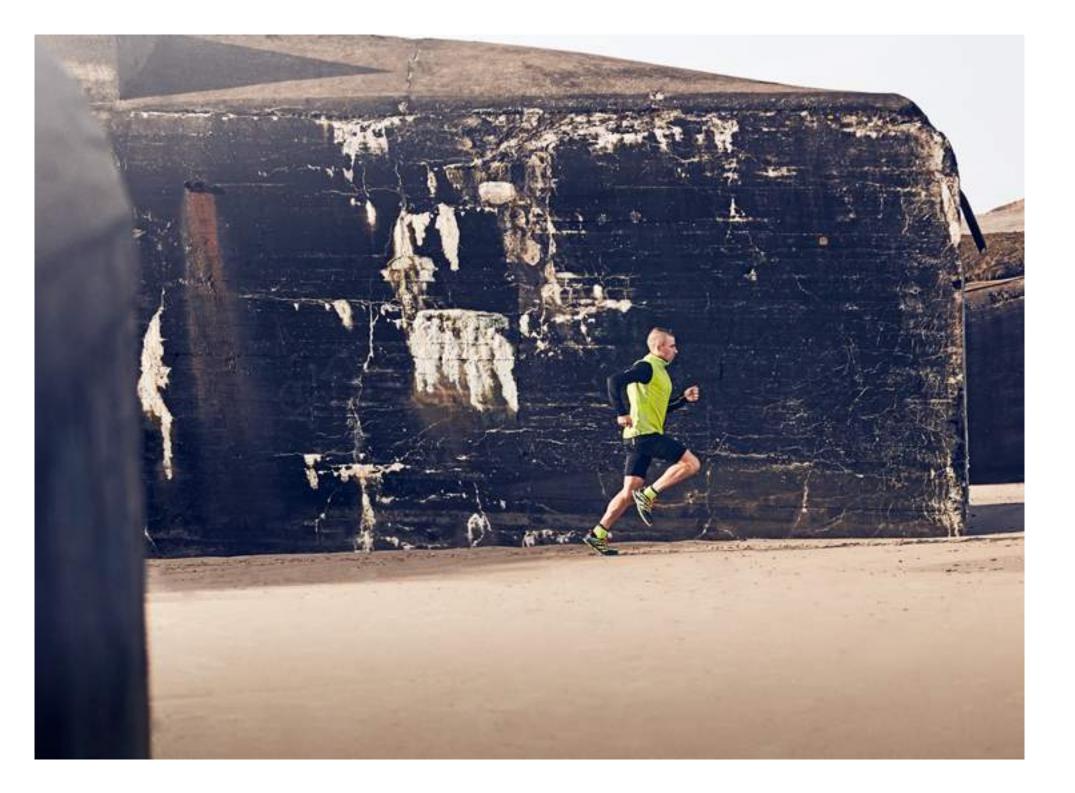
US 5,5-10,5

EU 36-42^{2/3} CM 22,5-27,5

24,5mm center of heel 19,5mm ball of foot

Vibram MegaGrip™

Why Vibram MegaGrip™? The Vibram Megagrip compound has been developed by Vibram, the world authority in terms of performance rubber outsoles, with more than 75 years of experience in more than 120 countries. The Megagrip is a sticky and very long lasting compound that provides excellent grip characteristics in wet, muddy, slippery conditions as well as dry rocky ground.



ELEMENTS

Salmings first off-trail shoe has been nothing short of a success story, receiving great reviews and selling out during its debut season. When adding the Elements model to our range we aimed at creating a performance off-trail shoe which incorporates Salming's running concept and principles, which enables you to run anywhere or swim for that matter. If you are looking for an intimate trail experience where your whole body is in tune with the ground and its surroundings - Elements is your top pick! The responsive and flexible midsole with a bomber traction outsole combined with excellent water drainage allowing the ultimate off-trail and swimrun experience. Elements – run anywhere!



Dгор Midsole

Outsole

Lining Gender Sizes 14mm ball of foot

Runlite™

UK 6,5-13 US 7,5-14 EU 40^{2/3}-49^{1/3} CM 25,5-32

Durable rubber







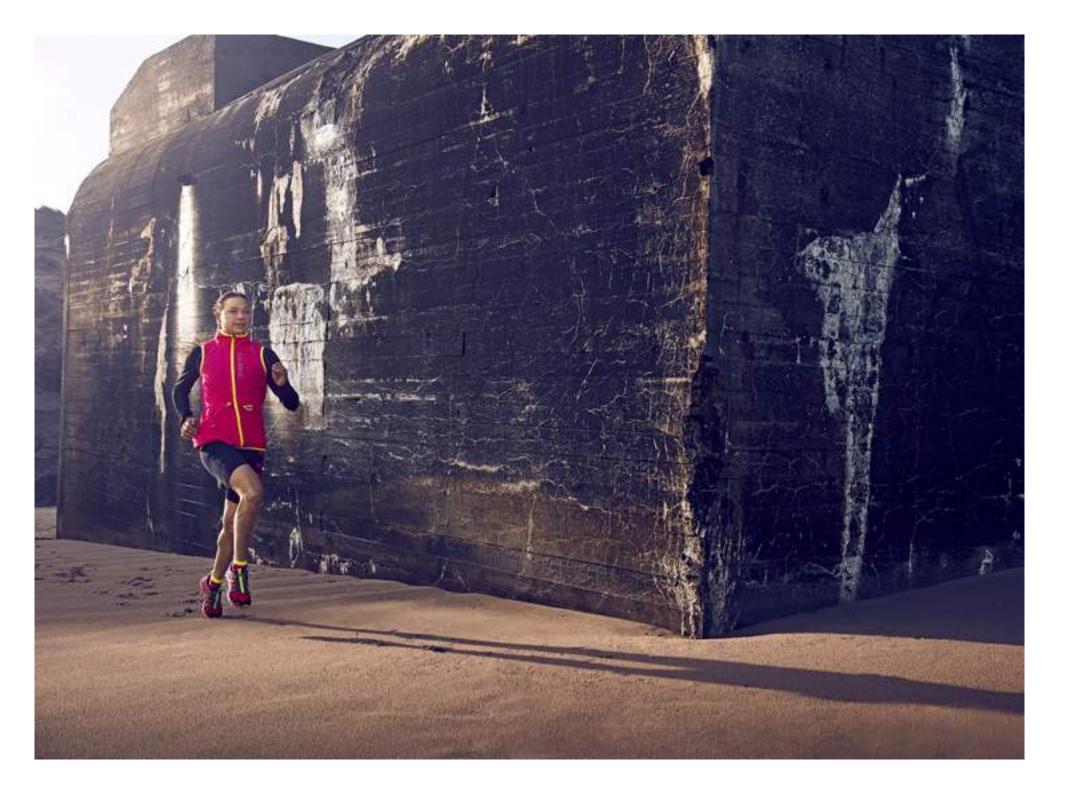












ELEMENTS

WOMEN

Salmings first off-trail shoe has been nothing short of a success story, receiving great reviews and selling out during its debut season. When adding the Elements model to our range we aimed at creating a performance off-trail shoe which incorporates Salming's running concept and principles, which enables you to run anywhere or swim for that matter. If you are looking for an intimate trail experience where your whole body is in tune with the ground and its surroundings - Elements is your top pick! The responsive and flexible midsole with a bomber traction outsole combined with excellent water drainage allowing the ultimate off-trail and swimrun experience. Elements – run anywhere!



Weight Stack

233 g (UK 5,5)

18mm center of heel

14mm ball of foot

Runlite™

Drop Midsole Outsole Durable rubber

Lining Gender Sizes

Women UK 3,5-8,5

US 5,5-10,5 EU 36-42^{2/3}

CM 22,5-27,5

10066

















TRAIL T4

Salming Trail T4 is a versatile and lightweight trail shoe that will keep you comfortable on multiple grounds including challenging conditions. The Trail T4 has an outsole compound that provides great grip on most surfaces and the cushioning properties of the RunLite™ midsole adds a low-profile impact cushioning protection. The RocShield™ protective area provides needed side shielding without interfering with the flex properties. The dynamic outer sole lug design features a high grip non-slip lug pattern that has been very appreciated on hard packed mud trails as well as in off-trail terrain. The shoe upper features a durable ripstop nylon fabric and a fully integrated ExoSkeleton that draws its inspiration from its high performance Salming sibling of spring 2018 - the OT Comp. Dig into any terrain with the light and reactive Salming Trail T4.



Weight

Stack

Drop Midsole Outsole Lining Gender Sizes 289g (UK 9) 20mm center of heel 15mm ball of foot 5mm RunLite™ Lite rubber Mesh Men UK 6,5-13

US 7,5-14 EU 40^{2/3}-49^{1/3}

CM 25,5-32

TRAIL T4

WOMEN

Salming Trail T4 is a versatile and lightweight trail shoe that will keep you comfortable on multiple grounds including challenging conditions. The Trail T4 has an outsole compound that provides great grip on most surfaces and the cushioning properties of the RunLite™ midsole adds a low-profile impact cushioning protection. The RocShield™ protective area provides needed side shielding without interfering with the flex properties. The dynamic outer sole lug design features a high grip non-slip lug pattern that has been very appreciated on hard packed mud trails as well as in off-trail terrain. The shoe upper features a durable ripstop nylon fabric and a fully integrated ExoSkeleton that draws its inspiration from its high performance Salming sibling of spring 2018 - the OT Comp. Dig into any terrain with the light and reactive Salming Trail T4.



AHATOMICAL Heel Cup











Midsole Outsole Lining Gender Sizes

RunLite™ Lite rubber Mesh Women

UK 3,5-8,5 US 5,5-10,5 EU 36-42^{2/3}

5mm

CM 22,5-27,5

20mm center of heel

15mm ball of foot

TGS 62/75



en Route

EnRoute to a natural running stride

The feedback received and sales numbers achieved during the 2017 launch season has proven that what we aimed for in the development process – an icon – is becoming a reality. EnRoute has established itself at the top of the competition and its place as a proven classic road running shoe seems inevitable.

The backbone of the EnRoute is our Natural Running Support System™ which facilitates for every runner to find and stay in their natural running stride. The NRSS™ is a complex system where all parts are integrated and work together to give the perfect end result. It starts with Torsion Guidance System 62/75° (TGS62/75°) – the distance from heel to the ball of foot (62% of the shoe) has been designed to offer an optimised rear foot stability, which ends up in a so called "ballet" line, a 75° angle. In front of the 75° line, we have designed the shoe with deep grooves to enable greater flexibility to stimulate natural movement of the foot. The forefoot flex is tailored to facilitate for the runner to create a pre-tension in the foot before foot landing. The TGS 62/75° technology assures that the shoe bends in exactly the right places.

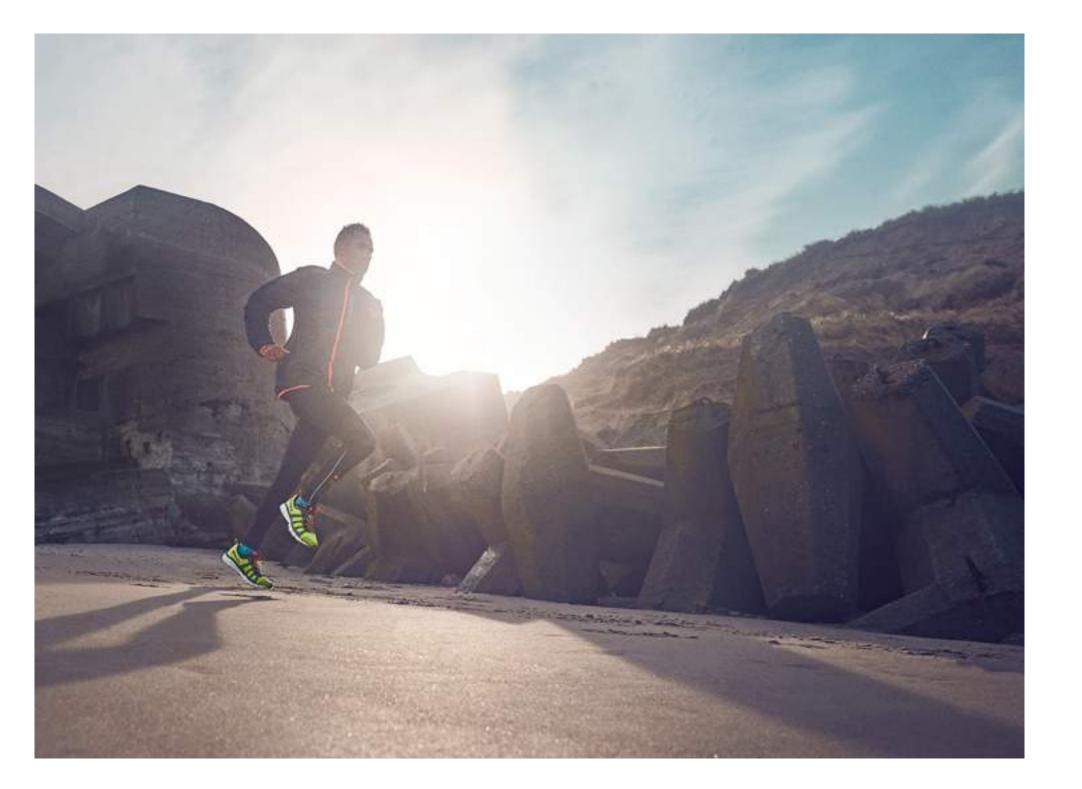
Important ingredients of the NRSSTM system are the raised rear foot midsole walls, deeper midsole grooves, an anatomical interior heel cup and last but not least — an exterior Torsion Efficiency Unit TM . Combined, all these properties provide the basis of the NRSSTM shoe stability and support.

The upper has been designed to merge with the above mentioned support and stability properties, creating one solid responsive and supportive unit. The design thinking of the upper is a Wrap-Around Design concept, existing of four different units coming together to create that snug comfortable first feel with great breathability and fit. The fully integrated ExoSkeleton $^{\text{TM}}$ is a part of the lacing construction and keeps the foot in place. The tongue has a gusset design which is a part of the three layer upper construction that consists of the big soft air mesh next to the foot, the second layer being the ExoSkeleton $^{\text{TM}}$ and to seal it all off – the thin net mesh.

The cushioning properties of EnRoute spells RecoilTM and Recoil RTM – combined they deliver the perfect mix of shock absorption and a highly responsive and light feel.

If there is a running shoe for everyone – EnRoute is it!







EnRoute to a natural running stride. The feedback received and sales numbers achieved during the 2017 launch season has proven that what we aimed for in the development process - an icon – is becoming a reality. EnRoute has established itself at the top of the competition and its place as a proven classic road running shoe seems inevitable. The backbone of the EnRoute is our Natural Running Support System™ which facilitates for every runner to find and stay in their natural running stride. If there is a running shoe for everyone – EnRoute is it!























BLUE ATOLL 1288043-3333

> Color Blue Atoll 256g (UK 9) Weight Stack Midsole Outsole Torsion Lining

Gender Sizes UK 6,5-13

24,5mm center of heel 18,5mm ball of foot

Recoil™ + Recoil R™ Durable lightweight rubber Torsion Efficiency Unit™

US 7,5-14 EU 40^{2/3}-49^{1/3} CM 25,5-32

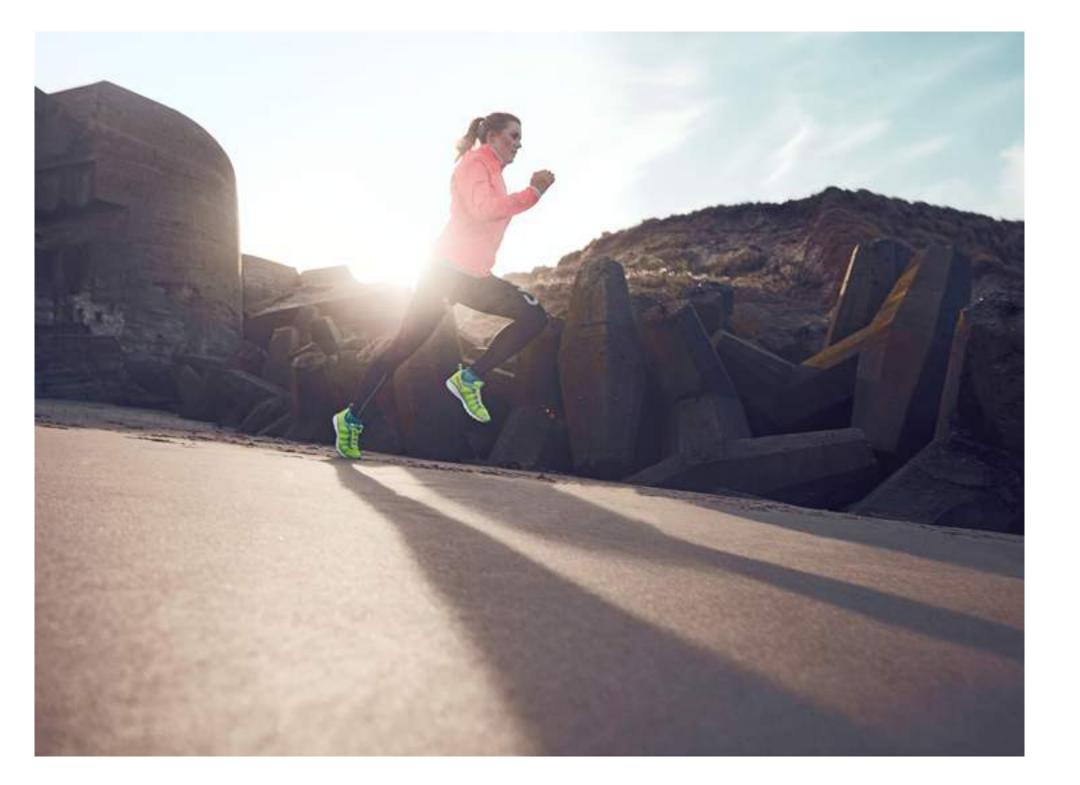
SAFETY YELLOW 1288043-1919

Color

Weight 256g (UK 9) Stack 24,5mm center of heel 18,5mm ball of foot Drop Midsole Recoil™ + Recoil R™ Outsole Durable lightweight rubber Torsion Efficiency Unit™ Torsion Lining Gender Sizes

UK6,5-13 US 7,5-14 EU 40^{2/3}-49^{1/3} CM 25,5-32

Safety Yellow





EnRoute to a natural running stride. The feedback received and sales numbers achieved during the 2017 launch season has proven that what we aimed for in the development process - an icon – is becoming a reality. EnRoute has established itself at the top of the competition and its place as a proven classic road running shoe seems inevitable. The backbone of the EnRoute is our Natural Running Support System™ which facilitates for every runner to find and stay in their natural running stride. If there is a running shoe for everyone – EnRoute is it!



PINK GLO

Stack Drop Midsole Outsole Torsion Lining Gender Sizes

Color

Weight 192g (UK 5,5) 24,5mm center of heel 18,5mm ball of foot Recoil™ + Recoil R™ Durable lightweight rubber Torsion Efficiency Unit™ Women UK 3,5-8,5 US 5,5-10,5 EU 36-42^{2/3} CM 22,5-27,5

Pink Glo

1288044-1515

SAFETY YELLOW

1288044-1919

Color Safety Yellow Weight 192g (UK 5,5) Stack 24,5mm center of heel 18,5mm ball of foot Drop Midsole Recoil™ + Recoil R™ Durable lightweight rubber Outsole Torsion Torsion Efficiency Unit™ Lining Mesh Gender Women Sizes UK 3,5-8,5 US 5,5-10,5 EU 36-42^{2/3} CM 22,5-27,5





















SPEED6

MEN

The Speed6 has a softer, more agile and spectacular upper than its predecessor, the Speed5. The development process of the Speed6 has been based on creating a light version of our Natural Running Support System™ which facilitates for every runner to find and stay in their natural running stride. We've been aiming for the driven runners that loved the Speed5 but also fell in love with the super soft upper of Race5 to appreciate the lightness and responsiveness, not to mention the spectacular reflective upper pattern. Speed6 - build for Speed!





Weight 230g (UK 9)

Stack 22mm center of heel
16mm ball of foot

Drop 6mm

Midsole Recoil™ + RecoilR™

Outsole Durable lightweight rubber

Lining Mesh

Gender Men

Sizes UK 6,5-12

Men UK 6,5-12 US 7,5-13 EU 40^{2/3}-48 CM 25,5-31 ToeBox

















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Weight

22mm center of heel Stack 16mm ball of foot Recoil™ + RecoilR™ Outsole Durable lightweight rubber Lining Women

Gender Sizes

UK 3,5-8 US 5,5-10 EU 36-42 CM 22,5-27

175g (UK 5,5)

ToeBox

















MFN

The Race6 features a simplistic upper design remake with an improved fit and excellent breathability – less is definitely more in this race shoe which gives you the edge over the competition. The Torsion Efficiency Unit made of carbon built into the light and very responsive RunLite midsole brings sturdiness to the shoe and it is placed to generate maximal running efficiency. The Salming Race6 weighs in at only 181g for the men's UK 9 size. The Race6 has been developed to make you feel fast – and race accordingly! Race6 - built to race!



Midsole

Outsole

Torsion Lining Gender Sizes 11mm ball of foot

Carbon Torsion Efficiency Unit™

Runlite™

UK 6,5-12 US 7,5-13 EU 40^{2/3}-48 CM 25,5-31

Lite rubber

TORSION N Efficiency Unit















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Stack

Midsole

Outsole

Torsion Lining Gender

Sizes

11mm ball of foot

Carbon Torsion Efficiency Unit™

Runlite™

Women

UK 3,5-8 US 5,5-10 EU 36-42 CM 22,5-27

Lite rubber













DISTANCE D6

MEN

This is the 6th generation of our original lineup running shoe – the Salming Distance. This model has built a solid fan base ever since the spring 2014 launch, and has since then gone on to win several awards, such as the Runners World Best Debut in its maiden season and The German Design Award Special Mention in 2015. The Distance6 of spring 2018 is a refined version of the original – it is developed to be your daily trainer as well as a more cushioned choice on race day. It performs well in any speed and on multiple surfaces and offers a smooth soft flexible feel with great durability and a 5mm drop. Distance6 - built to last!



Midsole

Outsole

Torsion Lining Gender Runlite™

UK 6,5-13 US 7,5-14 EU 40^{2/3}-49^{1/3} CM 25,5-32

Lite rubber

Torsion Efficiency Unit™

















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This is the 6th generation of our original lineup running shoe – the Salming Distance. This model has built a solid fan base ever since the spring 2014 launch, and has since then gone on to win several awards, such as the Runners World Best Debut in its maiden season and The German Design Award Special Mention in 2015. The Distance6 of spring 2018 is a refined version of the original – it is developed to be your daily trainer as well as a more cushioned choice on race day. It performs well in any speed and on multiple surfaces and offers a smooth soft flexible feel with great durability and a 5mm drop. Distance6 - built to last!



















QUESTUrban running with a sneaker silhouette

The arrival of Salming Quest marks the beginning of the brand entering the performance sneaker segment, offering you a fully equipped Salming Running performance snoe with a somewhat more casual silhouette. Make no mistake about it - the acclaimed Salming DNA technology is present as always - the TGS62/75, a RunLite cushioning midsole with deep grooves for greater flexibility, an offset heel area for added cushioning and a durable lightweight outsole – this shoe will make your morning run or dusk stroll effortless. The Quest comes in two designs and color combos - one knitted grey melange upper with micro fiber reinforcements, creating a snug and super soft comfortable fit. The all black colour combo has more of a performance touch and look to it with a comfortable lightweight mesh, seamless heat seal areas combined with micro fiber reinforcements. Salming Quest - urban running with a sneaker silhouette.









GREY MELANGE

Color Grey Melange Weight 327g (UK 9) 21mm center of heel Stack 15mm ball of foot

Runlite™

Drop Midsole Outsole Lining Gender

Lite rubber Men: 1288051-1014 Women: 1288052-1014 3,5-8 ^(Wmn) UK 6,5-13 5,5-10 (Wmn) US 7,5-14 EU 40^{2/3}-49^{1/3} 36-42 (Wmn) CM 25,5-32 22,5-27 (Wmn)

MEN 1288051-1014 WMN 1288052-1014



BLACK / WHITE

Weight Stack Drop Midsole

Color

Outsole Lining Gender Sizes

Black / White 313g (UK 9) 21mm center of heel 15mm ball of foot

1288051-0107

6mm Runlite™ Lite rubber Mesh Men UK 6,5-11 US 7,5-12

EU 40^{2/3}-46^{2/3} CM 25,5-30





Promote a natural motion with a low drop and avoid over-structured and too cushioned kid running shoes and let the children experience running the natural way. A breathable mesh upper fabric provides a snug fit and supportive feel.













Shocking Orange Gender Sizes laces:

150g (UK 2) UK 1,5-5,5 US 2-6

EU 33^{1/3}-38^{2/3} CM 21-25

Sizes velcro

UK 13,5-1 US 1-,1,5 EU 32-32^{2/3} CM 20-20,5





JACKETS - & VESTS - MEN

ULTRALITE JACKET 2.0



Gender Color Fit Shell fabric Pockets Zippers Size range

with light wind and water repellent qualities. The optimal breathability and reflective prints at front, back and at sides for visibility.

- Super light fabrics
- · Hidden side pocket



Color Shell fabric Pockets Zippers Size range

Product description:

back and at sides for visibility.

Light wind and water repellent

Hidden side pocket

• Headphone exit inside pocket

JACKET / VEST



1277647-0101 **ABISKO RAIN JACKET**

Gender Color Shell fabric Pockets Zippers Size range

Product description:

prevent water from entering.

The Abisko Rain Jacket is Salmings premium running

jacket, designed to endure rough and wet conditions.

repellent zippers at both front and at side pocket. It is

It's made in a 3-layered high quality fabric, branded with

engineered to keep you dry and comfortable on your run

equipped with many functional details such as detachable

hood, adjustable hem and cuff, gripper at hem, reflective

details and water repellent fabric at openings that will

with vents at front, back and under arms. The jacket is

Salming Agua zero. This piece has sealed seams and water

Reflective details

Detachable hood

• Gripper at hem

Black Regular 100% Polyester Taped side pocket with interior headphone exit YKK water repellent zippers S-XXL

Technical features:

• W/P: 15 000 mm H20

Water repellent zippers

Sealed seams

Vents at chest, back and under arms

 Taped side pocket Adjustable hem and cuff

· Water repellent fabrics at openings; to prevent water to enter



Gender Color Fit S-XXL

Shell fabric Pockets Zippers Size range

Product description:

Salming Skyline Vest is design with a highly visible reflective hexagone shaped print. The fabric at front, back and lower sides is made in 100% polyester with wind resistant and light water resistant water qualities. The vest has stretchy mesh panels under arms for good breathability and a comfortable fit. This is a highly visible piece that is a perfect protection layer for the upper torso in rough or dark conditions.

1278661-0909

Safetu Yellow Regular 100% Polyester Hidden side pocket YKK zippers

Technical features:

Reflective Prints

Hidden side pocket

Ventilation at back

Hiah Visibilitu

92% Polyester, 8% Elastane

· Wind proof front and back panels

• Stretchy side panels under arms

The Salming Ultralite Jacket 2.0 is a super light and functional jacket. Made in a woven polyester fabric jacket is ergonomically designed with mesh panels under arms and at back for zero restrictions in your body movement. It has laser cut details at back for

Nine Iron Print / Safety Yellow Regular 100% Polyester 92% Polyester, 8% Elastane Hidden side pocket with interior headphone exit YKK zippers S-XXL

Technical features:

Light wind and water repellent

Reflective details

Laser cut ventilation pattern at back

Headphone exit inside pocket



The Salming Ultralite Jacket 2.0 is a super light and

functional jacket. Made in a woven polyester fabric

jacket is ergonomically designed with mesh panels

under arms and at back for zero restrictions in your

body movement. It has laser cut details at back for

optimal breathability and reflective prints at front,

with light wind and water repellent qualities. The

1278649-0101 Gender

Black / Shocking Orange Regular 100% Polyester 92% Polyester, 8% Elastane Hidden side pocket with interior headphone exit

YKK zippers S-XXL

Technical features:

Super light fabrics

Reflective details

Laser cut ventilation pattern at back



52 - SALMING RUNNING 2018



-TOPS & TEES - MEN

HALFZIP LONG SLEEVE TEE



HALFZIP LONG SLEEVE TEE

Color Shell fabric Zippers Size range

Product description:

When the weather is colder this is a great option. The Salming Halfzip Longsleeve with collar and zipper at front is made out of thermal polyester and elastane fabric. The brushed inside keep you warm and the CoolFeel and wicking treatment also keeps you dry during your run. Thumbhole cutouts for enhanced fit, function and a seriously good look.

1278332-0808

Orange Flame / Black Regular 88% Polyester, 12% Elastane YKK zippers S-XXL

Technical features:

• Thermal fabric with brushed inside Coolfeel™

 Reflective details Thumbholes



HALFZIP LONG SLEEVE TEE

Color Shell fabric Zippers Size range

Product description:

When the weather is colder this is a great option. The Salming Halfzip Longsleeve with collar and zipper at front is made out of thermal polyester and elastane fabric. The brushed inside keep you warm and the CoolFeel and wicking treatment also keeps you dry during your run. Thumbhole cutouts for enhanced fit, function and a seriously good look.

1274332-0101

Black Regular 88% Polyester, 12% Elastane YKK zippers S-XXL

Technical features:

 Thermal fabric with brushed inside Coolfeel™

Reflective details

Thumbholes

BALANCE LONG SLEEVE TEE



BALANCE LONG SLEEVE TEE

Color Shell fabric Size range

Product description:

Salming Balance Long Sleeve Tee is made in a two-colour polyester/elastane fabric. The material has highly breathable qualities in order to keep your body in a perfect temperature during your work out. The front, back and sleeves are designed with reflective prints for good visibility. The back neckline has a reflective headphone loop, which is a functional and practical detail. This piece is engineered with technical cutting lines for an ergonomic fit especially constructed for performance sports.

1278660-3333

Blue Sapphire Regular 90% Polyester, 10% Elastane S-XXL

Technical features:

 Coolfeel High Breathability Reflective Prints

• Reflective headphone loop

BALANCE LONG SLEEVE TEE

Shell fabric Size range

Product description:

Color

Salming Balance Long Sleeve Tee is made in a two-colour polyester/elastane fabric. The material has highly breathable qualities in order to keep your body in a perfect temperature during your work out. The front, back and sleeves are designed with reflective prints for good visibility. The back neckline has a reflective headphone loop, which is a functional and practical detail. This piece is engineered with technical cutting lines for an ergonomic fit especially constructed for performance sports.

1278660-0101

Black / Safety Yellow 90% Polyester, 10% Elastane S-XXL

Technical features:

Coolfeel

High Breathability

Reflective Prints

Reflective headphone loop



TOPS & TEES



SEAMLESS TEE

Gender Color Fit Shell fabric

conditions.

Product description:

The Seamless tee is a technically engineered piece, designed in a comfortable seamless construction. It has a knitted functional mesh pattern and a reflective logo at chest. The tee is made in a highly breathable polyester mix with UPF +50 protection. This tee is perfect for high intense training and warmer

1276641-1012

Dark Grey Melange 60% Polyester, 40% Nylon S/M, L/XL, XXL

Technical features: High Breathability

- Reflective details
- Coolfeel
- Knitted patterns
- Seamless torso for ultimate comfort • UPF +50 protection

CHALLENGE TEE

Gender Color Shell fabric Mesh Size range

Product description:

The Challenge tee is made in a Polyester/elastane mix with mesh panels at side and upper front for added breathability. Designed with a gradient Salming print at back and logos in contrast color, this tee is an excellent choice for a tough indoor training session. Regular fit.

1197699-010

SHORT SLEEVE TEAM TEE SHORT SLEEVE TEE

Men Black Regular 90% Polyester, 10% Elastane 93% Polyester, 7% Elestane S-XXXL

> Fit Shell fabric Size range

Gender

Technical features:

- Cool Feel
- Mesh panels under arms and at front Print at back

Product description: The Salming Short Sleeve Tee for men made in a super soft, light and ultra comfortable 100% polyester mesh. CoolFeel and wicking treatment to keep you cool and dry. Cool cuts with contrast colour stitches - go fast and stylish out there!

1274307-1313/+JR

3: Blue Sapphire / Blue Bird / Gecko Green: 1278307-3399

Regular 100% Polyester

1278307-3399

1: Cyan: 1274307-1313

2: Junior: Cyan: 1277659-1313

Men: S-XXL Junior: 128-164

Technical features:

- Light mesh fabric Coolfeel
- · Expressive front print Contrast colored details

Gender Color Shell fabric

Product description:

make you stay cool and dry

throughout your run.

The Salming Race singlet comes with

RACE SINGLET

Size range S-XXL

Light mesh fabric

a fast looking graphic print and great cut for a superb fit. Made in a breathable 100% polyester mesh with a CoolFeel and wicking treatment to

Orange Flame / Blue Atoll

1278334-0837

Regular 100% Polyester

Technical features:

 Coolfeel Expressive front print

Contrast colored details.

Product description:

The Salming Race singlet comes with a fast looking graphic print and great cut for a superb fit. Made in a breathable 100% polyester mesh with a CoolFeel and wicking treatment to make you stay cool and dry throughout your run.

TEAM RACE SINGLET 1274336-0113

Gender Unisex Color Black / Cyan Fit Regular Shell fabric 100% Polyester Size range XS-XXL

Technical features: Light mesh fabric

 Coolfeel Expressive front print

· Contrast colored details.

BOLD PRINT TEE

and soft polyester mesh. It has excellent

breathability qualities to keep you cool and

dry during high intense workouts. The tee

is designed with an eye-catching print and

color blocked panels. Be cool and confident

Gender Color

> Fit Shell fabric Size range

Product description: Salming Bold Print Tee is made in a light

in Salming Bold Print Tee.

· Light mesh fabric Coolfeel

Expressive front print

· Contrast colored details

TOPS & TEES

1278666-

1: Blue Atoll / Orange Flame / Black: 1278666-3708 2: Safety Yellow / Orange Flame /

Black: 1278666-0908 Regular

100% Polyester S-XXL

Technical features:





TIGHTS







FORCE TIGHTS

Salming Force Tights are made in a functio-

nal polyester/elastane fabric with excellent

breathability. They have an eye-catching design

with printed panels on the sides and solid fabric

and reflective details, these tights have a unique

design and amazing fit. Challenge your self to be cool and confident in Salming Force tights.

on the front and back. The flatlock seams are

constructed with extra filling for high colour

seams that is a cool contrast to the print. Equipped with drawstring at waist, side pocket

Gender Color Fit Shell fabric Pockets Zippers Size range

Product description: Technical features:

Coolfeel

 Drawstring at waist Zippers at leg openings

Reflective prints

1278664-0110

Black / Grey Print 90% Polyester, 10% Elastane Side pocket YKK zippers S-XXL

Printed side panels

Side Pocket

LOGO TIGHTS 2.0

Gender Color Shell fabric Pockets Zippers Size range

Product description:

details at the leg openings. The Logo

tights have functional features such as

drawstring at waist and a coin pocket

and eye-catching design.

inside waist. This is a prefect choice if you are looking for black tights with a great fit

Salming Logo Tights 2.0 are made in a

 Drawstring at waist functional polyester/elastane fabric with excellent breathability. They are designed Zippers at leg openings with a high quality macro Salming logo on

Fit

 Reflective prints the upper leg and zippers with reflective Big Salming logo

Coolfeel

• Coin pocket inside waist

Coin pocket

YKK zippers

S-XXL

1278663-0112

Technical features:

Black / Silver Reflective

88% Polyester 12% Elastane

Color Shell fabric 1 Shell fabric 2 Pockets Zippers Size range

Product description:

a high quality dark macro logo at side

and two taped hand pockets. A perfect

choice if you are looking for a functional pant with the perfect relaxed fit.

· Elastic waist with drawstring Salming Reload Pants are made in a functional polyester fabric. They are carefully engineered with a relaxed regular Big Salming logo fit and a comfortable elastic waist with drawstring. The pants are designed with

Technical features:

Dark Grey Melange

100% Polyester

Taped side pckets

YKK zippers

S-XXL

Regular

• Taped zippered side pockets

95% Polyester, 5% Elastane

SHORTS

1EN



POWER LOGO TIGHTS

Gender Color Fit Shell fabric Pockets Size range

Product description:

Salming Power Tights are made in a solid polyester/elastane fabric with very good breathability. They are designed with short legs and a high quality macro Salming logo on the left leg. The waist has a drawstring construction and a small coin pocket placed inside the waistline. This is perfect choice if you are looking for short tights with a great fit and eye-catching design.

1278665-0108

Men Black / Orange Flame Tight 79% Polyester 21% Elastane Coin pocket S-XXL

Technical features:

- Drawstring at waist
- Big Salming logoCoin pocket inside waist

The ultimate product for the runner who seeks alternatives to short shorts and tights, the Salming Men's Long Shorts will get the most out of your run while sporting your regular workout look. Laser cut details along the legs provides

great airflow and the inner tights

ensures minimal friction.

LONG SHORTS 1274309-0101

Gender Men
Color Black
Fit Regular
Shell fabric 94% Polyester, 6% Elastane
Size range S-XXL

Product description: Technical features:

- Light weight fabric
- Drawstring at waistTight innerpant
- Reflective print
- Lazercut ventilation holes at side





SALMING SHORTS

Gender Color Fit Shell fabric Size range

Product description:

Salming Shorts are made in a light breathable fabric equipped with a covered drawstring elastic at the waist for a comfortable fit. Inner shorts in mesh and reflective Salming logo at front.

1274308-0101

Men Black Regular 100% Polyester S-XXL

description: Technical features:

- Light weight fabric
- Drawstring at waistInnerpant
- Reflective print
- Lazercut ventilation holes at sides



RACE SHORTS 1276370-0101

Gender Men
Color Black
Fit Regula
Shell fabric 100% F
Pocket Back po
Zippers YKK zip
Size range S-XXL

Product description:

When you are going for a long run on a warm day, Salming Run Race Shorts is the optimal choice. Made of 100% polyester fabric and equipped with technical details such as taped seams, slits at sides, drawstring at waist, inner pant and zippered pocket. Men Black

Regular 100% Polyester Back pocket with zipper YKK zippers

Technical features:

- Light weight fabric
- Taped seams
- Slit at side
- Back pocket
- Drawstring at waist
- Inner pant

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JACKETS - & VESTS WOMEN

ULTRALITE JACKET 2.0



ABISKO RAIN JACKET 1277645-0101

> Gender Color Shell fabric Pockets Zippers Size range

Product description:

The Abisko Rain Jacket is Salmings premium running jacket, designed to endure rough and wet conditions. It's made in a 3-layered high quality fabric, branded with Salming Aqua zero. This piece has sealed seams and water repellent zippers at both front and at side pocket. It is engineered to keep you dry and comfortable on your run with vents at front, back and under arms. The jacket is equipped with many functional details such as detachable hood, adjustable hem and cuff, gripper at hem, reflective details and water repellent fabric at openings that will prevent water from entering.

Women Black Regular 100% Polyester Taped side pocket with interior headphone exit YKK water repellent zippers

JACKET / VEST

Technical features:

• W/P: 15 000 mm H20

XS-XL

- Water repellent zippers
- Sealed seams
- Reflective details Detachable hood
- Vents at chest, back and under arms
- Taped side pocket
- Adjustable hem and cuff Gripper at hem
- · Water repellent fabrics at openings; to prevent water to enter



SKYLINE VEST

Gender XS-XL

Color Shell fabric Pockets Zippers Size range

Product description:

1278669-5151

Pink Glo Regular 100% Polyester 92% Polyester, 8% Elastane Hidden side pocket YKK zippers

· Wind proof front and back panels

• Stretchy side panels under arms

Technical features: Reflective Prints Hiah Visibilitu

Hidden side pocket

· Drawstring at waist

Ventilation at back

Salming Skyline Vest is design with a highly visible reflective hexagone shaped print. The fabric at front, back and lower sides is made in 100% polyester with wind resistant and light water resistant water qualities. The vest has stretchy mesh panels under arms for good breathability and a comfortable fit. This is a highly visible piece that is a perfect protection layer for the upper torso in rough or dark conditions.





Color Fit Shell fabric Pockets Zippers

The Salming Ultralite Jacket 2.0 is a super light and functional jacket. Made in a woven polyester fabric with light wind and water repellent qualities. The jacket is ergonomically designed with mesh panels under arms and at back for zero restrictions in your body movement. It has laser cut details at back for optimal breathability and reflective prints at front, back and at sides for visibility.

ULTRALITE JACKET 2.0

1278648-3737

Gender Women Regular YKK zippers XS-XL Size range

- Reflective details
- Hidden side pocket



ULTRALITE JACKET 2.0

The Salming Ultralite Jacket 2.0 is a super light and

functional jacket. Made in a woven polyester fabric

jacket is ergonomically designed with mesh panels

under arms and at back for zero restrictions in your

body movement. It has laser cut details at back for

optimal breathability and reflective prints at front,

with light wind and water repellent qualities. The

Gender Color Shell fabric Pockets Zippers Size range

Product description:

back and at sides for visibility.

Super light fabrics

Light wind and water repellent

XS-XL

- Laser cut ventilation pattern at back
- Headphone exit inside pocket

Blue Atoll Print / Pink Glo 100% Polyester

92% Polyester, 8% Elastane Hidden side pocket with interior headphone exit

Technical features:

- Super light fabrics
- Light wind and water repellent
- Laser cut ventilation pattern at back
- Headphone exit inside pocket

1278648-5252

Bright Coral / Blue Atoll Regular 100% Polyester

92% Polyester, 8% Elastane Hidden side pocket with interior headphone exit YKK zippers

Technical features:



-TOPS & TEES - WOMEN

HALFZIP LONG SLEEVE TEE



HALFZIP LONG SLEEVE TEE

Color Shell fabric Zippers Size range

Product description:

When the weather is colder this is a great option. The Salming Halfzip Longsleeve with collar and zipper at front is made out of thermal polyester and elastane fabric. The brushed inside keep you warm and the CoolFeel and wicking treatment also keeps you dry during your run. Thumbhole cutouts for enhanced fit, function and a seriously good look.

Bright Coral / Light Lilac Regular 88% Polyester, 12% Elastane YKK zippers XS-XL

Technical features:

Thumbholes

• Thermal fabric with brushed inside Coolfeel™ Reflective details

1278323-5252

keeps you dry during your run. Thumbhole cutouts for enhanced fit, function and a seriously good look.

HALFZIP LONG SLEEVE TEE

Blue Sapphire / Pink Glo Regular YKK zippers XS-XL

Product description:

Color

Shell fabric

Zippers

Size range

Fit

When the weather is colder this is a great option. The Salming Halfzip Longsleeve with collar and Coolfeel™ Reflective details zipper at front is made out of thermal polyester and elastane fabric. The brushed inside keep you Thumbholes warm and the CoolFeel and wicking treatment also

1278323-3333

88% Polyester, 12% Elastane

Technical features:

• Thermal fabric with brushed inside

BALANCE LONG SLEEVE TEE



BALANCE LONG SLEEVE TEE

Color Shell fabric Size range

Product description:

fit especially constructed for performance sports.

1278667-5151

Pink Glo Regular 90% Polyester, 10% Elastane

Salming Balance Long Sleeve Tee is made in a two-colour polyester/elastane fabric. The material has highly breathable qualities in order to keep your body in a perfect temperature during your work out. The front, back and sleeves are designed with reflective prints for good visibility. The back neckline has a reflective headphone loop, which is a functional and practical detail. This piece is engineered with technical cutting lines for an ergonomic

Technical features:

 Coolfeel High Breathability

Reflective Prints

• Reflective headphone loop

BALANCE LONG SLEEVE TEE

Gender Color Shell fabric

Product description:

Salming Balance Long Sleeve Tee is made in a two-colour polyester/elastane fabric. The material has highly breathable qualities in order to keep your body in a perfect temperature during your work out. The front, back and sleeves are designed with reflective prints for good visibility. The back neckline has a reflective headphone loop, which is a functional and practical detail. This piece is engineered with technical cutting lines for an ergonomic fit especially constructed for performance sports.

1278667-0101

Women Black / Pink Glo 90% Polyester, 10% Elastane XS-XL

Technical features:

 Coolfeel High Breathability

Reflective Prints

Reflective headphone loop

TOPS & TEES





Gender

Shell fabric

1278326-0909 2: Blue Sapphire / Soft Pink / Blue Atoll:

Regular 100% Polyester XS-XL

Size range

Product description:

The Salming Race singlet comes with a fast looking graphic print and great shape for a superb female fit. Made in abreathable 100% polyester mesh with a CoolFeel and wicking treatment to make you stay cool and dry throughout your run.

1278326-

Women 1: Safety Yellow / Pink Glo / Blue Atoll:

278326-3333

Technical features:

- Light mesh fabric Coolfeel
- Expressive front print
- Contrast colored details.



NOVA TEE 1278668-

Gender Color

Fit 90% Polyester, 10% Elastane Shell fabric Size range XS-XL

2: Black / White: 1278668-0107 Regular

Product description: Salming Nova Tee is made in a super comfortable

polyester/elastane fabric with excellent breatha-

bility. It is engineered with a feminine fit, flattering

cutting lines and colour-blocked panels. The back is

embellished with a sporty hexagon dot print. This

is a perfect choice if you are looking for an amazing

training tee especially designed for women.

- Coolfeel High Breathability
- Reflective Prints

Technical features:

Colour-blocked panels

1. Bright Coral / Blue Atoll: 1278668-5237

TOPS & TEES





Gender Color

Shell fabric Mesh Size range

PURE TANK TOP

Product description:

This top is made in a polyester fabric with a cool embossed print. Panels in polyester mesh at front and back is a functional detail for enhanced breathability. The top has a flattering female fit that is tight over the chest and loose over the hips. It is designed with a racer back solution and a well placed box pleat at back. This piece is a stylish choice with a lot of functionality, excellent for high intense training and warm conditions.

1278651-/1277651-

1: Blue Atoll: 1278651-3737 2: Black: 1277651-0101 Regular / Loose 90% Polyester, 10% Elastane 88% Polyester, 12% Elastane XS-XL

Technical features:

High Breathability

Women

- Coolfeel
- Reflective details Embossed print

T-BACK TANK TOP

Gender Color

Shell fabric Size range

Product description:

This is a cool tank top made of a soft and highly breathable polyester/elastane fabric. It is designed with eye catching details such as color blocking and visible elastics combined with a feminine loose fit. The tank top is the perfect choice to complete your sporty look on a warm day.

1278303-

1: Pink Print / Safety Yellow: 1278303-5109 2: Bright Coral / Blue Atoll: 1278303-5237 Regular / Loose 90% Polyester, 10% Elastan

XS-XL

- Technical features: High Breathability
- Racer back
- Eye-catching design
- Multi colored





- SHORTS & TIGHTS WOMEN









FLOW TIGHTS

Gender Color Fit Shell fabric Pockets Size range

Product description:

Searching for athletically shaped long tights with the perfect fit? Look no further – the Salming Flow Tights features all of the above. These tights are engineered to join you on those high performance activities.

1278635-5288

Technical features:

Elastic waist

High Breathability

Coral / Black Print 87% Polyester, 13% Elastane Coin pocket XS-XL

Product description:

and eye-catching design.

functional polyester/elastane fabric with

excellent breathability. They are designed

details at the leg openings. The Logo

tights have functional features such as

drawstring at waist and a coin pocket

inside waist. This is a prefect choice if you

are looking for black tights with a great fit

Reflective Print

All over print

LOGO TIGHTS 2.0 1278672-0112

> Gender Color Fit Shell fabric Pockets Zippers Size range

Technical features: Salming Logo Tights 2.0 are made in a

Drawstring at waist

• Reflective prints

RELOAD PANT

Gender Color Fit Shell fabric 1 Shell fabric 2 Pockets Zippers Size range

Product description: Technical features:

relaxed fit.

regular fit and a comfortable elastic

are designed with a high quality dark

macro logo at side, two side pockets

for a functional pant with the perfect

waist with drawstring. The pants

and a small taped back pocket.

A perfect choice if you are looking

Salming Reload Pants are made in a • Elastic waist with drawstring functional polyester fabric. They are Taped zippered back pocket carefully engineered with a relaxed Side pockets

XS-XL

Big Salming logo

1278673-1111

Dark Grey Melange

Taped back pocket

95% Polyester, 5% Elastane

100% Polyester

YKK zippers

Regular

Coolfeel

• Zippers at leg openings

with a high quality macro Salming logo on the upper leg and zippers with reflective • Big Salming logo

Women

Tight

XS-XL

Coin pocket

YKK zippers

Black / Silver Reflective

88% Polyester 12% Elastane

• Coin pocket inside waist

TIGHTS





POWER LOGO TIGHTS

Gender Color Fit Shell fabric Pockets Size range

Product description:

Run fast and confident in Salming Power Logo Tights. Made of a Coolfeel polyamid/elastane fabric and designed with an ergonomic feminine fit. The tights have functional and sporty details such as small pocket at side, drawstring inside waist and the magnificent Salming logo at leg. This is an excellent option for long runs in warmer conditions.

1278374-0151

Women Black / Pink Glo Tight 82% Polyamid, 18% Elastane Coin pocket XS-XL

Technical features:

- Drawstring at waist
- Big Salming logo
- · Coin pocket inside waist



CAPRI LOGO TIGHTS

Gender Color Fit Shell fabric Pockets Size range

Product description:

Salming Capri Logo Tights are made in a functional polyester/elastane fabric with excellent breathability. They are designed in a¾4 length and have a high quality macro Salming logo on the upper leg. The Capri Logo tights have functional features such as drawstring at waist and a side pocket. This is a prefect choice if you are looking for Capri tights with a great fit and eye-catching design.

1278671-0137

Women Black / Blue Atoll Tight 88% Polyester, 12% Elastane Side pocket XS-XL

Technical features: Coolfeel

 Drawstring at waist Reflective prints • Big Salming logo

Side pocket



ENERGY SHORTS

Gender Colors

Fit Shell fabric Pockets Size range

Product description:

Salming Energy shorts are made in a comfortable polyster/elastane fabric with high breathability. They have reflective hexagon dot prints at side, a coin pocket inside waist and grippers at leg openings for an excellent fit. The waist is designed with flexible Salming elastic with drawstring inside. This is a perfect option for warmer conditions, be

active and explosive in Salming Energy Shorts.

1278670-

Women

1: Coral / Black Print: 1278670-5288 2: Black: 1278670-0101 Tight 87% Polyester, 13% Elastane Coin pocket XS-XL

Technical features:

- Elastic waist
- High breathability
- Reflective prints • Grippers at leg openings
- Coin pocket
- Drawstring inside waist



SPEED SHORTS

Gender Color Fit Shell fabric Innerpant Pocket Size range

Product description:

The Salming Womens running shorts have an extremely comfortable fit. Especially developed for women, these shorts contain a special waistband which provides an agile yet comfortable feel. The shorts are mainly made out of woven, stretchy and light weight polyester/elastane fabric. Inner shorts in soft polyester/elastane jersey.

SHORTS

WOMEN

1274302-0101

Women Black Regular 94% Polyester, 6% Elastane 88% polyester 12% elastane Hidden pocket inside waist XS-XL

Technical features:

- Coolfeel
- Drawstring at waist
- Innerpant
- Hidden pocket inside waist
- Reflective print





TRIATHLON







Salming Triathlon Shorts are made

for high intense sports. The front

in functional fabrics that are perfect

and back parts are made in a durable

polyamide/elastane fabric with great

table waist with drawstring. Design is

eye-catching with gel Salming Prints

and strong colour contrasts.

Gender Size range

Product description:

Gel prints

1278682-0109

Black / Safety Yellow 65% Polyamide, 35% Elastane 78% Polyester, 22% Elastane Back pocket S-XXL

Silicone leg grippers

Thin padding

Quick dry

TRIATHLON SINGLET

eye-catching piece has sublimated

logos and a tight fit.

Gender Shell fabric Pockets Zippers Size range

Product description:

Color

Fit

Salming Triathlon Singlet is made in functional polyester/elastane Three back pockets fabric that is perfect for high inten-

se sports. The singlet is designed with inner flap with three easy access back

pockets and a full front zipper with inner flap and auto lock slider. This

TRIATHLON SUIT

The Triathlon Suit is made in functional

fabrics that are perfect for high intense

sports. The lower parts, chest and back

area are made in a durable polyamide/

elastane fabric with great abrasion qu-

alities. The sides are made in a flexible

fortable fit. The suit is designed with a

vislon zipper at back, side pockets with

elastic edge bands and an easy access

back pocket. The eye-catching design

is striking with high quality gel logos

and contrast colour seams.

polyester/elastane fabric for a com-

Technical features:

Quick dry

1278681-0109

Color

Shell fabric 1

Shell fabric 2

Pockets

Zippers

Size range

Black / Safety Yellow

65% Polyamide, 35% Elastane 78% Polyester, 22% Elastane Side pockets, Overlapping back pocket . YKK Vislon Zipper S-XXL

Product description: Technical features:

High Breathability

Silicone leg grippers

• Back pocket with flap • Side pockets at legs with elastic edge bands

• Zipper at back with inner flap

Gel prints

Thin padding

Quick dry

TRIATHLON SHORTS

Color Fit Shell fabric 1 Shell fabric 2 Pockets

Technical features:

High Breathability

Back pocket with flap

Drawstring at waist

abrasion qualities. The sides are made in a flexible polyester/elastane fabric for a comfortable fit. The shorts are designed with silicone leg grippers, an easy access back pocket and comfor-

1278685-0901

Safety Yellow / Black Tight 78% Polyester, 22% Elastane Back pocket YKK zipper S-XXL

· High Breathability

• Full-length zipper at front

Sublimated prints





TRIATHLON







TRIATHLON SHORTS

Gender Color Fit Shell fabric 1 Shell fabric 2 Pockets Size range

Product description: Salming Triathlon Shorts are made in

Gel prints

• Drawstring at waist

are made in a flexible polyester/elastane fabric for a comfortable fit. The shorts are designed with silicone leg grippers, an easy

with drawstring. Design is eye-catching with sublimated printed side panels and high quality gel prints.

access back pocket and comfortable waist

functional fabrics that are perfect for high

intense sports. The front and back parts are

made in a durable polyamide/elastane fabric

with great abrasion qualities. The sides

1278683-0151

Women Black / Pink Print Tight 65% Polyamide, 35% Elastane 78% Polyester, 22% Elastane Back pocket XS-XL

Technical features:

High Breathability

 Silicone leg grippers Back pocket with flap

easy access back pockets and a front Thin padding Quick dry beautiful sublimated all over print and

TRIATHLON SINGLET

Gender Color Fit Shell fabric Pockets Zippers Size range

Product description:

that is perfect for high intense sports.

The singlet is designed with three

zipper with inner flap and auto lock

slider. This eye-catching piece has a

gel logos at chest and sides. Enjoy

your though work out with style.

Salming Triathlon Singlet is made in High Breathability functional polyester/elastane fabric Three back pockets

XS-XL

• Front zipper with inner flap

Technical features:

1278684-5101

Pink Print / Black

Back pocket

YKK zipper

78% Polyester, 22% Elastane

Women

Tight

• Sublimated all over print Gel prints

Quick dry

TRIATHLON SUIT

The Triathlon Suit is made in functional

fabrics that are perfect for high intense

sports. The lower parts, chest and back

area are made in a durable polyamide/

fortable fit. The suit is designed with a

vislon zipper at back, side pockets with

elastic edge bands and an easy access

back pocket. The eye-catching design

is striking with high quality gel logos and contrast colour seams.

Color Shell fabric 1 Shell fabric 2 Pockets Zippers Size range

Product description:

Silicone leg grippers

 Back pocket with flap • Side pockets at legs with

elastane fabric with great abrasion qualities. The sides are made in a flexible polyester/elastane fabric for a com-

Thin padding

Quick dry

Women Black / Pink Tight 65% Polyamide, 35% Elastane 78% Polyester, 22% Elastane Side pockets, Overlapping back pocket YKK Vislon Zipper XS-XL

1278680-0151

Technical features:

High Breathability

elastic edge bands

• Zipper at back with inner flap

Gel prints

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ACCESSORIES

UNISEX



KING WATER BOTTLE 1187800-1313

Gender: Unisex Color: Cyan Blue Size: 1 Litre Technical features:





SALMING STASHBAND

1276377-0101

Gender: Unisex Black Color:

Shell fabric: 80% Polyamide

20% Elastane One Size

Size: Technical features:

Reflective print

• Perfect fit for keys and cards

High breathability



SHOWER SLIPPER 1233096-0101

Gender: Unisex Color: Black Size range: 36-49



GYM BAG 1155835-0101

Color: Black 40x50 cm



SHOWER TOWEL 1187872-0403-0NE

Gender: Unisex Color: Navy Blue / Light Blue Shell fabric: 100% Cotton 140x71 cm



GYM TOWEL 1188847-0403-0NE

Gender: Unisex Color: Navy Blue / Light Blue Shell fabric: 100% Cotton 100x30 cm



PERFORMANCE SOCK

1278677-0101

Gender: Unisex Color: Black

Shell fabric: 86% Polyamide 9% Polyester

5% Elastane

Size range: 35-38, 39-42, 43-46

Technical features:

Coolfeel

Arch supporting knitting technology

Ergonomic fit



PERFORMANCE ANKLE SOCK 2-PACK

1278676-

Gender: Unisex

1: Black: 1278676-0101 Color:

2: White: 1278676-0707 Shell fabric: 90% Polyamide

5% Polyester

5% Elastane

Size range: 1. 0101 - 35-38, 39-42, 43-46 2. 0707 - 35-38, 39-42, 43-46

Technical features:

Coolfeel

· Arch supporting knitting technologie

Ergonomic fit



PERFORMANCE ANKLE **SOCK 3-PACK**

1278675-

Gender: Unisex

Color: 1: Blue Mixed: 1278675-3399

2: Coral Mixed: 1278675-5299

Shell fabric: 90% Polyamide 5% Polyester

5% Elastane

Size range: 1. 3399 - 39-42, 43-46 2. 5299 - 35-38, 39-42

Technical features:

Coolfeel

Arch supporting knitting technologie

Ergonomic fit



V1 SUNGLASSES

MEN & WOMEN

Men: 1182854-0707 Gender: Women: 1182855-0707

Color: White Size: Senior

Technical features: Salmings slick running sunglasses

features a smoked uv-protection curved lens. 2K rubberized inserts on template sides for enhanced comfort and abrasion. Comes with an exclusive transparent bullet case.

RUN CAP 1278686-

Gender:

1: Black / Grey Print: 1278686-0110 2: Blue Atoll Print: 1278686-3737

Shell fabric: 100% Polyester

One Size Technical features:

Adjustable fit

Printed

• Terry inside cap for sweat absorbtion

HEADBAND

1184848-

Gender: Unisex Color: 1: Black: 1184848-0157

2: Yellow: 1184848-0909

3: Pink: 1184848-5151 4: Blue: 1184848-0308

Shell fabric: 50% Cotton, 50% Elastane

Size: One Size

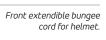


BACKPACKS

UNISEX



Durable lightweight mesh shoulderstrap conctruction.







Front organisation pocket.



Inside padded back-system. A spacious compartment for laptop, shoes or hydration



Mesh bag in bottom pocket for helmet or shoes.

RUNPACK HYDRO 3L

Gender Color Shell fabric Size range

Product description:

A comfortable durable hydration backpack made in 200D ripstop nylon. Padded back panel. A hydration reservoir loads 3L for full-day adventu-res. Zippered front pocket sized to fit small accessories. Front extendible bungee cord for helmet. Tube slot on shoulder strap..

1156838-0106

Unisex Black / Green 200D ripstop nylone 3 litre

Technical features:

- Tube slot on shoulder strap
- Front extendible bungee cord for helmet
- Hydration reservoir loads 3L
- Padded back panel

RUNPACK

Gender Unisex Color Black 1200D ripstop nylone Shell fabric Size range 18 litre

Technical features:

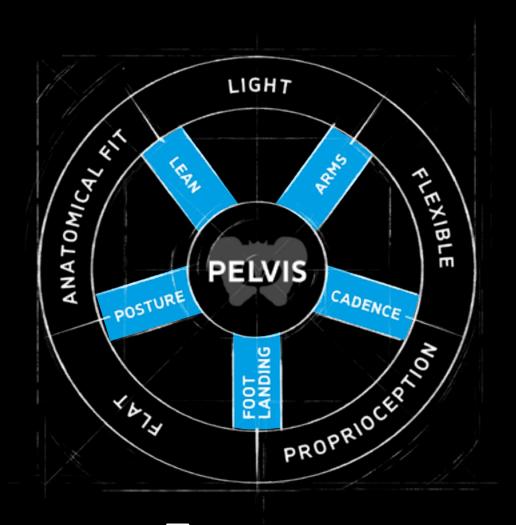
1156837-0101

- Adjustable shoulder straps
- Waist strap
- Side pockets and a small pocket on the waist belt for easy access
- Padded back panel

- Front organization pocket

 Mesh bag in bottom pocket for helmet
 Reflective webbing at front panel

SALMING RUNNING WHEELTM



Salming Running Wheel - Youtube.com

Full Body Running™

Running should feel light, balanced and comfortable. We know from experience that most Runners feel when it is right. Dare to trust your own feeling; it is your most valuable instrument if you want to shape a running form that is right for You.

Having said this, Running is also a very complex motion and we do run with our whole body and all parts interact with one another. Human beings comes in different shape and form, differences in our biological make-up means what works for one runner will not necessarily work for all and we will not all run alike no matter how much we would like that. Our advice and guidelines are important technical details for a good Running form - try to get close to these.

Lately, there has been a lot of focus on foot landing, we do however advice you to turn your focus to what leads to a good foot landing and end the running cycle with a pre-tension in the foot just before footlanding right under your centre of body mass. Where you will strike your foot is by a great extent determined by how your body moves up to foot landing – you reap what you saw.

If a golf player hits a slice, then one would not start by isolated look at the ball strike, but rather look at technical details earlier in the swing motion that leads to the slice, same is true for your Running cycle.

SALMING RUNNING WHEELTM

One Hub - Five Spokes

The Hub – Pelvis (hip)

- ## Pelvis interacts with all of your body's
- Mobility and flexibility around the hip area is essential for good running mechanics
- Hip is the centre of the mass for human body, it's therefore critical to position the hip correctly for effective running

The pelvis is the Hub in Running and utterly it is from there all movements in your body can be derived. A correct and well-executed movement in the pelvis in interaction with your other body parts is the key to holistic Running, i.e. Full Body Running. Posture, lean, arms and cadence are technical details which correctly executed helps the pelvis to move in an effective manner, which eventually results in a correct foot landing underneath your hips, i.e. your centre of mass. If you push too hard with your quads without right hip position, you will most likely end up overstriding with a heel strike. In order to generate a long powerful stride without reaching forward with your leg and overstriding, you need to focus on your hip position. Push hip forward, do not sit back.

Hip extension, is when you drive your upper thigh (and leg) backward after your foot makes contact with the ground. Hip extension acts as a throttle how fast you are able to run.

Posture

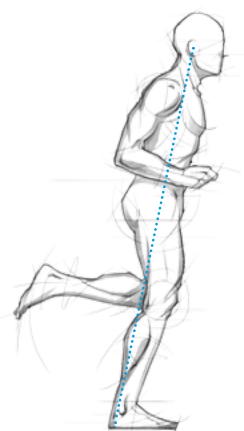
- Feet straight ahead
- Knees soft (not locked)
- Relaxed shoulders
- Use gravity to help create forward movement
- Lead with your chest and push hip forward
- Keep balance

To get the body in a right alignment is the foundation of a good running posture. Good posture is essential to create the right conditions to move in an efficient manner throughout all stages of the running cycle and enable forces to flow through the body without energy loss. Correct posture aim to maintain optimal balance, where gravity works in your favour.



showing these techniques at

Salming Running Wheel™ Salming Running Wheel™



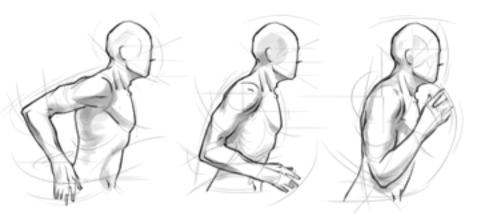
Lean

In most disciplines there is no "free lunch". Everything comes at a cost. The good news for runners is that for running there is actually free energy to gain. Gravity is the free energy source - you just need to learn how to best use it. You want to shift your weight forward from the ankles in order to capitalize of the forward falling motion and transition that gravitation brings. Make sure that you do not bend at the waist. The lean should start at the ankle and involve the whole body.

Let the free running gravity work its wonders to your running and you will run more efficient and effortlessly than ever before. In your forward falling motion it is essential to maintain balance in each and every part of the running cycle in order to keep a good posture. Posture and lean create conditions for a correct foot landing.

When you get tired you want to avoid starting slouching. Think about yourself as having strings attached to your body, being pulled up almost like a puppet. Run tall, run strong, keep balanced and use the gravity to your advantage.





Arms

- The arms interact with your body to create balance
- Use compact arm swings, avoid crossing the body centre line that help your to keep your body (thoracic spine) in
- \pm In the forward arm movement, keep the arm close to your body and decrease the angle. When going back try to keep the elbow high up
- Arm swing should feel natural, keep shoulders and arms

The body's interaction with the arms is of great importance to make use of torsional movement and find the right balance. The angle you have at the elbow, and how far you swing your arms in front and to the back of your body are technical details that has great impact on your running form throughout your whole body.

You want to avoid a locked angle or too large of an angle between the upper arm and forearm. It demands muscle power to keep this position, which normally results in too stiff arms and arm swing. It might also lead to that too large share of the arm's mass gets too much in front of the body, which in turn brings the upper body forward, which then ends up in a bent-over leaning position. The arm swing should be relaxed and natural. It is ok to decrease the angle of the forearm during the forward arm swing and keep the arm close to your body, as seen in the pictures below.

The arm swing sets the pace for the stride frequency (cadence). In addition, a larger movement in the arms allows for a greater rotation in pelvis and thereby enabling a longer stride length. Letting the arm swing higher up behind the body primarily enables the larger movement.



Cadence

- ± Legs and arms run together
- ++ Target 180 steps per minute
- ## Right stride frequency (cadence) provides stability

Legs and arms run together, if you increase the pace of your arm swing, then the turnover of your feet will also increase and vice versa. Cadence increase when the pace increases, but the difference should be relatively small and the guideline should be 180 steps/min. The right cadence give you the right condition to turn you stride in time at the front of the run cycle in order to have time to get your foot strike at the right place under the centre of mass (underneath your body). This will help you find the balance and correct timing in the run cycles all phases from air flight to stance phase and create stability for your running.

You want to avoid overstriding, where the foot comes into contact with the ground well ahead of the hips. In addition, overstriding is most commonly combined with a heel strike and a too straight knee causing greater braking forces and excessive impact forces.

Maintain a high Cadence is also the key to improve your uphill, downhill and cross-country running.

Turnover of the feet or cadence is essential part of correct running technique. A quicker turnover means a more efficient run. Less friction and impact forces, which makes it easier for the muscles and joints.



- ## A correct running technique (Posture, Lean, Arms, Cadence) enables a correct footlanding and not the other way around
- Contact ground ideally with midfoot (ball of foot) or close to midfoot softly with pre-tention just before
- Initial contact should be underneath the hips, i.e your # centre of mass with a bent knee
- Landing midfoot makes best use of your body's # natural cushioning anatomy and spring energy = recycled energy
- ## Run light, avoid pounding focus on short ground

Posture, lean, arm swing and cadence are all important factors that in fact determine how the foot strike will be at foot landing. When the foot strikes the ground it should have a pre-tension right before it strikes, which leads to a more stable but also softer landing and importantly the elastic energy is used to its full extent. Approximately 52% of the energy at foot landing can be recycled through the arch and Achilles' tendon.

Even though the preferred foot landing is on mid foot or close to mid foot, we believe discussions about whether the heel slightly strike the ground first or not should be toned down and rather the focus should be shifted to what leads to a correct foot landing - a correct running technique with an optimal pre-tension in the foot before foot strike. A heel strike that lands close to the hips (your centre of mass) and on a bent knee causes no significant over-braking or over-loading to the knee. Looking at running this way, a holistic approach, one can see how all parts interact with one another and help each other out through the whole running cycle = Full Body RunningTM.

Remember, you take approximately 1000 steps per kilometer and each step carries a load of approximately three times you body

weight, consequently an error in foot landing has huge impact over time for your long-term running health.

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SALMING RUNLABTM

Powered by Qualisys

Qualisys is a leading provider of motion capture technology and has a long history of supplying research, engineering and sports facilities with the tools and know-how of capturing and analysing movements. Salming and Qualisys has joined forces to offer the original Salming RunLAB™, a full body running analysis. Salming RunLAB™ units are currently situated in our Salming Concept Stores in Gothenburg, Stockholm, Salming Running Store in Zürich Switzerland, and at Skyros Miami.

The Salming RunLAB™ Running Analysis service uses cutting edge motion capture technology, the same technology used for animation in large movie productions. We can capture a runner's every move with 400 frames per second and excellent precision, the goal being to give an objective view of an athlete's running technique. We promote a holistic approach towards running and emphasize on the importance of a full body analysis, not just lower-body analysis which is common practice elsewhere.





Watch the Salming Running Store and Salming RunLAB $^{\text{TM}}$ video at

Salming Full Body Running Analysis

After the runner's movements have been captured and analyzed, the results are summarized and presented in a web based report. The report includes but is not limited to key parameters such as pelvic rotation, knee angle, ankle flexion and foot contact. The analysis is interpreted by an expert coach who provides useful tips and training advise on how the runner can improve technique, strength, stability and posture. The coach suggest specific exercises targeting muscles vital to obtaining a good running form.

We are passionate about running and it is our ambition that our analysis can be used to give concrete advise not only on how to improve performance but also on how to avoid running injuries altogether.



SALMING Academy We are all UNIQUE

We are all different, with different background and physical abilities, if we as a running brand would not take this into consideration, but rather try to find a one single fit-all protocol without flexibility, then we would not have understood what it is all about.

Please practise refering to Salming Running Wheel and Salming Running Academy; Posture, Lean, Arm Swing and Cadence, then you have created the right foundation for a correct foot strike.

Lower leg, foot strengthening and flexibility exercises will almost certainly shorten the transition period and help you create a strong foundation. How long it will take is of course individually, however let it take the time it takes to find your new natural running technique, it is worth the effort!



showing these techniques at www.salmingrunning.com







Run Specific Post Workout

Strength

Running Wheel

Running Technique

Natural Running

Run-ups

Building Strength Flexibility Exercises

Foot Landing











SALMING AUTHENTIC -SNEAKERS -





QUESTUrban running with a sneaker silhouette

The arrival of Salming Quest marks the beginning of the brand entering the performance sneaker segment, offering you a fully equipped Salming Running performance shoe with a somewhat more casual silhouette. Make no mistake about it – the acclaimed Salming DNA technology is present as always – the TGS62/75, a RunLite cushioning midsole with deep grooves for greater flexibility, an offset heel area for added cushioning and a durable lightweight outsole – this shoe will make your morning run or dusk stroll effortless. The Quest comes in two designs and color combos - one knitted grey melange upper with micro fiber reinforcements, creating a snug and super soft comfortable fit. The all black colour combo has more of a performance touch and look to it with a comfortable lightweight mesh, seamless heat seal areas combined with micro fiber reinforcements. Salming Quest - urban running with a sneaker silhouette.









GREY MELANGE

MEN 1288051-1014 WMN 1288052-1014

Stack Drop Midsole Outsole Lining Gender

Color

327g (UK 9) 21mm center of heel 15mm ball of foot Runlite™ Lite rubber Mesh Men: 1288051-1014 Women: 1288052-1014 3,5-8 ^(Wmn) UK 6,5-13 5,5-10 (Wmn) US 7,5-14 EU 40^{2/3}-49^{1/3} 36-42 (Wmn)

CM 25,5-32 22,5-27 (Wmn)

Grey Melange

BLACK / WHITE

Weight

Stack Drop Midsole Outsole Lining Gender Sizes

Color

1288051-0107

Black / White 313g (UK 9) 21mm center of heel 15mm ball of foot 6mm Runlite™ Lite rubber Mesh Men UK 6,5-11 US 7,5-12 EU 40^{2/3}-46^{2/3} CM 25,5-30





Our #91 shoe was originally designed as an indoor handball performance shoe and developed together with one of the best handball goalies in the world – Mattias Andersson of SG Flensburg Handewitt and the Swedish National Team. The shoe has since then entered the sneaker world as well, in its all white all grain leather shape. Now it has gone through a design refresh featuring the Crown and number 91 – the signature look of the Salming sneaker collection. The crown originates from the nick name Toronto Maple Leafs fans gave our founding father Borje Salming during his 16 years playing for the Leafs, the #91 is the year he founded the brand. Salming #91– a sneaker silhouette powered with performance.





Wieght Dгор Midsole Outsole Gender Sizes

SUEDE!

1238070-2020

366g (UK 9) 9mm Performance EVA US 9-12 EU 40^{2/3}-46^{2/3} CM 26-30

BLACK / WHITE

Wieght Dгор Midsole Outsole Gender Sizes

SUEDE!

1237070-0107

Black / White 346g (UK 9) 9mm Performance EVA XR110 Men UK 6,5-13 US 7,5-14 EU 42^{2/3}-49^{1/3}

CM 25,5-32







Tor is a sleek classic sneaker silhouette made in smooth PU leather. The midsole has a standard low profile die cut EVA and the outsole is made of the same durable compound as the Trail T4 outsole. The offset heel area with Recoil R™ adds extra cushioning, and combined with a 6mm drop this makes for a very comfortable sneaker. Salming Tor – a sleek classic sneaker silhouette.





WHITE / RED

Wieght Drop Midsole . Outsole Gender Sizes

White / Red 273g (UK 9) 6mm EVA + Recoil R™ Lite Rubber UK 6,5-11 US 7,5-12 EU 40^{2/3}-46^{2/3} CM 25,5-30

1167601-0707

BLACK

Wieght Drop Midsole Outsole Gender Sizes

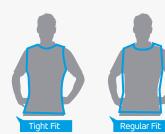
292g (UK 9) 6mm EVA + Recoil R™ Lite Rubber Men UK 6,5-11 US 7,5-12 EU 40^{2/3}-46^{2/3} CM 25,5-30

1167601-0101

Salming Size Chart

Salming Tech

SALMING SIZE CHART





Apparel

Women's styles	Size	XS	S	М	L	XL	XXL	
(cm)	Chash	00	00	04	100	100	110	
	Chest	82	88	94	100	106	112	
	Waist	68	74	80	86	92	98	
	Seat	88	94	100	106	112	118	
	Inside leg length	79	80	81	82	83	84	
Men's styles	Size	XS	S	М	L	XL	XXL	XX
(cm)								
	Chest	86	92	98	104	110	116	122
	Waist	74	80	86	92	98	104	110
	Seat	88	94	100	106	112	118	124
	Inside leg length	81	82	83	84	85	87	88

Shoes

Women's shoes *	EU	36	<i>36</i> ^{2/3}	<i>37</i> ^{1/3}	38	<i>38</i> ^{2/3}	<i>39</i> ^{1/3}	40	402/3	411/3	42	422/3			
	UK	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5			
	US	5,5	6	6,5	7	7,5	8	8,5	9	9,5	10	10,5			
	СМ	22,5	23	23,5	24	24,5	25	25,5	26	26,5	27	27,5			
Men's shoes *	EU	402/3	411/3	42	422/3	431/3	44	442/3	451/3	45	462/3	471/3	48	482/3	491/3
	UK	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13
	US	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13	13,5	14
	CM	25,5	26	26,5	27	27,5	28	28,5	29	29,5	30	30,5	31	31,5	32
Kids shoes	EU	32	<i>32</i> ^{2/3}	<i>33</i> ^{1/3}	34	34 ^{2/3}	<i>35</i> ^{1/3}	36	<i>36</i> ^{2/3}	<i>37</i> ^{1/3}	38	<i>38</i> ^{2/3}			
	UK	13,5	1	1,5	2	2,5	3	3,5	4	4,5	5	5,5			
	US	7	1,5	2	2,5	3	3,5	4	4,5	5	5,5	6,5			
	CM	20	20,5	21	21,5	22	22,5	23	23,5	24	24,5	25			
		= Velo	TO												

SALMING TECH

Recoil

RECOIL™ Midsole

The material in the midsole is a newly developed compound named RECOIL™ which absorbs negative impact forces and releases a higher rebound energy effect in the toe off phase.



RECOIL^{R™} Midsole

Recoil R^{TM} offset heel insert is a shock absorbing compound that combined with Recoil™ deliver the perfect mix of shock absorbing properties and a highly responsive light feel.

FULLY INTEGRATED **ExoSkeleton**¹

Exo Skeleton

The ExoSkeleton™ design keeps the foot in place and stabilizes the foot in lateral movements relieveing pressure at the MTP joints (Metatarsophalangeal joints). When we refer to the Fully Integrated ExoSkeleton TM it is part of the lacing construction - a solid fully integrated construction that is part of a Wrap Around Design concept created to provide that snug comfortable first feel with a great fit and breathability.

RunLite™ Midsole

The RunLite™ midsole features a special High Abrasion Injection EVA, designed to create a nice feel for the ground. The midsole is light and responds to the surface in a flexible way from the very first step.

TORSION N Efficiency Unit™

Torsion Efficiency Unit™

Responsive without being overly supportive - The Torsion Efficiency Unit™ brings sturdiness to the shoe. It is appropriately placed to generate maximal running efficiency. The Distance model features a semi-transparent TPU, while the Race model is powered by a lightweight carbon fiber torsion

TOC 66

A light weight outsole made in TOC66 (Traction Outsole Control 66) compound featuring 8mm high lugs - has been developed to provide the best possible grip on both dry and wet surfaces, as well as on gravel, rocks and roots. Featured on Salming Elements.

Rocshield

An area covering the lower part of the shoe upper protecting it from sharp rocks and branches thus both increasing the durability of the shoe and adds confidence to the runner.

Toe Box

Toe Box

The toe box is more roomy in order to provide a possibility for the fore foot to expand properly in the landing phase, making it more effective in a biomechanic perspective.

TGS 62/75

TGS 62/75° The distance from heel to the

has been designed with extra stability, which ends in the so-called "ballet" line, a 75° angle. In front of the 75° line, we have equipped the shoe with greater flexibility to stimulate the foot's natural movements. The TGS 62/75° feature assures that the shoe bends in exactly the right places, stimulating the foot's natural lateral and forward movements.

ball of foot (62% of the shoe)

Heelcup

Our heel cup is specifically designed to add minimal weight to your shoes, creating a transformable, adaptive fit.

2 Layer Construction.

Our lightest shoes feature a 2 layer upper construction which adds durable abilities while keeping the weight at a minimum. This results in extremely breathable characteristics and a quick, responsive feel to running experience.

Covering mile after mile calls

for a combination of comfort

and durability. Accordingly, our

shoes designed to function in

more rugged environments

utilize a 3 layer upper cons-

truction. A first layer of mesh

material adds comfort, while

the middle stabilizes lateral

The exterior thin net mesh

encapsulates and wraps up the

front in a neat fashion, adding

movements and reduces

ress-ure on the foot.

durability to the shoe.

3 Layer Construction.

A functional concept designed fully for transporting moisture from your skin to the fabrics surface where it will evaporate rapidly. Keeps you comfortable during high performance activities.

Windproof

The Salming Wind fabrics are engineered to keep you protected during rough conditions. With wind repellent qualities and flexible construction, this material contributes to a reliable product on windy days.

HeelCup

Aquazero™

This technical 3-layered fabric is engineered to keep you dry and comfortable during wet conditions. All garments branded with Aquazero are ergonomically designed for performance running. Get ready to enjoy a run in challenging conditions

with Salming Aguazero.

aquazero™

salming *ultralite*

Salming Ultralite

Super lightweight fabrics; designed to give you the ultimate freedom experience during your workout. Technical design and minimalistic weight becomes one unit in Salming Ultralite.

COOLFEEL

Coolfeel

Windproof

* All models is not available in the whole range. See shoe model page

