

Ben couldn't wait to show Lily his breast stroke



# ON YOUR MARKS, GET SET... OH!!!

A woman with blonde hair is lying on her back on a bed with a white metal headboard. She is wearing a light-colored, possibly pink or purple, bikini top and shorts. She has one leg raised and bent at the knee, and her arms are raised in a playful, athletic pose. She is smiling broadly, looking towards the camera. The bed has white pillows and a light-colored blanket. The background is a wall with a floral pattern of pink and red roses.

Want to make his favourite sex style work for *both* of you? Whether he's a sprinter, a marathon man or a fan of diving (ahem) we've got the answers. Get ready to become a star of track and feel...

Sadly, his belly wasn't the only thing that flopped that day



**S**ex and the Olympics go together like Jessica Ennis and rock-hard abs. At the last Olympic Games in Beijing, athletes were provided with 100,000 condoms (that's more than 10 *each!*), and things look set to get even hotter with 150,000 condoms being shipped into London's Olympic Village this year. But it's not just the athletes who might want some podium-worthy action – all that Lycra is getting *us* a little flushed too. If you're feeling a similar stirring, we suggest you grab your nearest male competitor and gear up for some Olympic-inspired fun. Just work out your man's competitive style and you'll be out of the starting blocks before the gun's even fired...

## If he's a sprinter

Sharing a bed but your climaxes aren't even in the same postcode? Part of the reason could be that women take around 20 minutes to reach full arousal, while he's perfectly capable of enjoying sweet post-coital dreams by then.

So how can you join in the hard-and-fast fun without feeling unsatisfied at the end of it? The key lies in separating mind and body – getting the former psyched for what the latter is about to experience. Without him

around, slip into your sexiest underwear and touch

yourself lightly; gently brushing your thighs and breasts will make it feel extra-hot when he takes over.

Once he's in bed with you, allow yourself a moment to

conjure up the X-rated daydream that gets you going when you're alone – you need a fast-track to orgasm, so *anything* goes (and it needn't involve him, of course). Alternatively, choose

a less familiar spot to get naked – kitchen table? – as the buzz will get your adrenaline pumping. If you're not quite there and need to

play catch-up, take hold of his penis and squeeze just below the head – the pressure on his urethra will push blood back down his penis and take his sexual tension down a notch.

Finally, if slow moans and gentle stroking are usually more your style, try indulging in some dirty talk and gentle hair grabbing to ramp up the tempo and have you crossing the finish line neck and neck with him – if not first.

**TOO FAST...** It could be that he's suffering from premature ejaculation – not necessarily a problem as long as you're both happy. If not, there are lots of things he can do about it – from mastering techniques during sex (he can do pelvic-floor exercises too), to using small and shallow movements >

### RECORD BREAKER!

The most expensive kiss was bought by Joni Rimm in August 2003, when she paid \$50,000 (£31,000) for a one-on-one smooch with Sharon Stone. That's one pricey peck.

### RECORD BREAKER!

The largest penis measures a massive 13.5ins (grab that ruler now!) and belongs to Jonah Falcon, who was thrust into stardom when a documentary, *Private Dicks: Men Exposed*, showed his full length on camera.

instead of deep thrusts. And if he's occasionally over-keen, he could be looking for swift release from stress, or he might simply be *totally* into you and desperate to show it. Yeah, we're guessing that's it.

## If he's a diver

Going down on you is one of the hottest and most intimate moves a man can make – it's no surprise that 43% of us are keen for oral sex to feature in foreplay. If your guy loves diving down below, ask him to try this knee-trembling trick. "Get him to suck you gently, as if through a straw," says Siski Green, author of *How To Blow His Mind In Bed*. "Once you're aroused, he should form an 'O' with his lips to encircle your clitoris, then gently suck using his tongue and lips, pulling and releasing. It can be intense, so he should follow your cues to ensure the pressure works."

If oral doesn't feature in his repertoire, and you frankly can't go without it, don't go hoping subtle hints will do

the trick. Tell him what you want in positive language ("I'd love it if you...") and feel free to give him directions ("softer... faster... in circles"). Most guys

will be grateful for the signposts.

And if you feel like dealing *him* some deep-sea action, take a breather while giving him head. "Stop what you're doing and blow gently up and down his shaft," suggests Siski.

"The air will evaporate the moisture on his skin making it tingle, and he'll probably visibly stiffen as a result. It will feel twice as exciting when your warm mouth closes over his penis again."

### VICTORY LAP... Win!

You've scored an unselfish lover who wants to showcase just how dedicated he is to your pleasure as well as his own. The best way to sustain

### RECORD BREAKER!

The strongest vagina belongs to Tatiata Kozhevnikova from Russia. Tatiata exercised her most 'intimate muscles' every day for 15 years and recently showcased their super-strength by suspending a 14kg glass ball from her lady bits. Ouch.

that interest is with sighs of pleasure and some reciprocal lovin? Enjoy...

## If he's a gymnast

Men fall into two camps – the 'lie back and let you do your thing' variety, versus the guy who sees your sex life as an extension of his gym workout. If he's type two and boasts good upper-body strength, he's ideally suited for positions that require him to take your weight. Indulge his inner caveman by going for sex against

a wall with your legs wrapped around his waist or, even better, take it to the shower to steam things up. If that won't work for you, start in missionary and have him kneel up straight, holding on to your hips so that your torso is at 45 degrees to the bed. A rocking motion should have you both grinding to a heady climax in minutes.

And you can hone your inner gymnast from within by training your pelvic floor – strong muscles result in strong orgasms (yes!) and longer-lasting sex (double yes!). Try Tracey Cox Supersex Toner Balls (£14.99, Lovehoney.com) for an internal workout – it'll blow *both* your minds.

### RECORD BREAKER!

The naughtiest nuptials were held at Hedonism III in Runaway Bay, Jamaica. The largest 'nude' wedding took place here in 2003, with 29 couples getting married at the same time. Even the guests were naked!

### FLEX HIS MUSCLES...

Showing off his body and demonstrating his strength and flexibility are classic mating rituals designed to impress. This alpha male enjoys the feeling of being in

charge – but that's not to say he doesn't crave some domination from time to time, so feel free to take over the spotlight.

## If he's a marathon man

A major sex survey found that the perfect sex session lasts between seven and 13 minutes – and that some of us think even three minutes is 'adequate' (like, really?). But forget what the scientists say – taking it slowly could be the path to your most mind-blowing orgasm ever. And if your man is the type of guy who enjoys taking his time, tantric sex could reap *huge* benefits for you both. "If he can keep going, you could be in for a marathon sex session," says sex therapist Katie Sarra.

Tantra isn't *just* about opening your chakras and trying not to picture Sting naked. It's also about enjoying each moment of sex – not just the

race to orgasm. First, plan a sexy night in and find a way to bond that *doesn't* involve sex – whether that means taking a bath together or sharing a bottle of wine. Then, when you're totally relaxed, it's time to explore what turns you on physically *and* mentally.

"Just about any activity can be made erotic," says Katie. "To find out what works for you, try playing Yin Yang – where each person takes it in turn to be Yang, in charge of requesting pleasure from their partner." A massage? Some oral attention? Aim to spend three hours on the whole experience and you'll feel a connection for days.

**LONG-DISTANCE LOVER...** We don't need to tell you all the benefits of a man with staying power. But if his grinding has you feeling sore or, frankly, a little bored (of the 60% of women who have faked it, many cite this very reason), you can speed him up by switching to girl-on-top, where *you* get to be pacemaker. ♦

### RECORD BREAKER!

The longest snog award goes to husband and wife Ekkachai and Laksana Tiranarat. In 2011, the couple locked lips and shared an unbroken kiss for 46 hours, 24 minutes and 9 seconds in Pattaya, Thailand – that's nearly *two days*. Aaah, who said romance was dead?

Explore a wealth of winning sex moves at [Cosmopolitan.co.uk/cosmosutra](http://Cosmopolitan.co.uk/cosmosutra)