



Cold Weather Running

As the winter season is fast approaching individuals are faced with new challenges in order to maintain their running schedules and workouts. We are subjected to declining daylight and dropping temperatures which make our routines more challenging, but not impossible. Here are a few things to consider preparing for the upcoming winter season:

Clothing:

Wear appropriate clothing for the reduced temperatures. A significant amount of heat is lost through our heads, hands and feet. Using hats and gloves can make a huge difference. Avoid clothing that causes significant sweating such as cotton. Cotton will draw heat away from the body. Instead consider wearing a microfiber shirt as a first layer followed by a breathable windbreaker. These fabrics include Polypropylene, wool, wool/synthetic blends, and treated polyesters like Capilene. The fabric closest to your body should wick moisture away from your skin. Consider wearing multiple layers so that as you get warmer and sweat you can remove layers. The best type of windbreakers are Gortex or Nylon.

Temperature: There is no reason to avoid cold temperatures if you have the right clothing. If the temperature is below freezing make sure to cover any exposed skin to avoid potential frostbite. This is especially important if it is windy and can penetrate your clothing. Consider running into the wind first as this can reduce sweating. Frostbite is always a concern when the temperature is very low. Be aware of any open skin areas. Skin that becomes numb, waxy and white indicates the first stages of frostbite.

Terrain: It is often more treacherous in the winter due the fact that our normal running paths may be unplowed, slippery or considerably uneven. Consider where you run and try to avoid getting your feet wet. You may want to map out several courses so you have options when the weather is uncooperative.

Warm Up: Start by doing some stretching indoors or walking/biking if available. It will take you 5-10 minutes to warm up in real cold weather so prepare your muscles early.

Hydration: is very important even in cold weather. The extra layers will cause you to sweat more and work harder. While you may not feel thirsty or sweaty, your body is still losing water as you breathe, so stay hydrated.

Shoewear Considerations:

<http://www.runnersworld.com/article/0,7120,s6-240-319--4615-0,00.html>

http://www.marathontraining.com/articles/art_crbr_jan17.htm

Apparel Considerations:

http://nikerunning.nike.com/nikeplus/?ref=running_global_redirect