

## Baby It's Cold Outside... Tips for Cold Weather Training!

Running through the cold weather can improve your energy levels, help you avoid those winter blahs, and guarantee that you'll be in better shape once the weather turns warmer. Even if you're new to running, there are ways that you can train your brain to run straight through the winter months. So, here are a few tips to keep you training through the winter!

**1) LAYER:** You're much more likely to enjoy those outdoor runs when you are dressed correctly. We all tend to put on too much or too little for the conditions. You can address this common problem by layering. Not only do layers trap body heat, they allow sweat to move through the layers of clothing. The moisture is wicked away from your first layer to your outer layers, and then evaporates. The right baselayers and a good jacket can go a long way. Check out the options at your local [PR Store!](#)

**2) WEAR A HAT!** At the risk of sounding like your mom, put a hat on! On those cold days, you lose up to 40% of your heat through your head. Get a hat made of wicking material like the awesome Mizuno Breath Thermal so you'll keep that heat in without sweating so much that you feel compelled to take it off.

**3) GET WARMED UP BEFORE YOU STEP OUTSIDE:** Often it's the thought of that chilly ten minutes of running that prevents you from walking out the door at all. To help avoid that discomfort in your first mile or so, try marching or slowly jogging in place for a few minutes inside before you head out. It will especially help warm up your feet and hands, which are often the most uncomfortable body parts during the beginning of a cold run.

**4) ALLOW ADEQUATE WARM UP ONCE YOU DO GO OUT:** Especially if you've spent all day in a warm environment, give yourself some time to adjust outdoors before you try to pick up the pace too much. Warm up your heart and your legs with some easy jogging, even if it's just back and forth at your run start point before you officially start your watch for your run (we know some of you have routes that you track :)).

**5) BE PREPARED FOR SOME INDOOR DAYS:** There will always be those days when icy or extremely cold conditions mean it's just not safe to run outside. But if you miss a few runs because of bad weather, it's very tempting to then just give it up completely during the winter. Keep up your exercise habit by running on a treadmill or doing other indoor workouts. [CLICK HERE](#) to check out this indoor strength workout from our own Coach Brian Cunningham!

**6) CROSS TRAIN:** Winter is a great time to PLAN to get in the pool, onto the bike (yes, perhaps in the gym or on an indoor trainer, but you have to start somewhere!), the elliptical, etc. Even when the weather is beautiful, cross training is a great supplement to your running routine as it mixes up the muscle groups and takes you away from the repetitive stresses of running while still keeping up your aerobic base.

**7) REGISTER FOR SOME RACES:** Doing road races throughout the winter is a great way to guarantee you'll a) keep motivated to stay in shape and b) run outside, at least occasionally (for the races). Having a spring calendar in mind will keep you focused even when it's cold and dark.

**8) DON'T FORGET TO HYDRATE!** No matter the conditions, you should be in a constant state of good hydration, drinking plenty of fluids throughout the day every day. However, in extreme conditions, you will need to drink more, and INCLUDE ELECTROLYTES (sodium, potassium, magnesium, etc.) in your hydration plan. Even though you don't necessarily FEEL as thirsty in the winter-time as you do on an August afternoon, running on a dry, cold, windy day can sap you of fluids too. Be sure to restore them!