



SunTrust Training Trips #1

Training and Staying Motivated in Cold Weather



(Powered by the DC Capital Striders Running Group)
www.dccapitalstriders.com

Training for that full or half marathon? These training tips will help you stay focused and motivated during the winter's chilly months:

Keep Hydrating – many runners feel they don't need to hydrate as much during the winter months because they may not be sweating as much. It's true sweating rates are lower in the cold than in the heat, but cold weather exercise can still be dehydrating. Continue to drink at least 8-10 glasses of water daily and remember to bring fluids on those longer runs.

Purchase Extra Running Shoes – Unfortunately, winter running means ice and snow. Apart from the obvious danger of slippery surfaces, ice and snow can also saturate running shoe midsoles. Saturated midsoles absorb less shock than dry soles. Switch up your running shoes and make sure water-logged shoes dry out fully before your next run.

Wear Proper Clothes – you may start your run in chilly temperatures, but end it overheated. Consider purchasing under-gear that has wicking material to take sweat away from your body. Avoid cotton. Your gear should be breathable yet keep you both warm and dry during your run. Gloves and hats are great as well – apart from keeping your head and hands warm, they are easy to remove and carry if you start to get overheated.

Run with Friends – as many of you know, waking up on an early weekend morning and having to run in the cold air is a daunting task. Consider joining a running group or find some training friends. Knowing they're out there waiting on you to run together will get you through those mornings!

Stay focused, keep motivated and you'll get there!