



SEASONAL FITNESS CHALLENGE

WINTER TIP 2

Running in Cooler Weather



BE
ACTIVE



With temperatures on the decline, it is time to get outdoors and hit the pavement! Cooler weather means we have to change how we dress, where we run, even how we breathe. But don't let the chill deter you! Plan ahead to get the most out of this perfect running weather.



6 PROBLEMS & SOLUTIONS FOR OPTIMAL WINTER RUNS



1. You wear layers because it's cold when you start, but then you're sweating and overheating five minutes into your run – Whenever you begin an activity in cold weather, you're bound to be cold because you don't have any blood flowing yet, so it's normal to dress warm. But once you start moving, your body temperature rises and you begin to sweat.

Fix: Take into account where you're planning to run. If it's a low temperature outside, but very sunny, consider wearing a few less layers. If you're running at night, an extra-long sleeve shirt might not be a bad idea. Also, if you can, warm up inside and get your blood flowing. If you can manage to break a sweat before you head out the door, you won't be as chilly on your run.

2. It feels difficult to breathe in the cold– If you don't have asthma, it's best to breathe in through the nose so that it can be filtered and warmed. However, between a runny nose and the need for more air, many people begin mouth breathing, which means freezing cold air will be hitting your lungs.

Fix: Try to breathe through your nose when you can. Even wearing a ski mask won't always warm up the air breathed in through your mouth.



3. The ears get cold and start to ache – Ears, like your fingertips, are made of thin cartilage, which makes them very sensitive to the cold.

Fix: If wearing a hat or ski cap feels overwhelming, wear a piece of gear that covers the ears, like muffs or a headband. Finding one that has rubber grips or that is lined to wick sweat are both great options.

4. Your toes go completely numb – Unfortunately, cold weather has a way of making body parts go numb after a while. This happens due to the lack of blood flow to certain limbs, especially the hands and feet. Having your shoes tied too tight, or wearing shoes that are too small, can also cause a feeling of numbness.

Fix: Avoid socks that separate your toes, which will only make them colder. Instead, simply layer up with regular socks. If that doesn't work, try running with foot warmers.

5. Your nose won't stop running – Every time you take a sniff of outside air, it's the nose's job to filter, warm and humidify it to body temperature in a fraction of a second, before it hits the lungs.

Fix: While there are some prescription sprays that slow down nose running, they are not recommended for this type of situation (these are mostly for allergies). The best thing you can do is to carry tissues with you. Also consider putting some Vaseline around your nose to prevent chapping.

6. Joints feel really tight, making running uncomfortable – Cold winter weather causes the body to slow down a bit and adjust to the colder weather. Things just aren't working as quickly and efficiently as they do when it's warm.

The Fix: Allow your body extra time before heading out for a run. Get your joints and muscles moving before you put them through the paces. Give yourself at least 10 minutes to adequately warm up, including walking, foam rolling or dynamic stretching. This will ultimately help best prepare your body to train and prevent possible injuries.