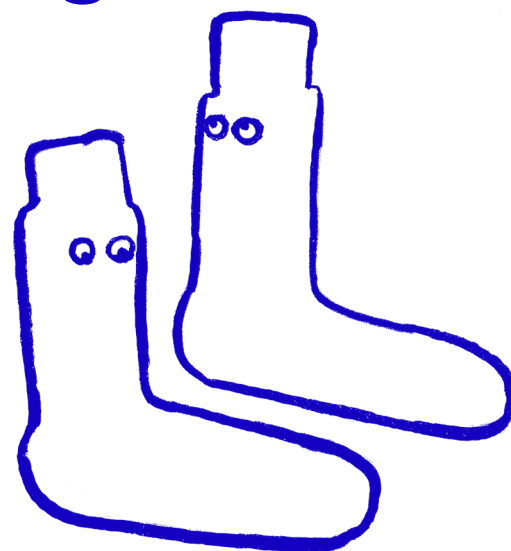


Top tips for training in the cold

When you decide to run a Spring marathon, you probably don't consider that the lion's share of your training will be through the dark, cold and probably wet winter months! When Winter comes, you need to be prepared – both physically and mentally!

Quite simply, cold weather is no excuse not to train. In fact, lots of studies show that peak performance for marathon runners is when the weather is cold. So what can you do? And what do you need to think about? Here are some top tips for ensuring you can still get out there...



Don't just go for it

Progress slowly and steadily into your run. It may take a while for your muscles to acclimatise to the conditions so steadily build up to your goal pace over a 5-10 minute period.

Layer up – especially your extremities

The further something is from your heart, the colder it is likely to get. Make sure you have some gloves, decent socks and a hat to wear. Wear items that can easily be removed if they need to be. A tight base layer is a great idea as you can stuff a hat or gloves down it if you do get a little warm!

Plan your route

Make sure you plan a route that is on solid ground, is well lit and where you know the paths will be clear and well treated.

The last thing you want to do is be slipping all over the place – it's an ankle break waiting to happen.

Stay safe

It's likely you'll need to run during the darker hours at some point. Wear reflective clothing or ankle/wrist devices. No street lighting? Wear a head torch.

Always take a phone – if you fall, you need to call for help. And always tell someone where you are going.

There's always the treadmill

If you really don't want to go out, or it's simply not safe enough to do so, why not use the treadmill? A gym membership throughout your training might be a good option anyway – it'll give you access to plenty of cross training and strength and conditioning equipment. And on those coldest days, you can run inside, switch off your mind and stay safe and secure.

