

Cold Weather Running

When you live in Northeastern Wisconsin, cold weather training is nearly unavoidable unless you choose to train exclusively on a treadmill or indoor track. Getting your running mileage outdoors can be a great break from the boredom of a treadmill; however, you must take precautions if you're going to venture outside.

- 1.) Warm up indoors
 - a. Light twisting, lunging, arm circles, etc.
 - b. Spend 5 to 10 minutes warming up your core temperature

- 2.) Dress appropriately
 - a. First layer – Moisture management material
 - b. Second layer – Polyester or cotton
 - c. Third layer – Shell to protect your body from the wind
 - d. Gloves, hat and face mask as needed

- 3.) Stay hydrated
 - a. Drink a minimum of 8 to 12 ounces per hour
 - b. Even though you don't feel thirsty, this could prevent dehydration

- 4.) Be visible
 - a. Don't assume cars, trucks and snowplows can see you
 - b. Bright reflective gear is a must
 - c. Blinky lights make a runner more visible

- 5.) Be on the defense
 - a. Sidewalks often are not plowed, so running on the road may be your only option
 - b. Never assume a vehicle can see you – always stay off to the side of the road
 - c. Be careful crossing intersections

Lastly, run into the wind when doing an "out-and-back" course. On a very cold and windy day, you want the wind at your back when you turn around. Otherwise, the sweat on your face may freeze if you turn back into a sub-zero degree wind-chill.

You can practice all of these suggestions at the Prevea Training Runs that begin at 8 a.m. every Saturday. Runners gather in the Food Court at Bay Park Square mall for a warm-up and stretching and then head outdoors for the Cellcom Marathon and Half Marathon training. We hope to see you there ... with your bright colors on, of course.

By Jason Helgeson, January 2009