

SportsCare

CANBERRA

Training Through Winter

With only three months until Challenge Canberra, now is the time to focus on longer training sessions and incorporate race-specific workouts. However, training during winter can be both physically and mentally challenging, especially in Canberra. The upside of training in the colder months is that you can push yourself without worrying as much about overheating, dehydration, or cramping. Whether you've been training consistently through the winter or are just beginning your three-month build-up to Challenge Canberra, here are some tips to help you manage running in the cold and stay committed to your training program:

Tip 1: Layer Up Wear multiple layers on your upper body at the start of your session so you can gradually shed clothing as your body warms up.

Tip 2: Wear Clothing with Zips Opt for tops with zips, allowing you to let more air into your chest to prevent overheating as your session progresses.

Tip 3: Cover Your Extremities Keep your fingers, toes, head, and ears warm. A good pair of socks and shoes will keep your feet warm, while gloves and a beanie or ear warmers will protect your fingers, head, and ears.

Tip 4: Use Circuits or Laps If you're shedding layers, consider running circuits or laps. This way, you can drop off your layers at a designated spot each lap and pick them up at the end of your session.

Tip 5: Cool Down Properly After your session, it's essential to gradually bring your body back to a comfortable resting state. To prevent a sudden drop in body temperature—which can cause muscle tightness and increase the risk of injury—put on a jumper and complete a proper cool-down. Then, change out of your wet, sweaty clothes and into warm, dry ones.

Tip 6: Move Indoors or Cross Train On particularly cold days, it might be best to avoid the outdoors altogether. Consider training indoors or swapping your run or ride for a swim or an indoor cross-training session, like a gym workout. Cross-training is great for injury prevention and breaking up the monotony of running, and it allows you to escape the harsh winter weather.

By following these tips, you can stay warm, motivated, and on track with your training through the winter months.