

# Cold Weather Running Fact Sheet

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*Supplied by Running Room*

*Running: The Complete Guide to Building your Running Program by John Stanton*

- ❄️ Wear three layers: a base layer, an insulating layer, and a windproof shell. Some clothing is quite efficient, such as Fit-Wear; if you have this then two layers will suffice.
- ❄️ Do not expose too much skin. Keep all extremities covered e.g.: ears, hands, wrists, ankles, and neck. Your respiratory area (nose and mouth) will stay warm because of the breathing business going on.
- ❄️ Up to 50 percent of the body's heat is lost through the head. Wear a balaclava or toque to keep warm.
- ❄️ Shorten your stride to improve your footing on icy roads. Wear Ice Grips over the soles of your shoes for greater traction.
- ❄️ Mittens are warmer than gloves.
- ❄️ No need to get out the wool socks, or double up on your regular pair. Wear a single pair of thermal socks to stay warm.
- ❄️ Chap Stick your nose and ears, as well as your lips.
- ❄️ Petroleum jelly on your hands helps keep them warm, and moisturized.
- ❄️ Wear your water bottle under your jacket to keep it from freezing.
- ❄️ No runner has ever frozen his or her lungs in sub-zero weather. The body warms the air before it enters the lungs. If you find the cold air uncomfortable, wear a face mask or cover-up; it will help warm the air.
- ❄️ Warm up properly, start your run at a comfortable pace and slowly build up the pace to a pace slower than your normal training pace.
- ❄️ Do not accelerate or decelerate quickly in the cold weather.
- ❄️ Make sure your changes in direction are gradual to avoid slipping or pulling muscles that are not properly warmed up.