

WINTER TRAINING TIPS

DRIFTLESS DISTANCE PROJECT

WHAT WE'LL COVER

- Heat Training & Acclimatization
- Injury prevention
- Workout Intensities
- Preparation



HEAT TRAINING

Heat Acclimatization

the process where the body gradually adapts to hot environments through repeated exposure, improving its ability to regulate temperature.

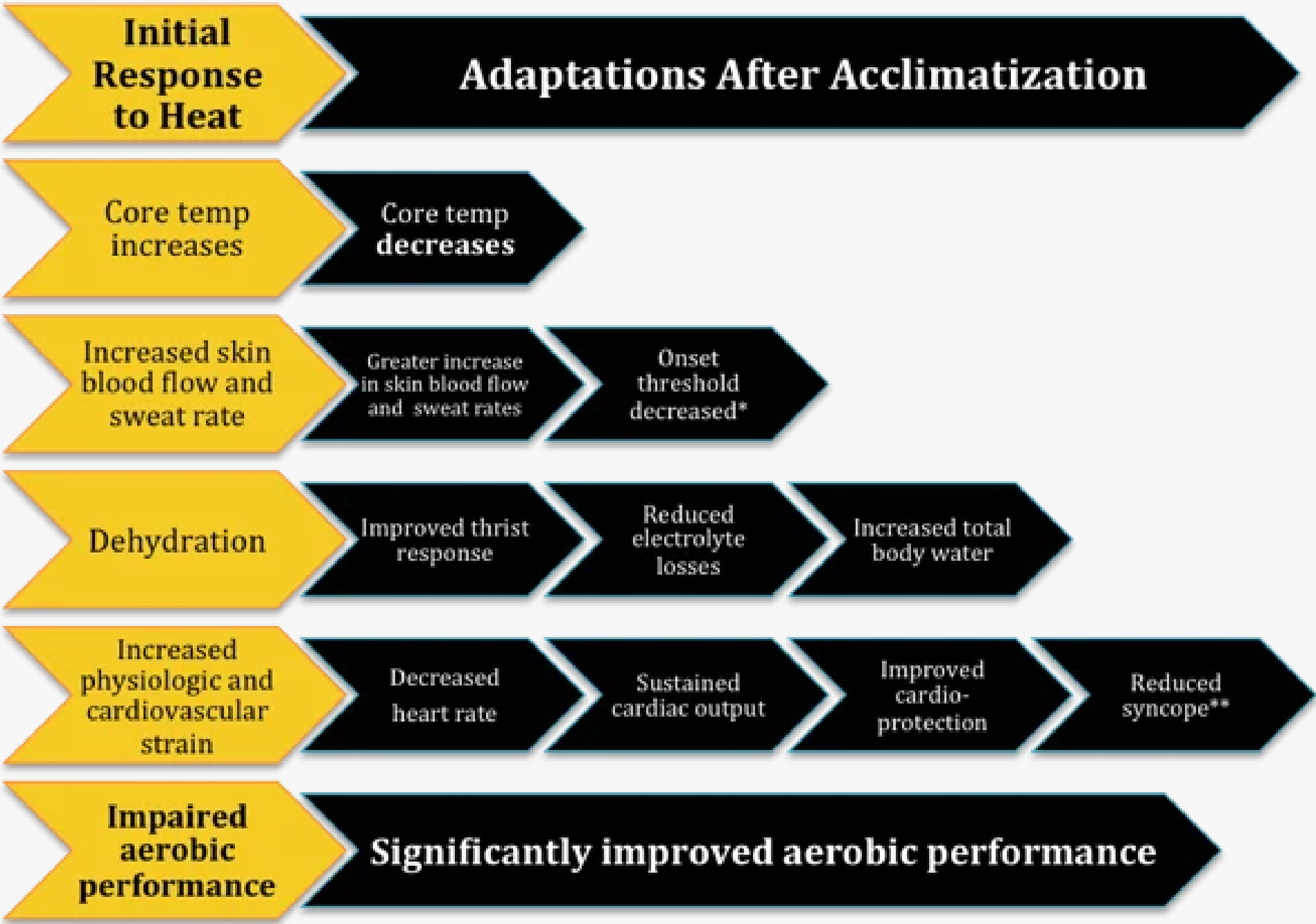
Performance Enhancement

Heat training improves aerobic endurance by increasing plasma volume, blood flow, and red blood cell production, which enhances oxygen delivery to muscles

Workout Prioritization

When running

“Poor man’s altitude”



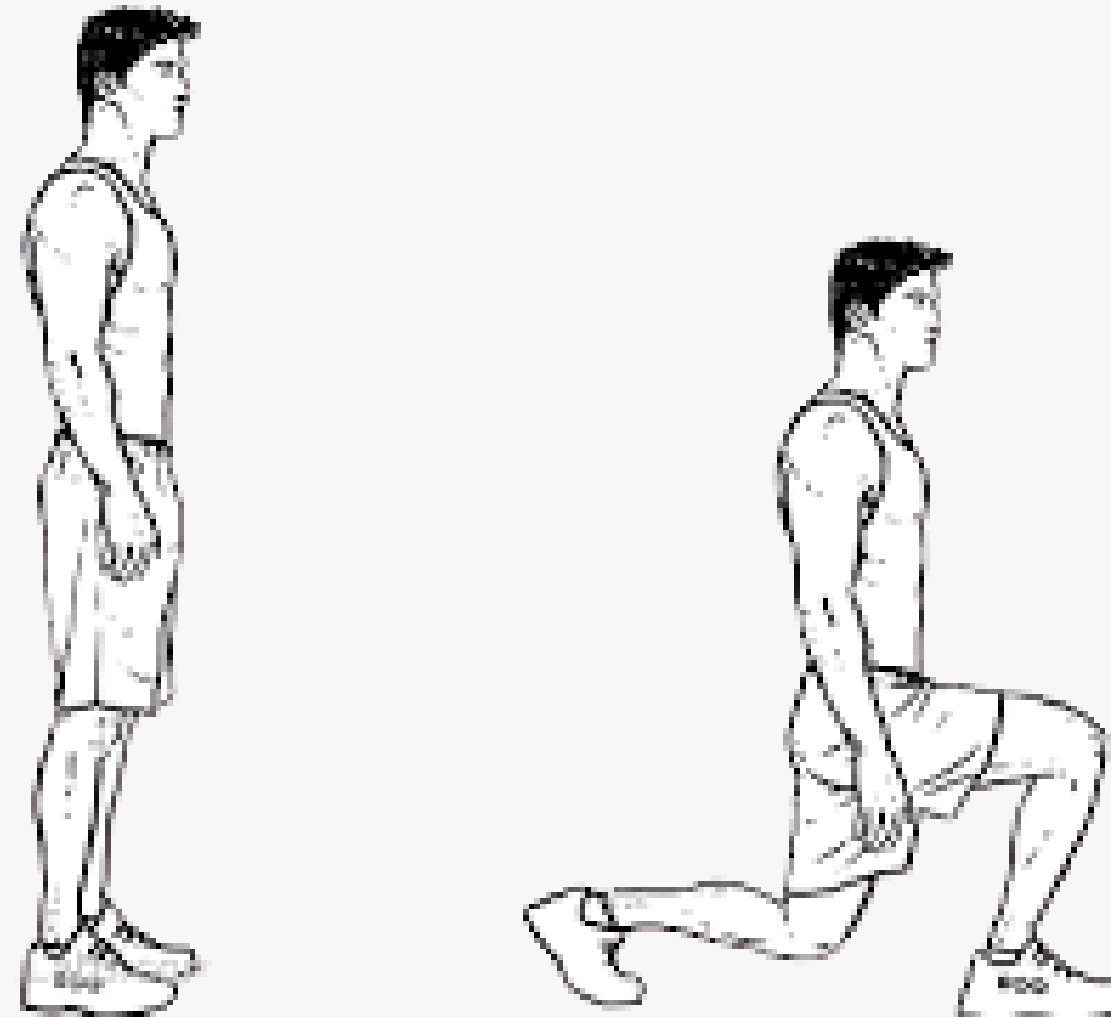
Parker’s Recommendation: When heat training, wear 1 additional layer past comfortable.

INJURY PREVENTION

Being warm $\neq$ Being Ready

Begin every run with an indoor warm-up!

- Dynamic Drills
- Bands
- Lunges
- Squats
- Leg Swings
- Calf Raises
- Toe Walks



WHAT TO WEAR

70° F +

Shorts + tank top/no shirt/sports bra + Short Socks



A cold muscle is a weak muscle, & a weak muscle is a potentially injured one.

<70° F (60-69°)

Shorts + t-Shirt + Short Socks



WHAT TO WEAR

<60° F (50-59°)

Shorts/Half Tights + Long Sleeve + Short-Long Socks



A cold muscle is a weak muscle, & a weak muscle is a potentially injured one.

<50° F (40-49°)

Full tights + short sleeve & jacket/
quarter zip + Long Socks



WHAT TO WEAR

A cold muscle is a weak muscle, & a weak muscle is a potentially injured one.

<30° F (0-30°)

Full tights + Multiple layers (windbreaker) + Long Socks + Gloves & Hat



<0° F (Negative°) Layer up or opt to run inside

WORKOUT INTENSITIES

Effort Over Everything

- Cold temps can slow your pace & increase the intensity.
- Oxygen uptake changes
 - in the cold, your body works harder to warm and humidify the air. This increases the demand on your cardiovascular system.
- Muscle stiffness = Less Power
- Energy Shifts

PREPARATION

- Be weather aware
- Plan routes accordingly (wind & sweat)
- Running in the dark & Safety
- Hydration

QUIZ TIME

44° F outside

Who is dressed properly, Riley or Parker?



QUESTIONS