

# Winter Running Tips

When Winter strikes there should be no reason to stop your enjoyment of running.

The following helpful tips could help to keep you safe and active during the cold winter months.

## **Be safe**

When out and about walking or jogging, regardless of the time of day or year, make sure you always face the traffic, particularly if you are on a route with no pavement.

Select well lit, populated routes, especially if you are running after dark.

Be fully alert to your surroundings and try to leave headphones at home, especially at night-time – not only will you be giving your full attention to your surroundings, but this may help you tune into your body too.

Remember to always tell someone where you are going and when you will be back. Perhaps take your mobile phone with you, or take some change for a bus or taxi should you need it.

## **Stay safe in groups**

Exercising with others is always much more fun and in the winter, it is a great way to stay motivated and safe when exercising. Firstly, a group will help motivate you when you'd rather be snuggled up indoors with a mug of hot chocolate and secondly, running with a group ensures that you are safer when exercising outdoors in the dark.

## **Be bright, be warm, be seen**

Make sure you invest in some fluorescent clothing when planning to exercise outside in the winter months.

Wear hat and gloves to keep your extremities warm.

Protect your lips in very cold temperature with lip balm.

## **Training Tips**

Take longer to warm up and warm down in the winter.

Run into the wind at the start of your run and with it on your back at the end.

Reduce the risk of twisted ankles in wet and icy conditions by avoiding road surfaces where you can't see loose paving stones.

Avoid running through puddles and slush, to keep your feet dry as possible.

Avoid being splashed by passing vehicles by looking ahead for standing water on the road, often more likely to occur when drains are blocked.

If possible try and run at the weekends and early mornings when you can fit in your training during daylight.