



Essential Summer Kit

With (hopefully!) more hours of daylight, the summer months are an excellent time to step up training; however it is important to remember that summer training has different requirements to winter running, as your body has to cope with different conditions. Even in a British summer there is the potential for heat or sun related problems, such as heatstroke and sunburn, all of which can be avoided with careful planning.

- Chose your running gear carefully. Cotton will soak up sweat and make your clothes heavy and uncomfortable, and may cause painful rubbing. Opt for technical fabrics instead. These are specially designed to wick perspiration away from the skin so it evaporates quickly, technical fabrics will also keep their shape rather than clinging and rubbing. The lighter the fabrics the better and also remember that a larger looser t-shirt will offer more protection from the sun than a crop top.
- It might seem a good idea to go without a hat when running, as a lot of the body's heat is lost through the head, however this is not a sensible option as wearing a hat helps protect you from sunstroke and sunburn. Most modern running hats and caps are made from fabrics that will wick sweat away from your scalp to help keep you cool. If you soak your cap in water and then chill in the fridge it can be even more comfortable on a really hot day.
- A pair of sports sunglasses will protect your eyes on bright days and help visibility. Coventry Runner has a good range of sunglasses, purpose built for running.
- When training in warmer weather and particularly when completing longer runs, water is essential to keep you hydrated and working at your optimal level. Medium sized and large running bottles are available at Coventry Runner and these are specifically designed to be carried comfortably when training or on long runs.

- When training is at its most intense, you may feel that water isn't enough. If so, a full range of energy drinks are available at Coventry Runner. These are designed to be used before, after and during training. Check elsewhere on the website for details or call in and we'll be happy to help.
- Invest in sweatproof suncream to protect your skin from the sun's glare and prevent long term damage. Special sweatproof suncream helps your sweat evaporate, crucial to help your body keep itself cool.
- For long summer runs, leave warm winter socks in the wardrobe and use thinner socks to avoid sweaty feet, blisters and conditions such as athlete's foot.