



Essential Winter Kit

It is important to dress to the occasion in any situation and this includes winter running. Cold and wet conditions can make training a grim affair but the right kit will help alleviate the worst of the winter blues.

- Whether you wear long or short bottoms is a matter of personal preference, but most people tend to cover their legs during the winter months. A wide variety of options are now available. Shorts come in a variety of lengths and now have a choice of inners to maximise warmth and comfort. If complete cover is your choice tight fitting running tights or looser fit tracksters are both good options. All are available at Coventry Runner so if you are unsure, call in and we'll show you our range of products and find you something that you will be comfortable in.
- For your top half, layering is a good idea when it is cold and a t-shirt or vest coupled with a long sleeved top will keep you warm without weighing you down too much. A wicking technical fabric is a good option as you will still sweat in winter and this fabric will help keep you warm and dry.
- Gloves are of course optional but can offer good protection against winter winds and cold. They have come a long way since the heavy, woolly specimens of yesteryear and modern fabrics ensure that weight is minimal and hand temperatures are optimised.
- Likewise with hats. Gone are the days of thick woolly hats, appropriate only for the coldest of winter days. Modern fabrics ensure that today's hats provide protection and temperature regulated comfort from chilly autumn through to arctic winter. Call in and see our range and protect your head this winter.
- A lightweight jacket can make training in cold or wet conditions more bearable. Your jacket needs to be able to 'breathe' and allow sweat to escape and evaporate. Most choose a shower-proof jacket with lots of vents, maximising protection from wind and light rain, whilst allowing good ventilation freedom of movement.