

## **TO TRAIN IN WINTER WITHOUT FEELING NEITHER TOO COLD NOR TOO HOT, OUR CLOTHING SHOULD:**

**1- insulate us from the cold**

**2- be waterproof**

**3- breathe in order to minimize perspiration build-up**

### **FROM HEAD TO TOE**

#### **SOCKS:**

For feet that stay nice and dry, avoid the traditional white cotton socks that retain moisture. Wool and synthetic fibers offer a happy mix of warmth, comfort and efficiency. For even greater comfort, look for pairs that have extra cushioning at the heel and toes. Never hesitate to invest in supple, high-quality socks. They will last longer and prevent sore feet.

#### **BOOTS:**

A good pair of boots should combine the following qualities: proper foot support, suppleness and light weight, a good sole (to absorb shock and provide traction), moisture resistance and breathability (to minimize perspiration). A slightly larger size will allow you to wear one or two pairs of socks without restricting toe movement. Keep in mind that overly-tight boots tend to be cold due to improper circulation in the feet.

#### **THE LOWER BODY:**

Underwear suited to the weather, covered with waterproof and breathable pants. For those with knee problems, I highly recommend keeping the joint warm with the aid of a bandage.

#### **THE UPPER BODY:**

The ideal approach is to bring multiple layers of clothing that you can wear or remove as needed. First, an undergarment that regulates perspiration (e.g. polypropylene, spandex, etc.). Then, a polar fleece garment for insulation against the cold. Finally, an outer layer that protects against the wind, and is waterproof but breathable. Goretex is an excellent choice, but more expensive. If wearing more than three layers, choose clothing without sleeves to ensure good arm mobility.

Worth noting:

- To protect the face, a hood with a visor is ideal.
- Zippers underneath the arms allow a better regulation of body heat.
- Longer coats offer greater warmth, but limit leg mobility.
- Welded seams will allow a garment to withstand frequent stretching.

#### **THE HEAD:**

We lose much body heat from the head. Remember to keep it well-covered, particularly the forehead and earlobes. In very cold weather, protect your face (nose and cheeks) with a scarf or a hood.

Remember: Since metal transmits the cold, it's best to avoid earrings.

### **THE HANDS:**

Wearing two layers gives you the option of removing one and not exposing the skin to the elements. For example, gloves made of wool or synthetic fiber can be worn underneath a good pair of ski gloves or warm mitts.

Worth noting:

- ☐ The extremities (i.e. the head, ears, face, hands and feet) are most susceptible to the cold.
- ☐ To encourage good circulation, opt for slightly bigger boots and gloves.
- ☐ For improved body heat regulation, wear layers of clothing that you can add or remove as needed.
- ☐ Synthetic fibers, such as polypropylene, polar fleece and polyester, are highly recommended for their ability to disperse moisture.
- ☐ Cotton garments retain moisture and should therefore be avoided. In cases of extreme cold or high winds, watch out for chilblains. Avoid exposing small areas of skin, for example, around the neck, wrists and ankles. In addition to a water bottle, it's a good idea to bring along a small towel and some lip balm.

**Finally, everyone's metabolism is different. It's best to manage the weather by trying out different combinations of clothing at different times. The time of day and the presence or absence of sun or wind are important factors to consider and adapt to!**

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