

EARY, IT'S NOT THAT COLD OUTSIDE

MAN:MACHINE

THE MAN'S JUST ROUND
THE CORNER, RIGHT?

The snow has gone, and so should those excuses for not going for an early morning run. With help from a team of experts, Ben Isaacs motivates you to brave the cold

You,
outsid
now

A man in a bright blue long-sleeved athletic jacket and dark running tights is captured from behind, running on a dirt path. The path is slightly damp and leads through a grassy, hilly area. The overall scene is bright and outdoorsy, suggesting a clear day after a snowfall.

LOOK COOL, KEEP WARM



Nike Sphere Jacket

Proves cold-weather gear isn't just boring and practical. As well as looking sharp, this jacket is tailored for running motion. **£70; store.nike.com**

Core Mythos Windstopper Soft Shell

Neon TriFit

Flexible and reflective from a cold-weather specialist, these leggings are so snug and soft you'll forget that you're wearing them. **£75; prodirectrunning.com**



Brooks HVAC Gloves

These keep hands from going numb and feature a flip-back thumb pad, so you can use a touchscreen phone/MP3 player while wearing them. **£21; sweatshop.co.uk**



North Face Surge Shuffy Beanie

Any hat will help retain heat, but this one is made of a quick-drying fabric and lacks seams that may chafe. **£24; uk.the.north.face.com**



Asics Gel-Fuji Trabazon

An off-road shoe that feels like a running trainer, these keep feet stable on slippery ground while providing Asics' high-end gel cushioning. **£100; asics.co.uk**



your fluid loss and maintain hydration levels."

DON'T WARM UP INDOORS

"It's better to warm up in the environment that you will be training in so that your body doesn't have to re-adjust to sudden changes in temperature," says Paul Eaton, personal trainer and creator of The Titanium Tribe (thetitaniumproject.com). "Going from hot to cold could have a major cooling effect on the body, especially if your clothes are damp through sweating. It can also shock the body into a thermal reaction. After warming up, your muscles are ready to work, but if they get cold again they lose their elasticity, which could lead to an injury such as a muscle tear or pull."

BE SEEN

"Staying safe while on a winter run is vital," says Carlos Rybeck of running superstore Sweatshop, Trump Street (sweatshop.co.uk). "If your usual running clothes are dark, make sure you invest in reflective clothing or accessories, such as a bib, armband or shoes. It's important for traffic and pedestrians to be able to see you at all times. You may even require a head torch if it's really dark."

KEEP SKIN HEALTHY

"Protect your skin from the outside elements with a good moisturiser before you start, and Vaseline—especially on your lips—will help to stop the skin drying and lips chapping," says Eaton. "Hydrate from the inside out, so make sure you drink plenty of water before, during and after your run."

BEAT ASTHMA WITH A HALACLAVA

"A thermal balneoclava can be beneficial for some people, especially asthma sufferers, to prevent the facial muscles from tensing up, which can contribute to sub-optimal breathing," advises Mike Bach, a personal trainer at The Body Planner (thebodyplanner.com). "The balneoclava should also help the respiratory system to warm up the air before taking it into the lungs."

MANAGE EXPECTATIONS

"It's better to decrease intensity if your body is not accustomed to running in cold weather," says personal trainer Barry Stalker (pro-training.co.uk). "Once you start running, you may not feel the cold as much because your core temperature will be elevated, but trying to keep to your usual pace could still lead to possible injuries

and thus additional costs such as physio fees."

TEAM UP

"Partner or small-group training is the best way to succeed in your running or fitness goals, especially in challenging conditions that British streets at 7am provide," says Eaton. "You will build a training alliance together, and none of you will want to be the one who lets the others down by not turning up. It can also inspire you to keep up with another person or stay ahead of them when you run or train. Consistency is the key to achieving health and fitness goals, and you are more likely to maintain consistency with a running buddy or group. You will be creating new healthy lifestyle habits together."

WATCH YOUR STEP

"When it comes to remaining injury-free, make sure you're wearing the right running shoes for you—it's even more important when conditions underfoot are far from ideal," says Rybeck. "Have your gait analysed to ensure your shoes are giving your feet and ankles the right amount of support for your running technique. It's also important to check the sole of your shoes, as they tend to wear out after about 500 miles. This is something you'll really notice when there are icy patches around after an overnight frost."

BE WARY IF YOU HAVE A WINTER COLD

"It is never great when you get struck down with a bug, especially when you are an avid fitness enthusiast," says personal trainer Dean Coulson (sweet-fitness.com/pt/04). "However, it doesn't have to be the end of the world. In running circles, the 'neck' rule applies—I tell my clients that if they have a cold that is above the neck and they feel like they can train, then they should do so lightly. If the cold is below the neck, then you should definitely rest, as you will make things worse by training and could face a longer lay off. Listen to your body and be honest with yourself. Whatever bug you have compromises your immune system, and training can lower it further, depending on the intensity."

STRIP OFF AFTERWARDS

"Once your run is over, it is best to immediately get indoors and remove your damp clothing and replace it with dry," says Coulson. "The sweat that will have dampened your clothes will soon start to cool you down—when it is cold outside there is a danger that hypothermia could set in."

If you're one of the thousands of men who resolved to get fit by running before or after work in 2013, you may

have found January to be a write-off. But you shouldn't worry: the slow-thawing snow has passed and now all we have to deal with is the face-lacinating morning chill. February 2012 saw temperatures plummet to nearly -16C in some parts of the country and, with most urban runners clocking up their miles when the country is at its coldest and darkest, there are particular challenges to face.

We spoke to running experts, sportswear manufacturers and personal trainers to assemble the golden rules for anyone running outside when it's cold.

WEAR LAYERS

"Avoid having one very thick layer—use a number of thin ones to trap warm air between each item of clothing," says Nick Harris at HPE Clothing (hpe-shop.com). "You have the added benefit of being able to unzip or remove one if your temperature gets high, too. You should also wear compression gear in cold weather. Compression fabric stimulates the body so that it begins to think for itself, increasing neurological activity so that your muscles work more effectively and your recovery time will decrease. It's also important to wear garments with quick-wicking material. These act as a moisture-management system, which means that if you get too hot while running, you can still keep your layers on because you'll sweat less, helping you control

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