

CLASS WINTER SURVIVAL GUIDE

Now that the evenings are drawing in and the great British weather is trying to deter you from training, don't be put off.

We have come up with some hints and tips to help you continue to enjoy training with The Outdoor Fitness Company. For those of you that are about to start your first winter outdoor training this might help you keep coming rather than succumbing and returning to the boring gym where you won't get the results that you get with us.

Instructor and the classes

As instructors we are used to training in the dark and during bad weather. We will keep the classes rewarding and enjoyable to keep you getting the results that you pay for. We will seek out lighter areas within the parks and as a back up we will carry a torch.

Should the weather turn bad during the class, we will try to limit the effect the elements have on you by avoiding exposed areas and keeping you moving to keep you warm. If at any time you feel that you are getting too wet or cold please inform your instructor right away.

"Skin is waterproof and clothes dry"

Once you realise that if it is raining you are going to get wet, you will relax and therefore enjoy it more. The instructor also, as a matter of course, will tell you about any risks and how to avoid them such as turning slowly on wet or slippery ground or watching out for low branches when running under or near trees.

Light and eyesight

As you are aware all classes are close to built up areas which give a good amount of ambient light which will add to the natural light that may come from the moon. Eating more carrots is an old wives tale but staying fit and healthy will help you see in the dark.

The human eye will on average take about 15 to 20 minutes to start to get used to the dark and you will be amazed at how much you can see after a while even on dark nights. To help this, if possible, try and avoid bright lights whilst waiting to start your class.

Hydration

When it is cold and you are miserable there is a tendency to drink lots of hot drinks. Remember that tea and coffee are diuretics so you may need to drink water as well before, during and after the session.

Clothing

A tracksuit, leggings, sweatshirt, long sleeve t-shirt or similar are the best things to wear during classes (if possible, light and reflective). In the forces we use a layer system of clothing. This enables you to adjust the clothing dependant on your work rate, this is much better than one big layer. Wool retains heat even when wet.

Keep a warm jacket on over the top of you training clothes until the last minute before the class commences. You will be warm after five minutes into the class and the instructor does not have enough space to carry lots of sweatshirts jackets etc.

There is no point in wearing waterproofs as you will still get wet on the inside due to the amount of heat you will generate during the class.

As soon as a class is finished get out of wet clothing ASAP. If you are driving a good thing to put on post exercise is a set of disposable coveralls. These will afford you some warmth but will also protect your car from the damp.

As 40% of your body heat is lost through your head it is clever to wear a hat during your sessions along with a thin pair of gloves to keep your extremities warm.

Daytime Class

We will still be doing a daytime class (Saturday 10am at Jesmond Dene) if you are struggling with evening classes, please try and get along to this session to keep you going.

Travel

Please try and find someone to train and travel with during the winter. The instructor will always be the last person to leave. If you have any travel problems please let him know. The clients come

from the 4 corners of Tyne and Wear, if you need to use public transports have a chat with other members to see if they are going your way.

Winter Goals

In the winter it is easy to miss a class, especially if the weather is bad and it is dark outside. You will talk yourself out of going if you are not strong. The hardest part about our classes in the winter is getting to them; once you are there the instructor will take over and motivate you. To make sure you don't miss too many classes set a goal to attend a minimum amount of training each week. If you do miss one or two sessions, do not be disheartened and be more determined to attend the following session.

Be strong mentally and keep training through the winter and you will remain strong physically!

Get Fit Outside
Feel Good Inside