



## Tips for summer training

The heat can be a challenge for people looking to work out in the summer. Here are some tips to keep you cool:

### **Stay hydrated!**

Water is your best friend on a hot day for staying hydrated; however, if you're planning to exercise for more than 60 minutes, you may also want to consider sipping on a sports drink. Be sure to test your hydration strategy in training so you know what works best for you. As with everything, moderation is key.

### **Wear light clothing**

Bright colors are great since they will reflect the sun and also help to make you more visible to oncoming traffic. Opt for breathable and sweat-wicking materials to keep cool and dry!

### **Don't forget the sunscreen!**

Stop the burn before it occurs with sunscreen. Opt for sunscreen with an SPF of at least 50 and one that is water-proof so that it doesn't come off once you start sweating.

### **Timing is everything**

10 a.m. to 3 p.m. is known for being the hottest time of the day in the summer. If you're planning an outdoor workout, try to do it either before or after this time slot.

Many athletes prefer to work out earlier in the morning as it can help them to stay energized throughout the day and to sleep better at night.

### **Hit the trails**

Trade the heat from the streets and opt for the trails instead. Terra Cotta is a great option for West Islanders on a hot sunny day. And the tree covering offers a great reprieve from the summer sun (you'll still want to use sunscreen though, and maybe some insect repellent too!).

### **Take it indoors**

There's nothing wrong with working out indoors at your local gym or in your home (if you have equipment).

### **Know your limits**

Listen to your body. Give yourself a break if you aren't feeling well and stop right away if you begin to feel dizzy or nauseous. Taking some time off for rest is better than overdoing it and risking getting sick or injured.

**Have fun and stay cool - and safe - this summer!**