

## Running In Inclement Weather

Sometimes, the weather does not cooperate when it comes time to go for a run. If you are training or trying to stay on a strict running schedule, running in conditions that are less than ideal become unavoidable. Below are some tips for going for a run even when the weather takes a turn for the worst:

### In the Heat:

Hydration is always important, but when the heat rises you need to pay even more attention to [your liquid intake](#). Drink at least 16 ounces of water a half hour before going out. Always bring water with you on your run. Take small sips frequent sips to keep hydrated.

If the heat is here to stay, you will need to give your body time to adjust. Don't run your usual distance and pace right away. Instead, slow down and/or shorten your route. Slowly build back up to the distance and speed you were running when the temperature was cooler. Keep in mind, it may take up to two weeks before your body is completely acclimated.

Dress in loose, moisture-wicking clothing. This will help wipe away sweat, cooling you down. Wear light colored clothing to help reflect the light rather than dark clothing, which absorb it.

Try running in water! You can get a great workout in by running a pool while staying cool. If a pool is not realistic for you, try to avoid running on asphalt. It absorbs the heat and gets hot. Instead, try running on the grass or in a shaded area. When it gets hot, it's a great time to check out local trails!

### In the Rain:

A common mistake many make when running in the rain is not dressing for the temperature. If you wear three different layers thinking it will keep you dry, you'll most likely end up with three soaking wet layers instead of just one. Instead, dress as you typically would for the temperature and add a light poncho (or trash bag if you don't have one) over everything.

When you do get dressed, try to wear bright, reflective clothing. A [light](#) on a hat or vest will give you even more visibility. The rain will make it harder for other runners, cyclists and motorists to see you, so the brighter you are, the better.

When running, avoid surfaces like brick. They become slippery when they are wet. You can easily fall and injure yourself. If you do get to a slick surface, it's best to walk rather than run and get hurt. You should also avoid any puddles. You never know what is lying at the bottom of one. There may be glass or the puddle may be deeper than anticipated. If the [pavement is cracked](#), you can twist an ankle, or worse.

## In the Snow

Try wearing trail shoes when you [run in the snow](#). They will have better traction than your normal sneakers. If it snows frequently in your area, consider buying a pair to only use in the snow. This will ensure the traction lasts longer.

Sidewalks are often neglected when it snows. Instead, try running on the road. Most roads are treated before, during and after snowfall, so you are less likely to find ice. If you cannot run on the road, run where snow is fresh and not packed. Packed snow can be slick and icier, making it easier to slip.

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