

Handout for Week 4:

What to wear

“Only mad dogs and Englishmen go out in the mid-day sun”, but I bet there’s many a couch potato who will look incredulously at a seasoned runner out in all weathers.

Dress for the weather

Check out the local weather forecast and be prepared with layers including a light wind/water proof

Wear Appropriate Kit

● Winter

Layering is the key because as you warm up, you can remove layers. Do consider how you can carry them however; a long sleeved tee can be tied around the waist, gloves tucked into your waist band. Consider the design of your kit, some jackets come with removable arms which can be stowed in your pockets or alternatively the whole thing can fold up small and fit into a bumbag. Steer clear of anything made from cotton. You will still sweat and cotton retains the moisture resulting in you feeling very cold.

Don’t let the rain put you off, your skin is after all water proof! Invest in a jacket which is at least shower proof and preferably water proof, to keep the worst off. A baseball cap will keep water out of your eyes.

● Summer

In the summer you will need light and airy clothes. A wicking t – shirt or vest will help to keep you cool in the midday sun. You can also get cool packs which sit around the neck to help keep your temperature down! Most important wear sun block!

If you can brave it, a pair of shorts will also help to keep the temperature down and keep you cool.

Also sunglasses are an essential to protect your eyes and even more so keep the wrinkles at bay! All year around!

**NB: there is no handout for Week 5 –
review progress with your group**