



## Who's training for hardcore fitness this winter?

October 11, 2021

By Gabriel Maestas, CNC, CPT

Question: did someone encourage crazy winter workout behavior or is it something YOU'VE always wanted to do?! Either way, there are several really important elements to consider, when training in the elements.

For starters, how long does it take to acclimate to temperature shifts, especially those that are greater than 20 degrees? Tho there is some debate, generally speaking, it takes at least 72 hours for the body to acclimate enough to temperature changes so the activity is at least safe to proceed. Is that timeline similar when it comes to performance shifts depending on temperature? That's a more difficult question!

Much of it depends on the mode of exercise. Strength dominant activity such as weight training can have a shorter acclimation period and feature fewer shifts in performance norms. Endurance activity tends to be a little more sensitive to these shifts...unless individual factors encourage a different response! In shirt, if your too cold throw on another layer, regardless of what you're doing.

Here's a REALLY important factor: how WELL are you eating in response to the drop in temperature? Have you increased caloric intake to compensate for additional energy demand? Or, you're ok with passing out from a thinning blood volume during the activity? Ha, it may sound funny BUT, its pretty important to make sure you have the energy to keep moving forward as the temp drops!

Ok, one last question: did you get your ZZZZ's?? Sleep and recovery are pretty critical for performance improvements during any season BUT they are even more crucial as them temperature drops. How long should one rest up? At least 48 hours between intense cold weather sessions and at least 6 hours of shut eye is a good start!