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Hello, Friends!



With the temperatures reaching the upper 90's last week and the Workforce Challenge going on I thought I would touch on running in the heat this week, summer is coming!

Any questions, please feel free to contact me!

Racing in the Heat

So you have a race and the weather prediction is HOT. Sun, humidity and temperature are all factors that play a role in your race time and on occasion, yes, you must throw all goals out the window or at least readjust them. The heat stress index is a tool that helps determine the impact on a race and takes air temperature, air movement, humidity and mean radiant temperature in account.

Now obviously there is a difference running a 5k in 80 degrees vs. a marathon. The 5k, no you don't need to really adjust too much, but you will need to prepare for the heat. Hydrate, expect a slightly slower time, but as long as you are in

shape, you'll be fine. A marathon on the other hand, you have to consider your goal. Is your goal to finish? Okay, great, then adjust your plan, run conservatively, walk through water stops and get to that finish line to get your medal! Or is your goal to run a personal best? Well now you must decide, is this really feasible given the conditions and are you going to be upset if you don't hit that goal? You may decide to sit this race out and try for another day. Or is your goal to finish in a certain place, but time doesn't matter- equal playing field for all?

If time is your goal, sit the race out. I have seen too many people try to race marathons in extremely warm temperatures (e.g. Boston) and then be disappointed with their time (duh it was 80 degrees out) and turn around to run another marathon. NO!!!! The damage that marathon did to you in the heat and starting to train again is a HUGE mistake. Marathoning, no matter if you ran slower than your goal pace is still going to release toxins into your muscles creating muscle damage that NEEDS time to recover. Even after a half marathon, your body releases Lactate, CK, AST into the muscle that causes tissue damage. Add the heat and the fact the time on your legs was prolonged because you ran slower, you'll have higher levels of these biological markers that cause cellular necrosis in your blood. And if it gets REALLY high, you could have rhabdomyolysis. I have seen this happen to young, healthy people just after hot yoga and then have to be rushed to surgery to save the muscle.

So what to do if you are going to run?

- * Start hydrating early with a combination of water and electrolytes. Don't just take water on the course, too much water and little electrolytes can lead to hyponatremia.

- * Keep your core temperature as cool as possible. Limited clothing, if you wear a t-shirt have it be light colored and light in material and loose. I prefer a visor over a hat because it allows for more heat to escape, and keep wetting it (as well as your head).
- * Take 2 cups at aide stations, one to drink and one to throw on your head.

- * COLD shower prior to the race to get your core temp down
- * Ice. I'll tuck ice packs into my bra while warming up or driving to a race on a hot day. In addition, while running if they have ice at a station take it and hold it in your hand, place in your sports bra.

- * If you have an idea of the forecast in advance, try to acclimate by wearing extra layers during runs leading up to the event (7-14 days). Remember this will likely make you sweat more, so your recovery and fluids need to be just as important as if it were race day. Replenish everything!!!

* Pay attention to your urine. It should be almost clear, with a tint of yellow. If it is dark or you aren't urinating frequently, you shouldn't race.

Remember the ideal marathon temperature is 40-50+ degrees and anything above 60F can increase time to your overall pace.

**Happy Running,
Kickasso with Bertasso**



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