



Now that school is out, we know that it is time to get serious about our training. The Fox Cities Marathon is less than four months away and now is the time to set a training plan in place for either the half or full marathon.

Unfortunately, we have already had some really hot weather and it got me to thinking. How should we train when the weather is hot and more realistically; 'How should we train with variable weather?' Because, that is what we get handed in Wisconsin. The weather will vary between hot and humid to cool and dry and even some stretches of rain. The challenge is to find a way to train, give multiple weather conditions.

Realistically, over time you will need to learn to train in each of these conditions and for a good reason. Over the years, I have run Marathons with temps in the 40's as well as the 80's. I have participated in triathlons in the pouring rain and was completely soaked. So the reality of learning to train in different weather conditions will ultimately benefit you.

With that in mind, I really won't discuss the sunny, dry day with temps in the 70's and normal humidity other than to say, remember your sunscreen. From there, let's look at the hot and humid weather. Quite obviously the guidance is just as we do during the event (like last year's event), when the temperature and humidity rises, slow your pace, drink for fluids (especially electrolyte solutions) and pace yourself accordingly. This sort of weather encouraged me to become a big fan of the Jeff Galloway method or walk / method. My preference is a 2 minute run and 30 second walk. Depending upon the types of events that I am training for, I will actually seek out the warmer or hotter temps of the afternoon, because I know that the run portion of a triathlon that I am training for will be usually around noon in the hottest, sunniest and most humid part of the day. If I do not have some training in this environment, my body will not perform. Additionally, I know that I am a heavy sweater and need additional electrolytes and I will use electrolyte supplements such as SaltStick which has Sodium, Potassium, and Magnesium which are key to replace for optimum performance.

On the flip side, strongly consider taking a run on a rainy day. It may be uncomfortable at first; however it will give you great insight into your clothing performance in such weather as well as how your body responds to less than ideal conditions.

I hope that you find this helpful. I hope that your training goes well and look forward to seeing you cross that finish line.

Run Safe and Enjoy ... Mark