



help busy professional people who no longer feel comfortable in their clothes, to get fit in under 3 hours per week and to feel super confident in their favourite outfits.

Being Prepared For Outdoor Training

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Hey there,

If you haven't already tried training outdoors, or if you have given it a go and want to know how to be better prepared, then this info is for you.

Training outdoors can be great fun. You can get a sun tan while training (on the few weeks of sunshine per year in Scotland), you can get lots of fresh air, and you can run around the entire park so the scenery is varied constantly.

However, it can get a bit messy too, when the rain and the mud make an appearance.

When it's muddy, we tend not to get down and dirty on the ground. We'll tend to do stand up exercise, group runs, and standing up exercises with a kettlebell under the trees, or FitBoxing (punching, kneeling and elbowing focus mitts).

Here are a number of tips to ensure that you get the most fun and enjoyment out of outdoor training, with minimal faff or mess for you to deal with.

Clothing

The best type of clothing type to wear, is lightweight, not restrictive, artificial polyester type materials. This is because they're more breathable and they don't get heavy if the rain does make an appearance.

Cotton T-shirts, hoodies and bottoms hold water, become heavy and sticks to you, and takes longer to dry out. The artificial materials, like the cooltex type of tops with the tiny holes in them, are much lighter and don't hold water nearly as much. A lightweight water resistant jacket can be worn on top when it's a bit colder weather.

Clothing colour – dark colours are best. White will pick up grass or dirt stains, and so will other light colours.

Gloves are useful in winter. Go for lightweight ones, not heavy, thick ones that will only hold water when they get wet. You can get an inexpensive lightweight pair in Sports Direct.

Footwear

If you are training in the wet, trail trainers will give better grip. You can search for these online. They're easy to buy in local sports stores, and they have a much thicker, chunkier tread, for more grip in the wet and mud.

You can keep your trail trainers in a carrier bag, and wear other trainers for driving. When you get to training, change into your dirty, trail trainers just outside of your car, and this will prevent your car from getting muddy inside.

It's a good idea to have a change of clothes also, so that you can quickly get out of damp ones and into dry ones.

You'll need very few layers while you're working out. You will only ever get cold before or after the workout, but never during. In winter time it's a good idea to have a heavier layer on before you start e.g. hoodie or jacket, and remove it for training. You can put it back on after training to keep you warm as your body starts to cool down once movement has stopped.

Your Instructor will always have wipes with them if you need to clean anything up, although it's always good to have a pack of your own handy in the glove compartment of your car or side pocket of your door.

When you're wet, it's great if you have a spare bin liner tucked under your seat. That can be put between you and your car seat to keep it dry. Your Instructor will have these handy, if you require one.

Bring water – stay hydrated. No need for sugar-laden 'energy drinks'. Plain water is just fine.

So, here's a list of the best things to have:

Water

Bin liners

Carrier bag or two

Wipes

Gloves in winter

Lightweight t-shirts, tops and shorts/leggings

Trail trainers

A lightweight, water resistant jacket.

Warmer layers for before and after the workout in winter

Don't worry if you don't already have these things. You can pick them up as you go along. The important thing is to have fun and enjoy your workouts.

I hope you greatly enjoy the outdoor sessions.

We'll look forward to seeing you at outdoor sessions soon.

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