



## Winter Running – What Will I Need?

Running in the Winter calls for a little more prep than summer training.

Weather in Prince Georges County can be windy, rainy, snowy, icy – or beautiful, but really cold!

Basic guidelines:

- **You do not need expensive winter running gear.**  
Cheap knit gloves and a cheap knit hat from Target are fine. I wear old wool socks over my hands in super cold weather.
- **Layers are best, in wicking (technical) fabrics, with a wind-resistant outer shell.**  
A single running shirt under a wind shell jacket works well down to 35-40 degrees. Add a thin pile vest under the shell for 25-35 degrees. Thicker, winter running mock turtle neck shirts with additional running shirts or a pile vest layered under the wind jacket can handle most temperatures in our area. Regular running tights or capris, with wind pants (very thin nylon pull on pants) over the tights work great for your lower body, down to about 10 degrees.
- **Cover exposed skin when temperatures are very low, or when wind exceeds 15 MPH.**  
Hands, head, neck – cover them all. A fleece or wicking neck gaiter, knit gloves and knit hat work well. Getting started, you may want a neck gaiter that can be pulled up over your mouth and nose.  
For men: Covering your genitals against cold wind (especially) in winter is necessary. Wear a shell, wind pants or running shorts with an extra panel in the front depending on temperature.
- **Wool or wool-blend running socks are a must-have!**  
No kidding. Your regular running shoes are fine, just add wool running socks. They are comfortable and resist blisters.
- **Carry water for distances greater than 5 miles.**  
Even though it's cold and you may not "feel" thirsty, you are breathing out moisture and sweating. Water is just as important in the winter as in summer training. Wear a water bottle/belt with water or Gatorade type electrolyte liquid for all long runs.
- **Shoes, sunscreen, sun glasses – the rest is the same.**  
Shoes should be running style, and replaced after 350-400 miles of running. Get used to carrying running food (gu, gel, power bars, shot blocs, dry fruit) for any run longer than 8 miles. You will need to get used to this for a real marathon, and we can test what works best for your digestion during training.