

What Should I Wear When the Weather Changes?

Check out this great interactive tool. Plug in the temperature, conditions, precipitation – and receive a recommended list of gear and apparel to workout.

- Source: Runners World
- Web Site: <http://www.runnersworld.com/cda/whattowear/0,7152,s6-240-325-330-0-0-0,00.html>

THE RUNNER'S WORLD
WHAT SHOULD I WEAR?
DRESS TO RUN, WHATEVER THE WEATHER

How do you want to feel when you run - do you like to be toasty or chilly in the winter? Cool in the spring? Find the right running clothes to wear for the current weather condition.

Temperature: 65 Fahrenheit

Wind: Calm (no wind)

Conditions: Sun

When I run, I like to feel: Cool

WHAT TO WEAR >>>

WHAT OUR DEFINITIONS MEAN

TEMPERATURE: Here, we're looking for the current "ambient" temperature, which is the reading you'd get from a thermometer. Don't factor in wind-chill or heat index. If you're not sure, guess, or visit a site like the [VWeather Channel](#), [VWeather Underground](#) or [AccuWeather](#) for recent readings in your area.

WIND: Here, we're looking for a wind-speed reading, since wind changes how you dress, particularly on cold days or in rain or snow. If you're not sure about wind speed, guess, or visit a site like the [VWeather Channel](#), [VWeather Underground](#) or [AccuWeather](#) for recent readings in your area.

CONDITIONS: Here, we're looking for the kind of information you get by looking out the window: is it sunny, overcast, raining, snowing, etc.? "Other" includes sleet, freezing rain, or other "winter mix" precipitation.

FEEL: Here's where you tell us what you like. Essentially, we want to know how you prefer to feel while you run? "Cool" is for people who like to take ten minutes to warm up. "Warm" is for those who thrive in the summer. If in doubt, pick "In-between".

Step 1: Select your criteria

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The conditions you reported were:
Temperature: 50 degrees F, Wind: Breezy,
Conditions: Rain. You like to feel: Cool

WE SUGGEST YOU WEAR:

Hat with visor
A hat with a visor serves not only to keep the sun out of your eyes, but also to shield them from blowing snow and rain during the run. A lighter-colored hat helps to keep your head cool on warm days.

Short-sleeve shirt
Or singlet, or for women, as little as a jog-bra. The minimum upper-body coverage. While this may look like a classic T-shirt, a runner is actually best-off with a technical fabric like CoolMax which will pull sweat away from the skin, instead of absorbing it like cotton. This added comfort, combined with sun protection, can make a technical T-shirt a better choice than a shirt at all.

Shorts
The basic element of any runner's wardrobe. Usually a nylon or technical fiber.

Vest
Essentially a jacket without sleeves, a vest provides the wind blocking and water-resistant functions of a running jacket, only for the body's core, leaving the arms uncovered - warm but not too warm.

Step 2: View the results.

How to workout in inclement weather:

- Dress in layers!!
- Windbreaker helps against the wind. Anti wicking shirt (not cotton) as your under layer will help keep you dry and warm inside.
- Baseball hat keeps the rain out of your eyes or glasses.
- Bring an old pair of sneakers—and plastic bag for them after the workout.
- Bring an extra pair of sneakers to drive home in!
- Bring an ipod, music, dog or buddy – it really helps!!
- Jump on the treadmill if you have an option!
- Cross train!! – throw in an aerobics, Taebo or fitness tape.
- Walk up and down the stairs 10x, while lifting a laundry basket up and down.