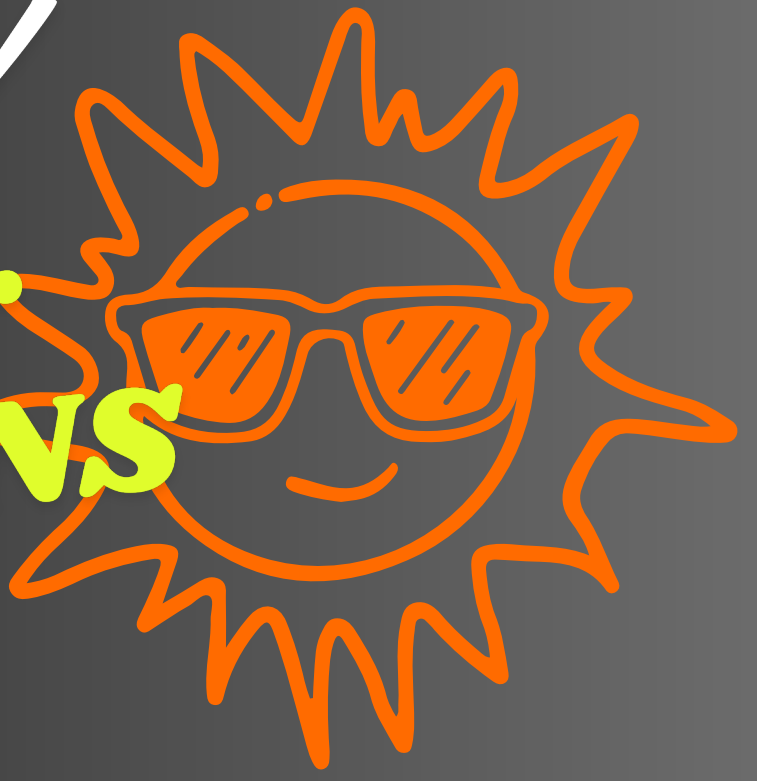


It's hot outside!

HEAT SAFETY CONSIDERATIONS



LOGISTICS

To make your hot-weather runs safer and more comfortable, consider these strategies:

Timing: Schedule your runs for early mornings or late evenings to avoid the peak heat, which typically falls between 10:00 AM and 4:00 PM.

Seek Shade: Whenever possible, choose shaded trails or paths to minimize direct sun exposure and stay cooler.

Clothing Choices: Opt for lightweight, breathable, and moisture-wicking clothing. Light colors are preferable as they reflect sunlight, while dark colors absorb heat.

Sun Protection is Non-Negotiable: Wear a hat and sunglasses for essential protection. And remember, sunscreen is an absolute must to guard against harmful UV rays.



HYDRATION

Drink before, after & during your run!

➡ For runs lasting over 60 minutes, it's wise to consider drinking electrolytes to replenish lost sodium and potassium.

➡ Your sweat rate is an important factor. While a typical sweat rate ranges from 0.8 to 1.4 liters per hour, this can vary significantly based on factors like:

Heat • Humidity • Body size • Effort level • Acclimatization

➡ You can also do a quick clothing check for salt stains. If you see them, it's a clear sign you're losing a substantial amount of sodium that needs to be replaced.



PACING & ADAPTING

Run based on effort, not pace—use a scale like RPE (Rate of Perceived Effort) from 1 to 10. In hot conditions, your body works harder, and a pace that usually feels easy may feel much more difficult. Respect those signals and adjust accordingly to stay safe!

If you start feeling dizzy, nauseous, super tired, get a headache, or even chills—those are red flags. Take a break, find some shade, and hydrate. It's not worth pushing through heat exhaustion.

Give your body time to adjust—gradually build up your heat exposure over 7–14 days. Don't dive into long or hard runs right away; ease into it and let your body adapt.



You got this!

