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Tips for running safely in winter



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Run safely in winter

If you're properly prepared, there's nothing to stop you going jogging in cold weather or if it's snowy, foggy or dark. On the contrary: your body produces more antibodies when you train in cold weather, strengthening your immune system. Use these tips to keep you safe in dark and frosty winter conditions.

Invest in good winter equipment

- Waterproof winter running shoes that suit your running style and foot shape give you the solid footing you need.
- Spikes offer good grip on ice and snow.
- Breathable clothing worn in layers is the way to keep warm. If you feel slightly chilly before your training, you're properly dressed.
- Your torso, head and hands are particularly sensitive to the cold.

Make sure you use the right technique

- When you jog, take short and flat strides and concentrate on pushing off and landing right.
- Breathe through your nose. This warms and moistens the air before it enters your lungs.
- Warm up properly to avoid pulling any muscles.
- After your training, go indoors to stretch so that you don't get cold.
- Adapt your training to the cold temperatures. Reduce your training intensity.

Make yourself visible

- Wearing reflective strips or a reflective vest makes you more visible. Light-coloured clothing also helps.
- A red light on your back will let other people know what direction you're jogging in.
- Go running with a partner. It's more fun and other people can see you better.

Improve your own vision and keep your ears open

- Wear a head torch so that you see potential trip hazards in time.
- Concentrate on noises around you. This will allow you to hear cars and bikes in time.
- Run on familiar routes.
- On roads without pavements, stay left so you can see any hazards.

Our blog has more tips for jogging safely:
helsana.ch/running-training

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