

Week Six

Running in the Heat

As the summer heats up we need to be more aware of fluid replacement when we run. It is important to stay ahead of your thirst. When you get thirsty you are already behind so you should drink 6- 8 ounces at least every 20-30 minutes when the temperatures are hot. You even sweat when it is not evident as the lower the humidity the greater the level of evaporation as you sweat, thus you do not see the sweat! Practice drinking as we discussed before and by all means notice the symptoms of over exhaustion. Take it easy and take your time when it is hot. If you start feeling headaches or dizzy stop and check out your situation. Be safe and smart during your summer runs and you will be ready to race on Labor Day no matter what the weather is.