

Class Winter Survival Guide

Now that the evenings are drawing in and the great British weather is trying to deter you from training, don't be put off.

We have come up with some hints and tips to help you to continue to enjoy training with British Military Fitness. For those of you that are about to start your first winter with us this might help you to keep coming rather than succumbing and returning to the boring gym where you won't get the results that you get with us.



- **Instructor and the classes**

Our Instructors are used to training in the dark and during bad weather. They will keep the classes rewarding and enjoyable to keep you getting the results that you pay for. They will seek out the lighter parts of the parks and most of our instructors carry a torch or bicycle light at all evening classes.

Should the weather turn bad during the class, they will try to limit the effect the elements have on you by avoiding exposed areas and keeping you moving to keep warm. If at any time you feel that you are getting too wet or cold please inform your Instructor right away.

"Skin is waterproof and clothes dry"

Once you realise that if it is raining you are going to get wet, you will relax and therefore enjoy it more. The Instructors also, as a matter of course, will tell you about any risks and how to avoid them such as turning slowly on wet or slippery ground or watching out for low branches when running under or near trees.

- **Light and eyesight**



As you are aware all our classes are close to built up areas which give a good amount of ambient light which will add to the natural light that may come from the moon. Eating more carrots is an old wives tale but staying fit and healthy will help you to see in the dark.

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- The human eye will on average take about 15 to 20 minutes to start getting accustomed to the dark and you will be amazed at how much you can see after a while even on a dark night. To help this, if possible, once the class has started or even waiting for it to start, try to avoid looking at bright lights.

- **Hydration**



When it is cold and you are miserable there is a tendency to drink lots of hot drinks. Remember that tea and coffee are diuretics so you need to drink water as well before, during and after the class to remain hydrated.

- **Class clothing**

A tracksuit, leggings, sweatshirt, long sleeved t-shirt or similar are the best things to wear during the classes (if possible, light or reflective). The Forces use a layer system of thin clothes to keep warm which is much better than one thick layer. Wool retains heat even when wet acting like a wet suit to insulate you.

Keep a dry warm jacket on over the top of your bib until the very last minute before putting it in the Instructor's car. You will be warm five minutes into the class and the instructors do not have enough space in their day sacks to carry lots of sweatshirts etc. In addition the bib will also insulate you.

There is no point in wearing waterproofs as you will still get wet on the inside due to the amount of heat you will produce whilst exercising. As the extremities are always the first parts of the body to get cold a good pair of gloves and a hat are a good idea to keep the head warm (a large amount of heat is lost through the head).



- **Post-class clothing**

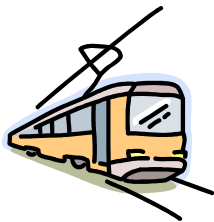
As soon as the class is finished take off the bib and get out of the class clothes before putting on something warm. As well as a warm top or jacket try to get into the habit of bringing a change of clothing as well just in case the heavens open during the class. There is no point in putting dry clothing over wet clothing as you will still remain cold. Of course a bag to carry wet clothing in is useful. If driving to the class get into the habit of putting a bin liner or two in the boot to protect your car seats if you get wet or muddy.

- **Daytime classes**

Try to do a daytime class whenever possible, even if it is once every other week. Training in the daylight even if it is wet and cold will always make you feel better so make the effort.



- **Training and travelling with a friend**



Find a friend to train and travel with. This way you can share your experiences with someone who knows how you feel and at the end have a laugh and a joke with them about surviving the class. If you are worried about making your way into the park or home again during the winter mention it to the instructor - there will probably be someone else going the same way.



- **Set yourself goals and stick to them**

In the winter it is so easy to miss a class especially if the weather is bad and it is dark outside, you will talk yourself out of going if you are not strong. The hardest part about our classes in the winter is getting to the classes; once you are there the instructors will take over and motivate you. To make sure you don't miss too many classes set a goal to attend at least three quarters of the classes you pay for. If you miss one or two don't be too hard on yourself just go back next time and be more determined. If you do stick to your goal each month (or do an extra class) reward yourself with a special treat. If you stop training through the winter you will just undo all the good you have done in the last few months and come spring or after Christmas you will just have to start again.

Be strong mentally and keep training through the winter and you will remain strong physically.