



Cold Weather

By Lee Campbell

We are about to get into the colder months of the year, and people are already heading for the indoors. The reality is that you still play sport in the winter months and you still train in the winter months as they are mostly played outdoors. The questions gets asked, I can train inside so why would I train outdoors?

There are benefits for training in the colder conditions.

- You can burn more calories (your body needs to warm up more and then keep a higher temperature while training).
- If you do a full body or body weight workout you will recruit more energy to activate more muscle.
- A good cardio workout will increase the serotonin (the feel good chemical) boosting your mood.
- You can half your workout time by splitting your session up into 30 minutes in the morning and then 30 minutes in the afternoon.
- When you go for a walk/run and the air is cold and you feel as though it's harder to breathe, the upside is that your body is using the oxygen more efficiently.
- If you are stressed at work then a walk in the fresh cold air helps de-stress.
- Getting into a pool in winter isn't something you hear a lot of but for recovery it's awesome. Just ask the Canberra brave ice hockey team and Woden Blues AFL team I train with, we do walking laps with the water up above the waist.
- Some athletes and others like the fact that it toughens them up and they feel as they have a clear edge on others.
- If you are just heading out for a walk/jog then you can layer up with clothes take a backpack and put the clothes in as you take them off. Once your warm you will still have some extra weight to carry home (great for burning some extra calories)
- And my favorite, the warm shower after training, do your stretches in the shower if you can.

Cold Weather Body Workout

Your workout is a HIIT (High Intensity Interval Training)

- After your warm up of 15-20 minutes, the session is only 10 minutes
- Place 2 markers 10 meters apart
- At each end have a list of 5-7 exercise (push-ups, squat jumps, dumbbell shoulder press, plank, alt twist sit ups, ECT)
- Set your timer on 1 minute and sprint up and then choose an exercise and do that until the timer goes (or count 30 reps)
- Sprint back and repeat for 10 minutes

Key points are to workout at your level of intensity and even though it's cold, stay hydrated as you still need water.