



5 WAYS WEATHER CAN AFFECT YOUR RUN PERFORMANCE



HEAT

will slow you down, must exert more effort, dial back your pace, hydrate more frequently



HIGH WINDS

similar to resistance training, could slow you down, speed you up, or push you to the side, stir up dust and debris

RAIN

clothes get heavier, blisters can form, don't run if there's lightning



COLD

you'll wear more clothes when you layer, could take you longer than normal to warm-up

FOGGY/CLOUDY

fog can make you less visible to others, the sun's rays still shine through with cloudy conditions and you could get a sunburn

