

TriCentric

E-TIP

Hot Weather Tips



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Dear Katie,

Now that summer is finally in full swing, a short primer on hot weather training will help you train well and avoid the typical hot weather pitfalls.

Cheers,

~B

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Tips for hot weather training and racing

You cannot train your body to perform in a dehydrated state... meaning... there is no acclimatization process. You can acclimate to many things: Heat, cold, altitude, humidity.... to name a few, however dehydration is not a "condition" but rather a "result" of poor planning and execution. If you will be racing in hot conditions, you should not avoid it... but there is no need to seek it out with late day rides in extreme conditions as it will only have a negative effect on your ability to recover and train well the following day. Here are a few tips to help you make good decisions while training and racing in the heat.

- **Body weight:** weigh yourself before your training and again after... if you weigh less then consume 1.5 pints of fluid per pound of weight loss (note... it is not a 1 to 1 ratio). If you weigh the same... well done... you got it right. Be sure to replenish electrolytes as well
- **Listen to your stomach:** Your body is working hard to keep cool and do the work you are asking of it. You may need to decrease your caloric intake and/or pace back a little in order maintain hydration and fueling consistency. Avoid shoveling down the calories without regard to what your stomach is telling you.
- **Clothing:** Whether training or racing, your clothing should fit the

conditions. Wear clothing with a light weight and breathable material with appropriate coverage to avoid excessive sun exposure (sunscreen is a must as well). Keeping your clothing damp will also keep you cool... especially on race day. Wear a hat and keep it moist... put ice in it when available such as aid stations.

- **Climate control:** Especially when traveling to a race, avoid air conditioning in order to adapt to the heat and humidity. You can't live in a 60 degree environment and expect to race well in 90 plus conditions.
- **Electrolyte supplementation:** As you sweat, specially in extreme heat, you can lose a lot of sodium, potassium and magnesium quickly. Electrolyte supplements offer a great solution to this issue without asking a lot of your stomach in terms of digestion. Tablets such as endurolyets and thermolytes (generically referred to as "salt tabs") are very easy to insert into your training to ensure you maintain adequate sodium serum levels.

****This is not intended to be a complete list nor does it include everything you need to know for race day. It is intended to be a snapshot of common ingredients for success.*

About TriCentric Training

TriCentric Training is a Pasadena, California based coaching company specializing in triathlon, cycling, running and bike fit.

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