

Walk/Run

# Spring Run Wardrobe



## Building a Spring Training Wardrobe

By TNT Coaches Dan & Kelly McCan

If you need to build or update your spring/summer training wardrobe, a few things to keep in mind:

Make sure that you buy tops and bottoms made from 'technical fabrics,' a fancy way of saying NOT cotton. The intent of clothing made of technical fabrics is to wick sweat away from your skin and pull it more quickly out of the fabric, instead of becoming soggy and wet, which will chafe your skin within a mile.

For spring/summer running, you'll want to go with a few synthetic fiber training shirts. Bottoms include shorts and tights (long, crop or capri) – get what you are comfortable running or walking in. If you're so inclined, a mesh cap can help block the sun.

### ☛ April Showers...

If the forecast is calling for rain, don't overdress. This is one the biggest mistakes runners make when heading out for a rainy run. Wearing more layers will not keep you dry -- you'll just be wearing more wet, heavy clothes. Dress for the temperature, as if it were a dry day.

### ☛ What About Underwear?

If your running clothes (shorts, etc.) have built-in underwear (runderwear) – that apparel is designed to be worn without underwear. If your apparel (tights, pants, etc.) does not come with a built-in liner, you'll want to wear underwear, but NOT cotton underwear. Instead, make sure you wear tight-fitting, non-cotton underwear so any moisture is wicked away and you avoid chafing.

Women also want to make sure they're fitted with a properly-sized and supportive sports bra.

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☛ Note – Sporting goods stores sell special laundry detergent for our synthetic fiber training clothes. It is specially-formulated to preserve the fabric and eliminate our training-related odors.

After washing, it is best to let synthetic fiber training clothes air dry. (Drying these clothes in the dryer can clog their "pores," especially if you use dryer sheets.)

☛ Odds & Ends / Other Accessories:

- Hydration pack/belt – For those longer runs, you'll need to pack fuel and hydration especially if you don't have water fountains on your path or are not sure what to expect for fuel on your race route.
- Sun protection – You will be in the sun for an extended period of time while training. It is recommended to wear sun screen. We also recommend sunglasses and a mesh hat.
- Anti-chafing and blister prevention – Most runners and walkers have found themselves treating chafing and blisters on their feet. As you increase miles, it will increase the chances you will be dealing with chafing and blisters. Two good products are Body Glide and Sports Slick.

Remember, all gear should be thoroughly “trouble-shot” before race day. Wear nothing new!

Happy training (and shopping)!