Raining Training

You know it's fall in Vancouver when it starts raining, All. The. Time. It sure makes exercising less appealing—but hey, if you can't beat them, join them!

Should you exercise in the rain?
If it’s not unsafe for you to do so, then sure! A light drizzle is okay, but you should probably pass on a deluge with thunder and lightning (in case you happen to be the 1 out of 3000).

Activities that are less-than-optimal when it rains:
Outdoor yoga, basketball on an outdoor court, swimming at the beach

Activities that are A-Okay to do in the rain:
Long slow runs, hiking, gentle biking, walking your dog/cat/pig

How to exercise in the rain
No need to go super intense—you’re doing great just by being out there and committing yourself to exercising!

If you’re biking, go on a flat route for the safest workout. Pavement gets slippery in the rain, and some bike brakes don’t function well when wet. Avoid steep hills!

Avoid headphones, because a) they’re probably not waterproof, and b) the visibility in rainy conditions is low, so you should be more alert with your other senses.

What to wear in the rain
A baseball cap – the large brim keeps the water out of your eyes

Waterproof material and reflective clothing – keeps you dry and visible in the mist. A light waterproof jacket is good, especially as it gets colder. Synthetic materials dry faster and can also wick away moisture as you sweat.

Traction – safety first! Having good grippy shoes or tires will help prevent you from slipping on slick roads and injuring yourself.

If going outdoors isn’t an option, then do an indoor workout routine! See more articles at http://www.hr.ubc.ca/health/health-and-wellbeing/fitting-in-fitness/

Image: https://ritarussellwordpress.com/2012/02/02/brilliant-brave-or-just-plain-batty/