YOUR BEST F:T

OUTDOOR WORKOUT CLOTHING GUIDE

	< -5 degrees celsius	-5 - 0 degrees celsius	0 - 5 degrees celsius	> 5 degrees celsius
base layer	sweat-wicking long-sleeved top full length leggings	sweat-wicking long-sleeved top full length leggings	sweat-wicking long-sleeved top full length leggings	sweat-wicking long-sleeved top or t-shirt full or 3/4 length leggings
insulating / mid layer	fleece/thermal top thermal tights (optional)	fleece/thermal top	fleece/ wind-stopper top	◯
protective layer	running jacket / gillet	gilet waterproof (optional)	light waterproof (optional)	light waterproof (optional)
accessories	gloves (thermal) neck gator / snood hat	gloves hat / headband	light gloves headband / ear warmers	◯

other

- always make sure you're well hydrated - even in the cold you'll experience fluid loss when exercising
- if it's drizzling, but not too cold, try a running cap to keep the rain off your head and out of your eyes
- layers are key - you can take them off, change them around and make them work for you as your body temperature changes

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www.yourbestfit.co.uk