

How to Crush Your Cold Weather Outdoor Workouts Safely

From runs to weightlifting to surfing (!), here are the best tips to stay safe outside when the temperature drops.

When wintry weather hits, even the most hardcore outdoor exercisers typically take their training indoors. But this season, with many gyms still closed due to the Covid-19 pandemic, more people than ever have stayed outside and kept up their open air workouts even as the temperature drops and the snow falls. Two years after cold gym concepts debuted as a boutique experiment, training in the frigid winter air has become a necessity.

I'm one of those people. After nearly a year of lockdown bodyweight and resistance band workouts, I caved and bought a nice barbell, weights, and heavy duty squat rack for myself. Since I live in a cramped New York City apartment, the only place I have room to put the rig is my small backyard. Now, the only time I skip an outdoor strength training workout is when there's active precipitation in the air. When the temperature falls below freezing, I bundle up and head outside.

The Cold Weather Workout Commandments

Make Sure You Have the Right Cold Weather Gear

The most important thing to consider before going out into the cold, no matter your activity, is to have the proper gear for the weather.

But if the sport depends on getting wet in cold weather, having the proper gear is even more essential. I was able to give winter surfing a try through an opportunity provided by the excellent Rockaway Hotel, which partners with the Locals Surf School in Rockaway, New York to offer stay and surf packages year-round. Before I took the frigid plunge, I had to suit up in a wetsuit, hood, boots, and gloves, all of which were 5 to 7 millimeters thick to help to keep water out and body heat in.

[View Profile](#)[View More on Instagram](#)

786 likes

Add a comment...

