

SWIX® THE RED ZONE

Training and equipment tips to have your best Birkie ever.

Layering for Comfort:

With temperatures dropping throughout the US, finding just the right layers for cold weather performance is crucial. Follow these tips for better layering and more cold weather comfort.

- Preserve the heat. Getting dressed near the woodstove or next to the hot air duct can help warm up the core against the elements. In the coldest days, tossing a baselayer in the drier just prior to getting dressed can add an important bit of thermal comfort.
- Spread layers thin to thicker. A fine layer next to the skin keeps the body warmer and able to breath. Starting out with too thick a baselayer can cause sweating and later cold.
- Don't forget the neck. Keeping the air warm coming into your body is crucial for a better feel. Staying warm here reduces the chances of a hacking winter cough.
- After exertion, change quickly. Intervals or racing means high output and more moisture. Packing an extra long underwear top to cool down in keeps you warm when you're at your most vulnerable.
- Warm up, then change before races. USST and Swix athlete, Andy Newell explains, "Before cold races I make sure to have a spare long underwear top and dry hat and gloves to put on before heading to the start line."
- Wash your stuff! The salt from perspiration can pull more moisture from your body making you colder. Wash your gear often between workouts for the most functional layering possible.



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Want to Learn More? ? Swix School will show you how to achieve great glide and kick with easy to follow video tutorials. A complete waxing and tuning educational resource.

