

OCR BREAKDOWN

Bonus

COLD WEATHER ACCLIMATION

BONUS/COLD WEATHER ACCLIMATION

"BBBBBBBBBBBBBBBB..."

The cold temps experienced in the Winter make training and racing far more difficult. Simply put, our bodies just aren't used to it. We layer our clothing and find comfort in warmth.

SO, IS IT POSSIBLE TO TRAIN YOUR BODY TO TOLERATE COLD WEATHER MORE EFFICIENTLY?

Research leads is to believe that it is...

The "Iceman", Wim Hof has accumulated over 20 world records including the longest ice bath, climbing snowy mountain peaks wearing only shorts and running marathons around the polar circle. He attributes his abilities to withstand extreme conditions to a method of utilizing breathe control methods, training of mindset and slow exposure to cold.



We dive deeper into breathe control methods and mindset in the OCR Breakdown education modules. This BONUS is going to give you some exercises that can help better prepare you for the cold.

First and foremost...cold is a **powerful** force that shouldn't be underestimated. A **GRADUAL** exposure to cold is recommended and we ask that you listen to your body. Risks of exposure to cold can include hypothermia among others.

Disclaimer: These guidelines are for information purposes only. You should always seek the advice of a qualified medical professional before starting any form of exercise or health practice. OCRTraining.com may not be held responsible for any injury or harm that may result in performing these exercises.

Training for cold weather

Take it outdoors:

- Spend more time outside in less layers. Yes, the neighbors may think you're a little crazy. Maybe you can open a conversation and invite them to join you on course. 😊 Try for a bathing suit/shorts in around 40 degree temps.
- Once you have increased the amount of time you can withstand outdoors from the above, take a jog in less layers. (This is also a great opportunity to go barefoot and expose your feet to the cold earth. (Just watch where you step.)



Cold showers and baths:

The list becomes more challenging as you work your way down

- Ending your shower on a cold note- Turn the dial to as cold as you can stand for a 30 second end to your shower. Over time the goal is to increase the time and lower the temp. (Shoot for around two minutes)
- A little game of hot and cold- Alternate back and forth between as cold as you can (15-30 seconds) then warm as long as you need to feel comfortable going back to cold. Eventually the goal is to be able to transition back to cold in less time.
- Once you can handle ending with a cold shower...try beginning with a cold shower. Work your way up in the amount of time that you can stand before switching over to a warm shower. (Still end with cold)
- Got it? Now it's a cold shower. 5 minutes. You've got this.
- Full body immersion- Cold water -Turn the dial to cold. Fill it up and hop in (or hop into a cold pool) start with a lower amount of time (a couple of minutes) and slowly increase the amount of time that you are exposing yourself. Hands and feet out of the water may be more bearable to begin
- Full body immersion- Ice bath- Fill the bath with cold water and add ice. Get into the ice bath with the water up to your neck. Don't do this longer than two minutes to start. Your body will start to become acclimated to the colder temps over time.

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Exposing your extremities to extremities to cold/ice:

- Fill a bowl with cold water and insert hands for up to a minute. Repeat with feet. You can also fill a separate bowl with warm (not hot water and do a contrast of cold and warm water dips with your hands and feet like in the shower.
- Move onto water with ice. Try both hands, then both feet (up to two minutes)
- Walk on the snow or ice for a bearable amount of time.

Cryotherapy: Cryotherapy, literally means “cold-therapy”.

- Localized Cryotherapy can be administered by an ice pack and or ice massages to specific locations on the body. (Be sure to place material in between the ice and your skin to avoid ice burn)
- Whole-body Cryotherapy is when the user will stand in a chamber with their head exposed. The body is then exposed to extremely cold temps for a varying length of time. The time/treatment will be determined by the service provider.



RE-CAP OF SOME SAFETY PRECAUTIONS

- This is a process. Processes take time.
- Gradually lengthen your tolerance for cold by recognizing where your true threshold is currently and then build slowly upon that truth.
- Have patience with this process.
- Allow your body to take it's time in warming. You want this to feel natural.
- The cold can feel threatening because it's different than what we are accustomed to doing and when we feel threatened, our Fight or Flight response can be triggered making us want to remove ourselves from the situation as quickly as possible. Find ways of keeping a calm mental state (breathe control/meditation) -> covered in the OCR Breakdown.
- Be safe, listening to your body...and if training alone, let someone know where you are and your plan for the day.

and **ALWAYS** bring extra layers of clothing with you