
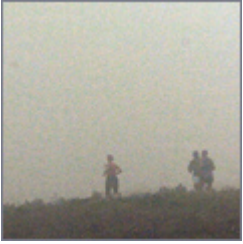




Don't let all your hard work over the summer go to waste. We've come up with some tips to help you continue enjoying your training with British Military Fitness throughout the winter.

	Weather <p>Our Instructors are used to training in the dark and during bad weather. They're experienced at making the classes rewarding and enjoyable to ensure you continue getting the results you want. They're also very conscious about your wellbeing and will make every effort to keep you out of the worst of the elements.</p>
	Visibility <p>Our classes are mostly close to built-up areas which give off a good amount of ambient light. This, added to the natural light that comes from the moon means that there is usually plenty of light available. And the human eye takes at the most 10 to 15 minutes to get accustomed to the dark so you'll be amazed at how much you can see, even on a dark night.</p>
	Getting to the Class Safely <p>If you're worried about making your way in or out of the park now the evenings are dark then do mention it to the instructor. There will almost certainly be other members going the same way and you can travel together.</p>
	Hydration <p>When it's cold, there's a tendency to drink lots of hot drinks. Remember that tea and coffee are diuretics so you will also need to drink water before, during and after the class to remain hydrated.</p>



Clothing

Layering works best. Two thin tops are warmer than one thick one.

There are a number of warm sports tops that use high-wicking material which keep you warm, but also wicks away the sweat from your skin. These tops allow you to stay warm, but not overheat. Wool is also a good fabric, as it keeps you warm even when wet.

Keep a warm jacket on, over the top of your bib, until the very last minute before putting it in the Instructor's vehicle. You'll be warm five minutes into the class. The BMF bib will also help insulate you.

The extremities are always the first elements to get cold, so a pair of gloves and a hat are a very good idea.



Before the class

Winter classes need more planning and preparation before the class too!

Kit preparation is important. Remember that you will need a separate compartment for any wet or soiled clothing. A plastic bag will suffice, but why not invest in a small kit bag that you can fit inside your normal baggage that can go straight in the machine when you're home.

Check your trainers. Worn out grip will make you slide about the place. Trail or Mud Claw trainers are great for muddy ground.



After the class

Try to get out of wet class clothes before putting on something warm. There is no point in putting dry clothing over wet clothing, as you'll still remain cold.

If you drive to the class, BMF seat covers (or a bin liner) are a good idea to protect your car seats if you get wet or muddy.



Daytime classes

Try to do a daytime class whenever possible throughout the winter, even if it's just once every other week. Training in the daylight will always make you feel better.

Stick with it!

It's so easy to be tempted into missing a class on a dark winter evening. But you know that if you do get yourself there, you'll be glad you made the effort!