



## Always take the long trail, we got you covered!

While we are all waiting for spring and the warmer weather to ramp up our training we can't forget about hydration for cooler weather. Here are some info and tips to help if you have the itch to venture outside and spring has just not sprung yet.

# Are You Ready to Leave Behind Cold Weather Training?

-Cooler, dry weather can lead to a decreased thirst sensation causing you to drink less and become dehydrated, being less thirsty doesn't mean that you are staying hydrated!  
 -Sweat evaporates quickly in the cooler temps often without you realizing it, your body still loses moisture in cooler weather but without the sweat you might not realize you need to drink to replenish

-Drinking water alone can be dehydrating since you are flushing out electrolytes while sweating and not replacing them (especially the longer endurance efforts!)

-Don't rely on thirst to tell you when you need to rehydrate, make it a point to drink regularly

-If your activity is less than an hour – water should be just fine to keep you hydrated

-For the longer adventure days Glyco-Durance is great to keep you both hydrated and fueled with electrolytes added to replenish

-If you find it difficult to drink colder beverages when it is cold outside drink a warm beverage like our Glyco-Durance Green Apple with a pinch of cinnamon added to it. It makes a YUMMY APPLE CIDER!

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More information on Glyco-Durance here:  
<https://www.f2cnutrition.com/items/glyco-durance/>



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