

4 tips for a pain-free outdoor workout transition

Busting out of the cabin with fever this spring may be sooooooo tempting for many us.

After all we survived taking our beloved outdoor workouts inside. That is if we didn't put them on hiatus for the past several months.

Yet, that breath of fresh air can leave us sucking wind. Here's four tips to help your transition from indoors to outdoors go smoothly:

Give the conditions a break.

The first few outdoor workouts may feel more challenging than you think they should. During winter, your body adapted to the temperature controlled, wind-free, indoor environment.

Give your body a few workouts to reacquaint with elements like wind resistance, uneven terrain and rolling hills.

Create a new habit.

It may be easier to grab familiar clothes, and follow the usual indoor routine, rather than dig up appropriate apparel and gear for an outdoor workout.

Create incentive to take it outside. Contact buddies and book an outdoor activity.

Or check the weather forecast and book opening day for your outdoor fitness program. Make it a celebration with rewards for participating.

Commit to a gear check.

For many of us, spring cues annual rituals like cleaning house and swapping out wool for cotton.

While you're at it, assess the condition of fitness clothes, shoes and gear. Can't remember the last time you bought running shoes? Invest in new ones.

Still sweating in cotton t-shirts? Replace them with moisture wicking performance wear.

Got a bike? Schedule a tune-up.

Avoid making up for lost time.

It may seem reasonable to resume workouts from where you left off. Or double the intensity and duration to make up for time off. This approach often leads to disappointment, injury, or quick burn out.

Ease back into physical activity by reviewing your previous fitness program and lowering the frequency, intensity, and time. Your body, mind and spirit will thank you.

Ready to step out the door, take a deep breath and soak up spring's offerings?

See you out there.