



# What To Wear

Article by Paul Sullivan of WinSkinsPrinting.com

For most novice and beginner triathletes, exploring the endurance arena the question, "*What do I Wear?*" ranks high on the list of most Frequently Asked Questions.

## **CLOTHING GOAL:**

Separating that question into three different fields of battle will simplify it. Within each field we will discuss material selection, the movement of moisture (wicking properties), smoothness of fabric, and breathe-ability.

### **1. Cold Weather Wear**

Ah yes, the time of year to log the long slow miles. Also a time to be concerned with your extremities, since they have very little fat and it's hard to generate heat in those areas.

#### **HEAD**

A blend of polyester/lycra with a coolmax liner to wick (move moisture from the inside of the fabric to the outside for evaporation) perspiration is all you need. Companies have designed models that can be worn alone while running or under a helmet while cycling.

#### **HANDS**

The principle of "Strength in Numbers" reigns supreme here. Keeping your hands dry and together is the goal. Mittens have wind-protection qualities and will keep the fingers alive. On really cold days, a thin liner glove underneath made of coolmax will give the combination extra warmth by wicking away hand moisture.

#### **FEET**

Type of activity and location are concerns here. While running, you are better off with simply a coolmax/lycra combination. For cycling, a nice pair of neoprene winter booties (cycling specific item that is designed to go over your cycling shoe) for wind and water protection is the way to go.

#### **CORE**

Depending on the weather, you have many options here. The rule of "Dress in Layers" is the key to a successful training day.

Companies provide gear that have excellent warmth to weight ratio's, meaning they provide a tremendous amount of warmth with little weight. A Polypro, coolmax garment next to your core with a wind proof vest completes the job.

Arm Warmers and Leg Warmers/Kneekers are pieces of gear that can be used between 20 and 70 degrees. They are made of a lycra/fleece combination and are great for peeling on or off while training.

### **2. Hot Weather Wear**

Time to strip the winter layers away and put on others that will wick moisture from your body. Breathe-ability and moisture management is the key.

#### **HEAD**

A hat with a coolmax liner and mesh body is great for running in the sun. Velcro and freestyle buckle closures are made to adjust fit on the fly. Some hats even have terry-cloth sweatbands to keep sweat and sunscreen out of your eyes.

#### **FEET**

I am a big fan of wearing no socks during the summer. If you wear socks, then always go with a blend of coolmax/lycra/spandex for durability and breathe-ability.

#### **HANDS**

Summer cycling gloves with padded palms increase shock absorption and allow you to wipe your face of sweat through-out your ride. They also act as protection for your hands in the event of an accident.



# What To Wear

Article by Paul Sullivan of WinSkinsPrinting.com

## CORE: RUNNING

Summer gear is unlimited. Stay away from cotton to prevent chaffing. For tops, look for lightness of material, light colors to reflect the heat and pockets to carry nutritional items. For bottoms, the same holds true but a coolmax liner is a must.

## CORE: CYCLING

Cycling jerseys and cycling shorts are the way to go. Seek out the best pair of cycling shorts that you can afford. They should fit tight and have a nice fitting cycling pad. Jerseys are designed to fit close to the body and typically will have a 3/4 zipper to a full length zipper for ventilation.

## 3. SPRING/FALL Weather Wear

Transitional seasons make it hard since the weather is so unpredictable. The good news is the change allows you to use either more or less clothing. The bad news is typically it's very hard to decide what to wear.

THE GENERAL RULE OF THUMB is to dress like the temperature is between 55-70 degrees. This will cut down on the amount of clothing you put on and cut down on the amount of clothing you might have to take off.

## CORE

Seek out clothing that provides a nice blend of materials. Arm Warmers and Leg Warmers/ Kneekers will be your best friend this time of year. They are a great transitional item.

## HEAD/HANDS/FEET

This should be based on your comfort level and the temperature on a daily basis. All items should be easily pack-able and light.

Clothing should not be your limiting factor. Dressing the appropriate way and in the right combinations will increase the chances of you, "Getting The Most Out Of Your Wear".

*Paul Sullivan is former employee of Nike and Inside-Out Sports & currently the owner of **WinSkins**, a custom printed performance wear company and triathlon clothing apparel distributor. He specializes in printing team uniforms for triathlon teams. If you are interested in team printing or purchasing WinSkins performance clothing he can be reached at [www.WinSkinsPrinting.Com](http://www.WinSkinsPrinting.Com) or (828) 217-0382.*

\*\*\*\*\*For more information on the **Studio7Multisport** training programs, you can visit our website at [www.Studio7MultiSport.com](http://www.Studio7MultiSport.com) or email Sonni at [Sonni@Studio7multisport.com](mailto:Sonni@Studio7multisport.com) .