



STAY SMART WHEN TRAINING IN THE HEAT

Training in hot, humid conditions can be very challenging for any athlete. Heat illness is more likely to occur and performance can often be limited, particularly in sports and events that take place over a long period of time. It is important to allow your body a chance to adapt to the heat and humidity by slowly increasing the length and intensity of your workouts in these conditions. During your practices and workouts, you should take longer rest periods and adjust the length and/or intensity of your sessions based on the temperature and humidity. Remember to begin every session well-rested, well-nourished and well-hydrated. You can perform safely in the heat and may even get an edge on your competition if you train SMART:

- S — Seek shade.
- M — Modify activity.
- A — Adjust gradually to conditions.
- R — Rest frequently.
- T — Take in fluids.

Thayne Munce, PhD, FACSM
Manager, Exercise Physiology
Sanford Sports Science Institute
[@SanfordSportsSci](#)



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