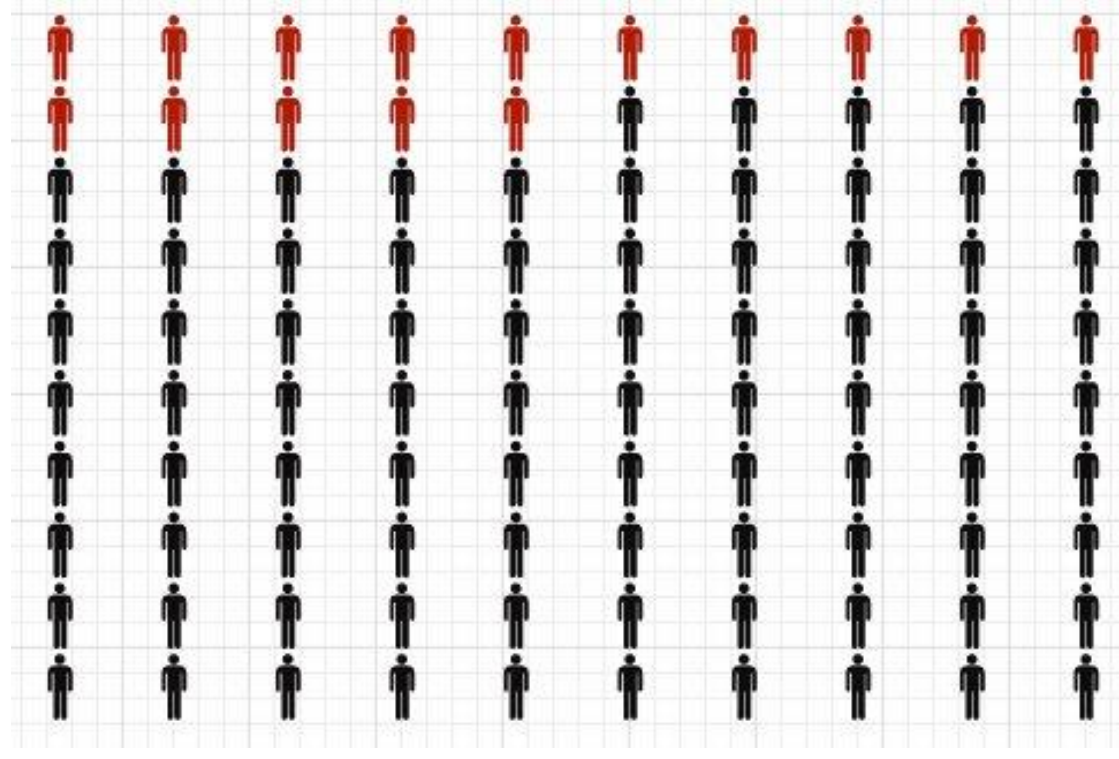


Practical Heat Acclimation: *Train Cool* – *Bathe Hot!*

Why heat acclimate?



Future games will place considerable heat strain on British athletes.



<15% of athletes were heat acclimated at IAAF world champs.

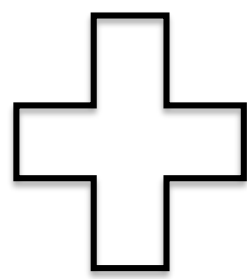


Heat acclimation may provide a competitive edge over rivals.

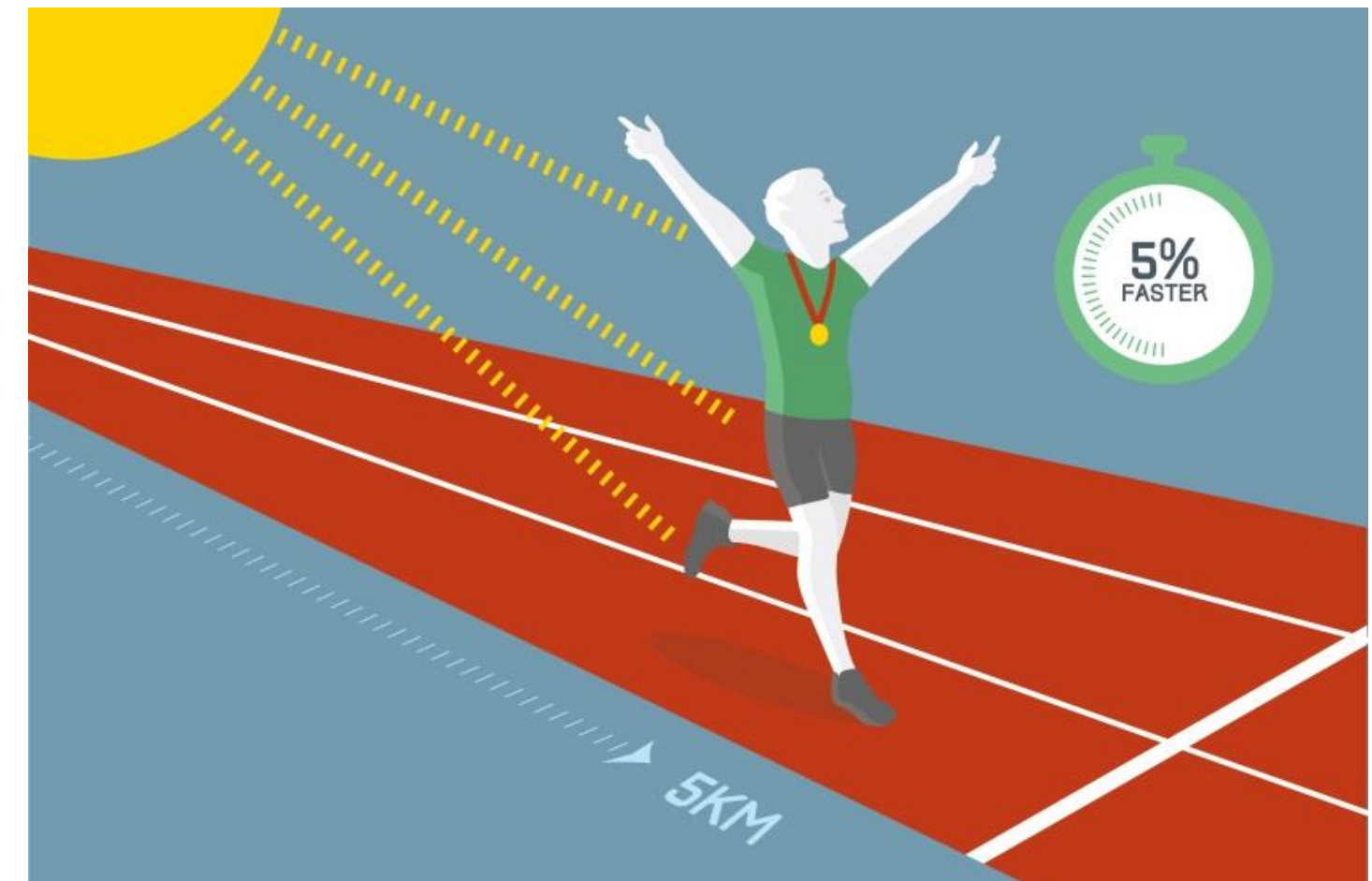
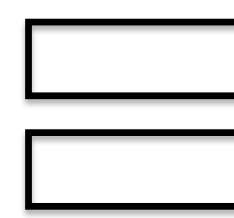
How to practically heat acclimate and the performance benefits



Train cool.

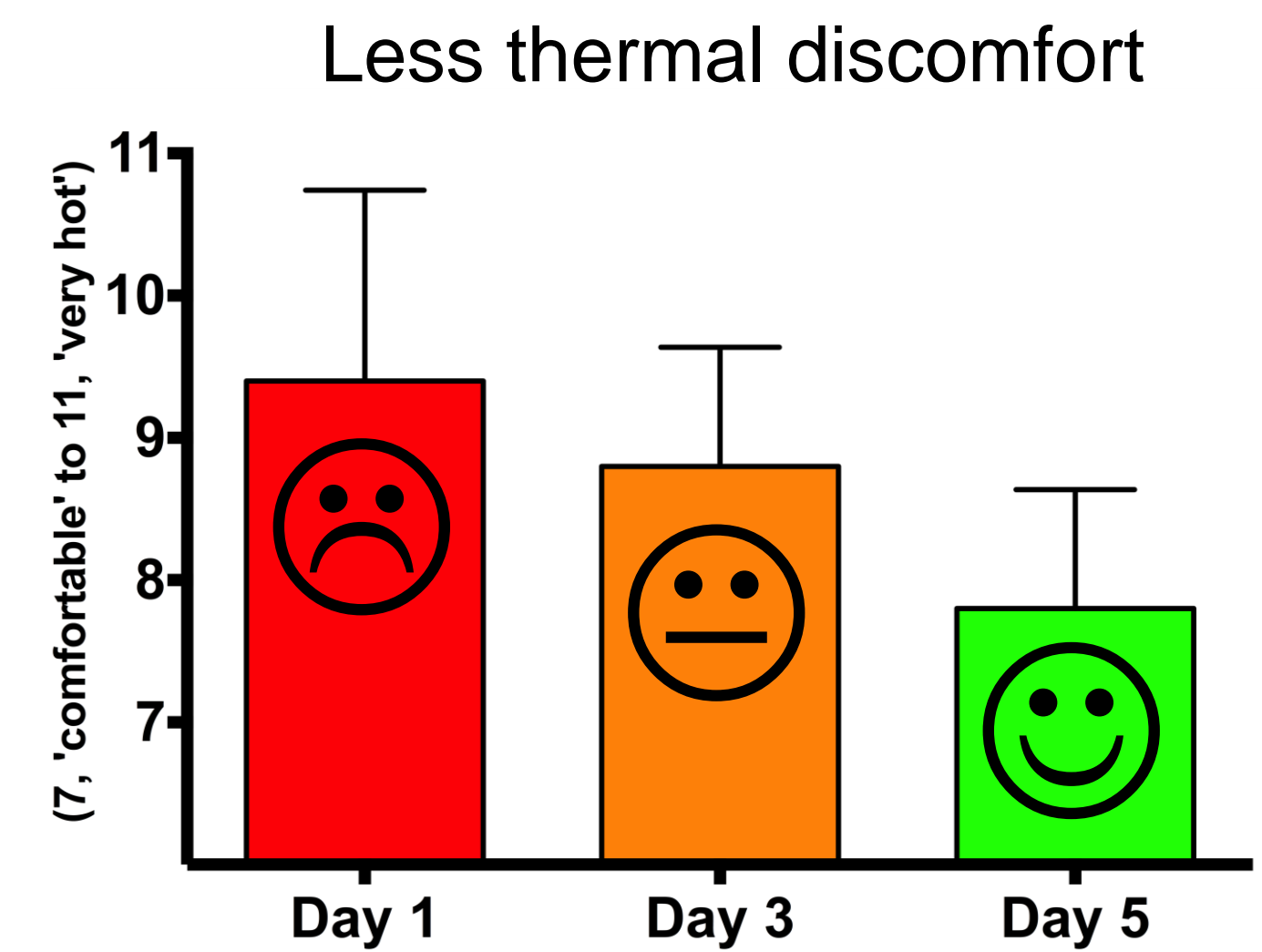
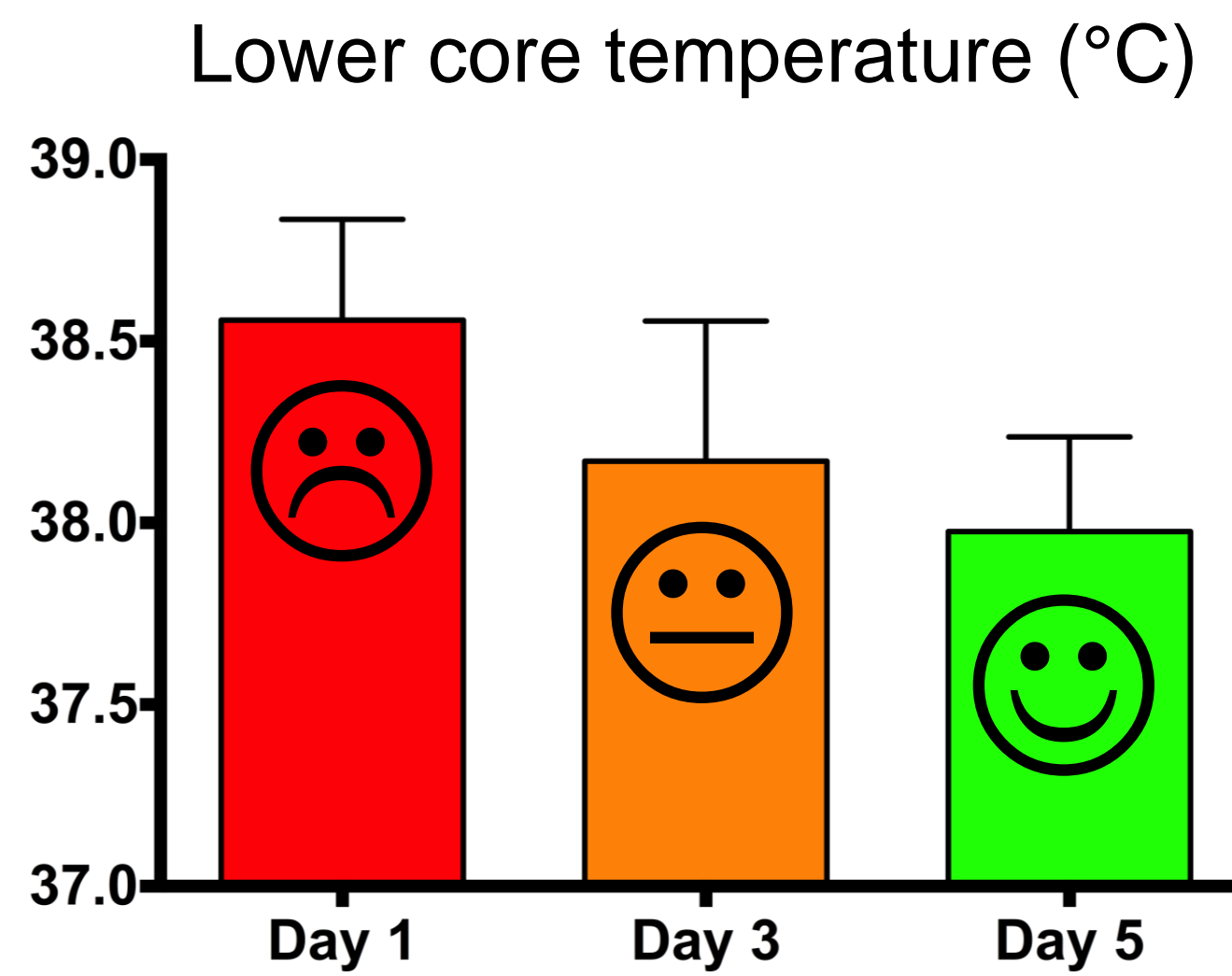
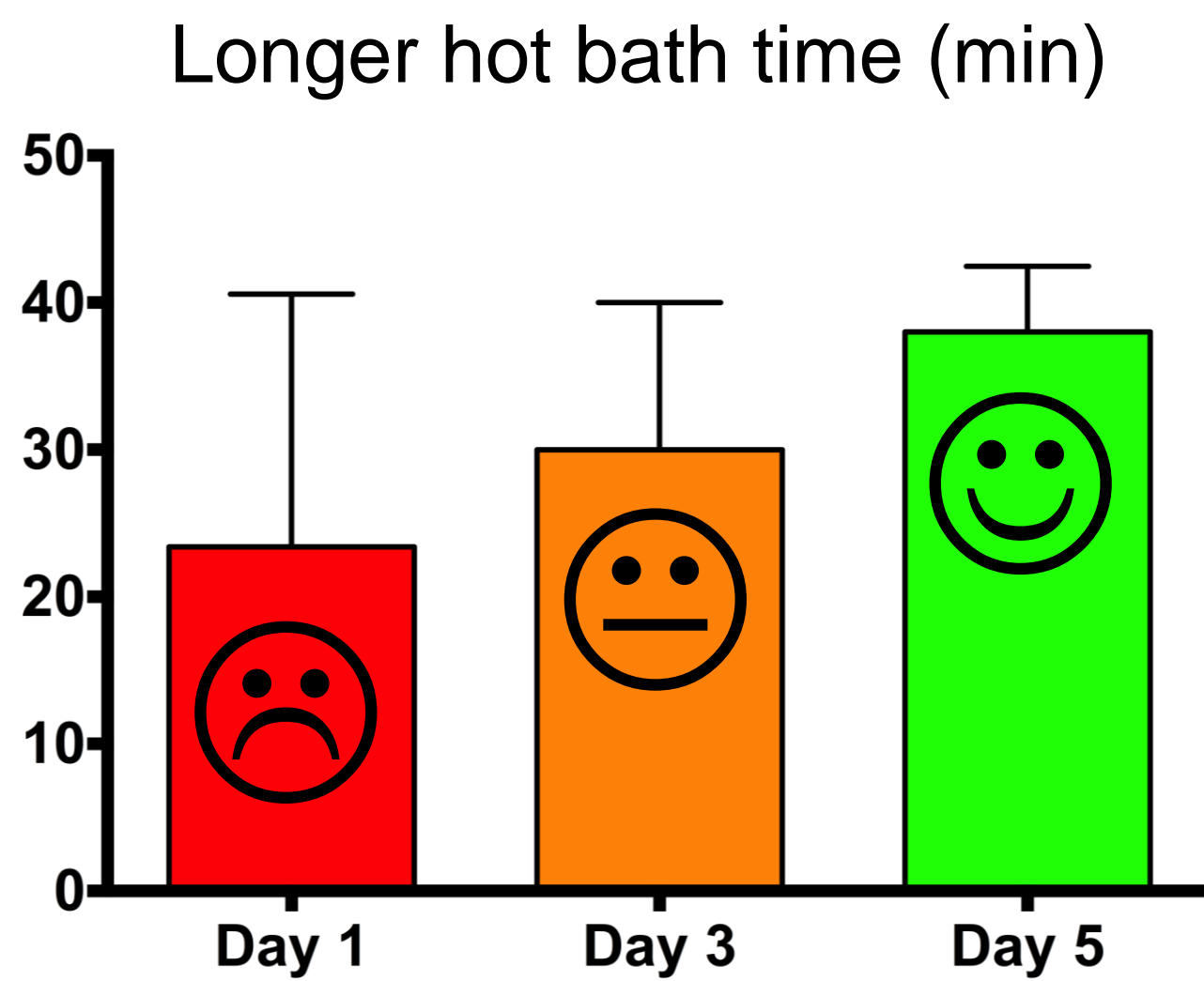


5-6 days of baths after training.



Zurawlew, Walsh, Fortes, Potter, 2016 *Scand J Med Sci Sports*.

Benefits of hot baths after training: a dose-response



Key Lesson Learnt

Hot bathing, after **cool** training, is an effective and practical strategy to heat acclimate elite athletes.

Safety Guidelines for Hot Baths

1. If in doubt, get out!
2. Athletes should feel 'hot' in the bath but NOT "as hot as they can stand".
3. Athletes should be monitored during and getting out of the hot bath.
4. After the bath athletes should sit for a few minutes to recover and avoid light headedness.

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