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5 Tips for Running While on Vacation

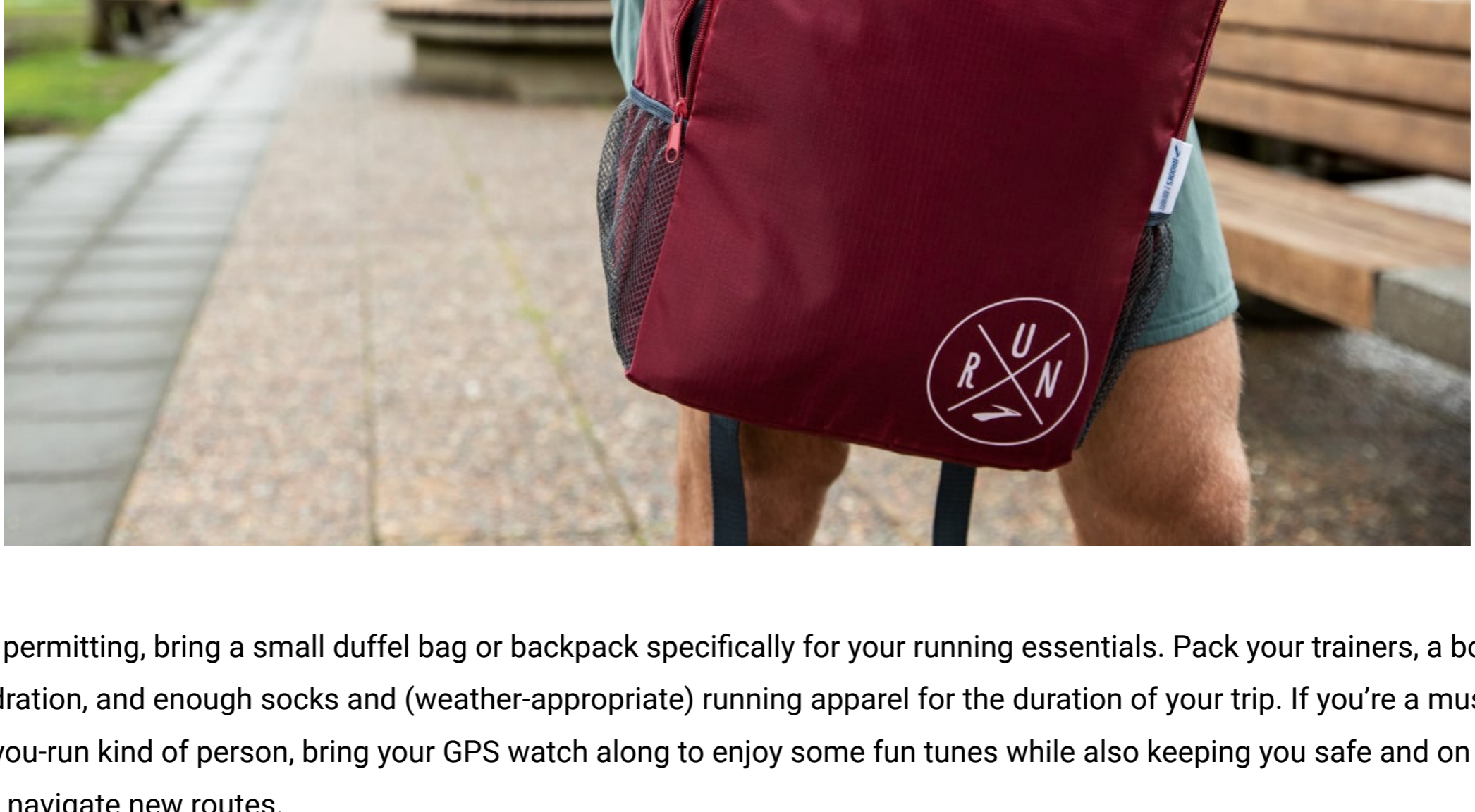
Discover the five practical ways on how you can remain active and continue running while on vacation.

Updated: August 15, 2024 by [Caroline Cross](#)



Whether visiting family and friends or exploring a new destination, you will likely find yourself traveling at some point this year. If your fellow vacationers are also runners, it's easy to plan a getaway centered around running. However, if you will be holidaying with non-runners, the key to maintaining your training routine entails being proactive and intentional. Before you take off, run through our checklist to ensure you are workout-ready for your upcoming trip.

1. Pack a Run Bag

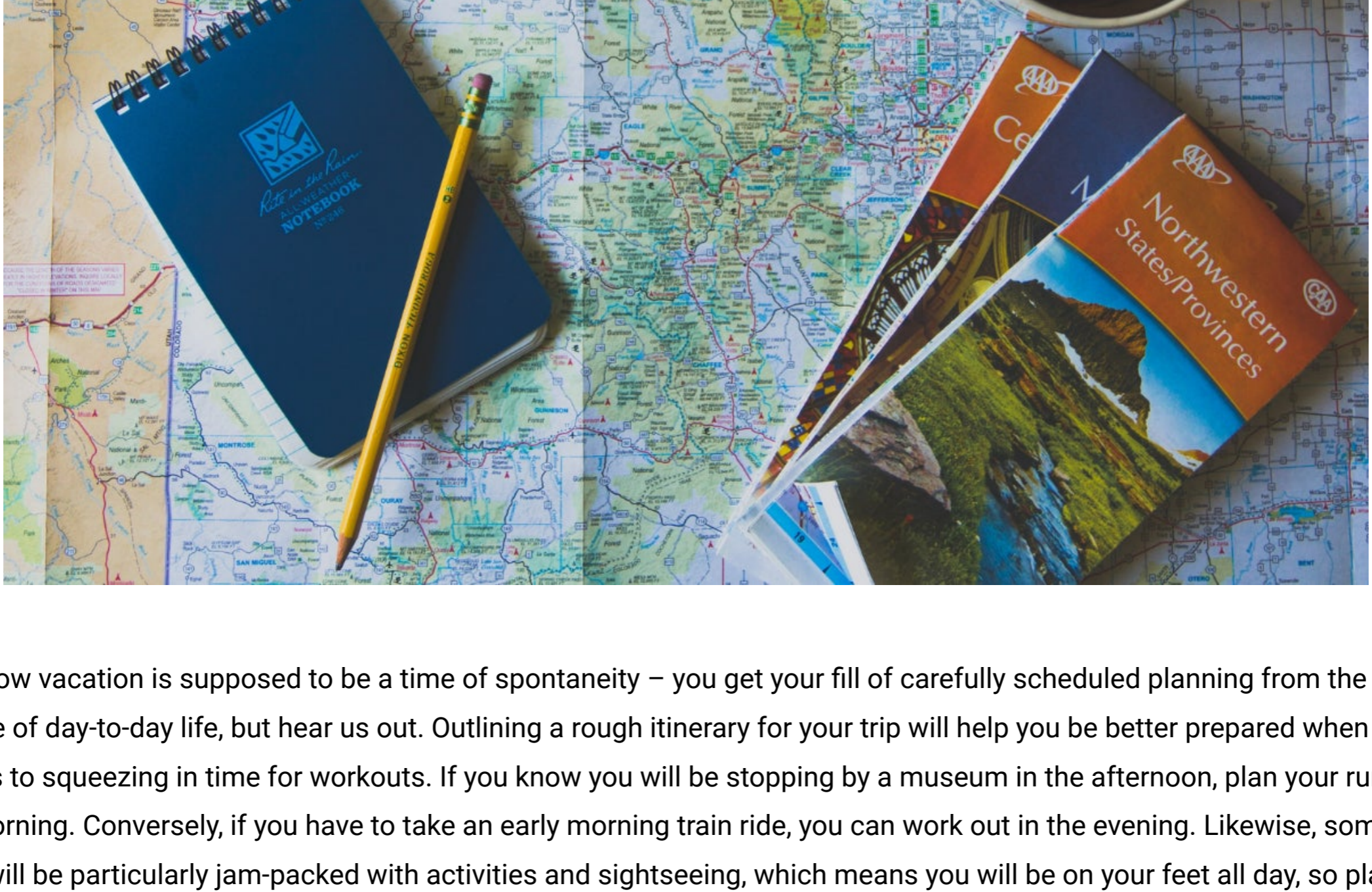


Space permitting, bring a small duffel bag or backpack specifically for your running essentials. Pack your trainers, a bottle for hydration, and enough socks and (weather-appropriate) running apparel for the duration of your trip. If you're a music-while-you-run kind of person, bring your GPS watch along to enjoy some fun tunes while also keeping you safe and on track as you navigate new routes.

Keeping your gear separate from the rest of your vacation attire will make it easier for you to grab your necessities and head out the door from your hotel room (or wherever you plan on staying). It also keeps the excuses at bay and is less time-consuming than having to search through your luggage for your running gear (which the rest of your traveling sleeping crew will appreciate). Plus, you won't have to worry about stinking up the rest of your clothes with your workout kit!

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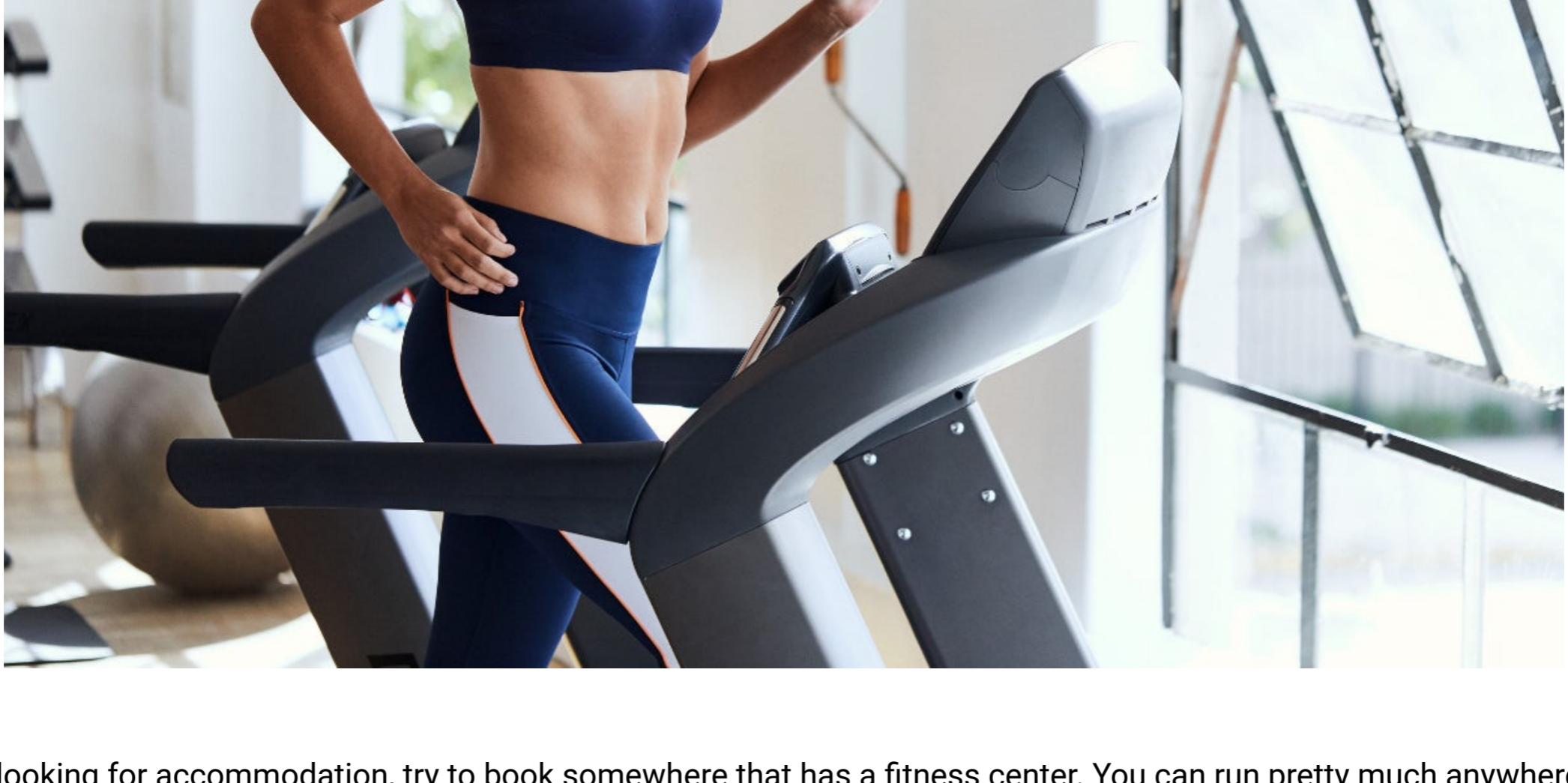
2. Plan a Rough Itinerary



We know vacation is supposed to be a time of spontaneity – you get your fill of carefully scheduled planning from the routine of day-to-day life, but hear us out. Outlining a rough itinerary for your trip will help you be better prepared when it comes to squeezing in time for workouts. If you know you will be stopping by a museum in the afternoon, plan your run in the morning. Conversely, if you have to take an early morning train ride, you can work out in the evening. Likewise, some days will be particularly jam-packed with activities and sightseeing, which means you will be on your feet all day, so plan for a rest day or go on a quick, easy run afterward.

While sticking with a schedule is preferred, running while traveling will require flexibility with your training. Daily plans often shift during a work trip or vacation, from transportation delays to cancellations and closures to sleep disruptions and jet lag; be willing to adjust your route on the fly or run at a different time of day than you would normally. When there isn't time to fit in your usual long run, go with a shorter mileage run; you will still reap the health benefits, and it's better than forgoing it altogether.

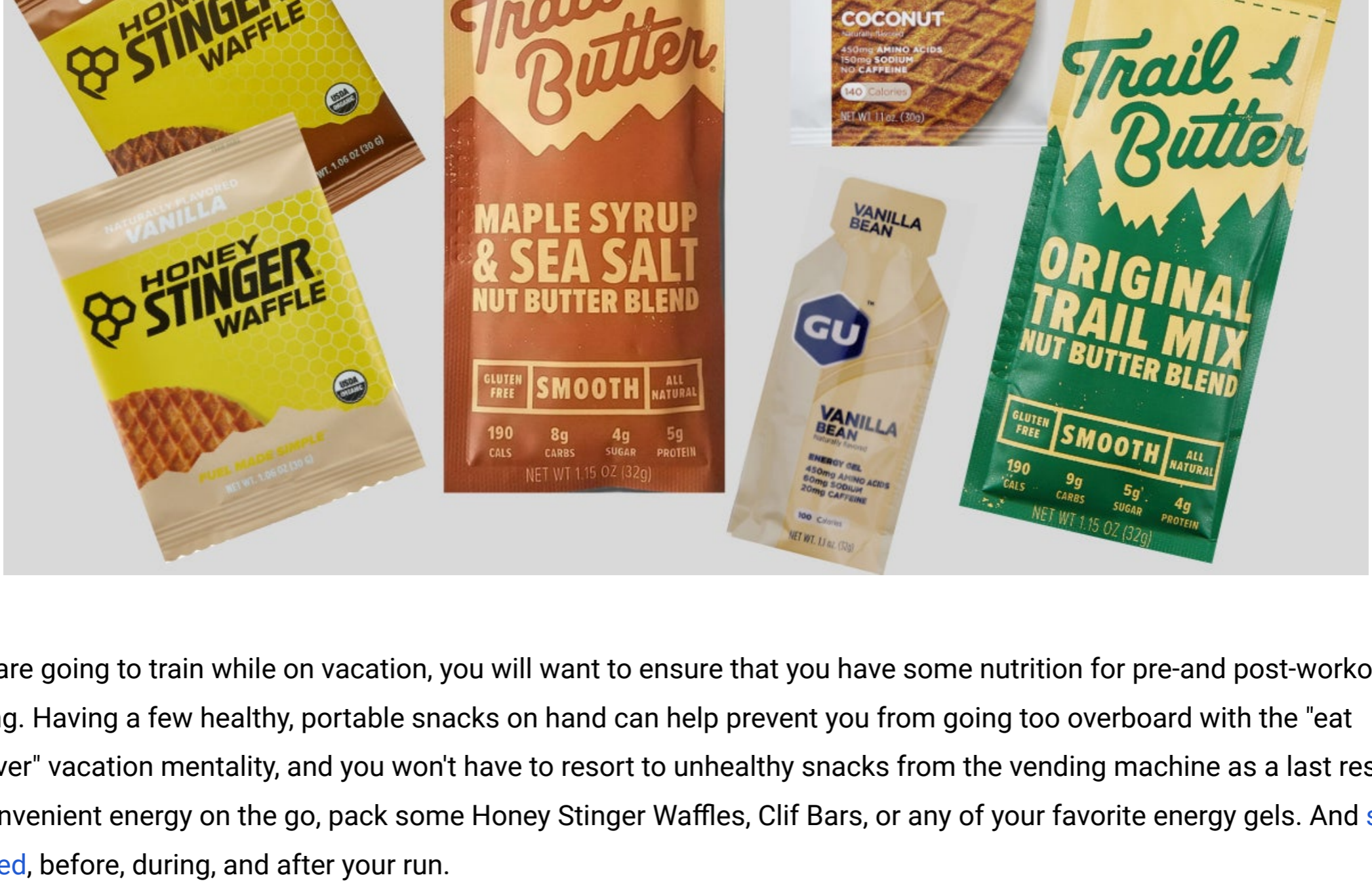
3. Stay Somewhere With a Gym



When looking for accommodation, try to book somewhere that has a fitness center. You can run pretty much anywhere, but a gym comes in handy if you need to fit in a shorter exercise on a busy day or for unpredictable and unpleasant weather that would derail your outdoor run.

For a quick, intense workout, try an interval session with weights. If it's going to be very hot and muggy outside, it might be prime time to mix in some cross-training by swimming some laps at the hotel pool. Overall, by staying somewhere that offers amenities to accommodate your fitness goals, you can remain active and keep your body moving without skipping a beat.

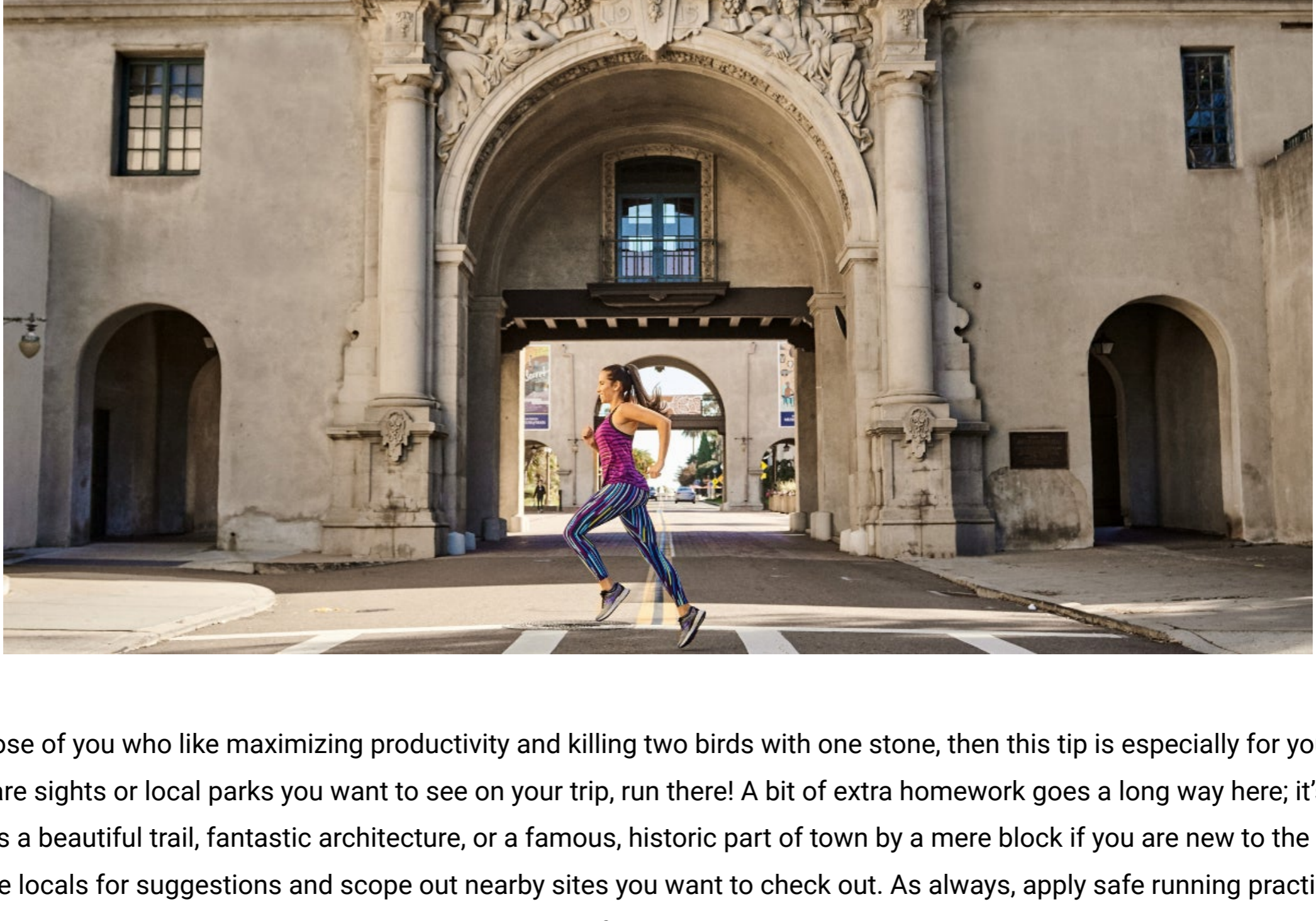
4. Bring Nutrition



If you are going to train while on vacation, you will want to ensure that you have some nutrition for pre- and post-workout noshing. Having a few healthy, portable snacks on hand can help prevent you from going too overboard with the "eat whatever" vacation mentality, and you won't have to resort to unhealthy snacks from the vending machine as a last resort. For convenient energy on the go, pack some Honey Stinger Waffles, Clif Bars, or any of your favorite energy gels. And [stay hydrated](#), before, during, and after your run.

[Shop Running Nutrition](#)

5. Be An Explorer

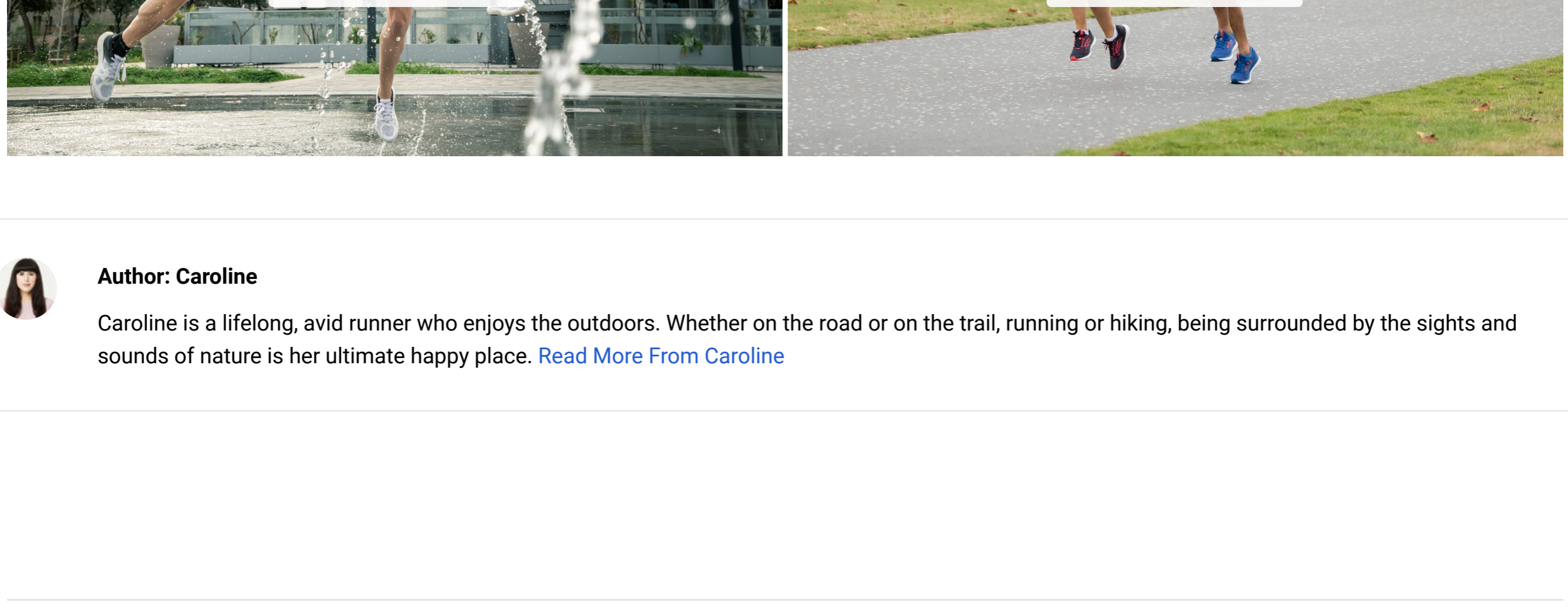


For those of you who like maximizing productivity and killing two birds with one stone, then this tip is especially for you. If there are sights or local parks you want to see on your trip, run there! A bit of extra homework goes a long way here; it's easy to miss a beautiful trail, fantastic architecture, or a famous, historic part of town by a mere block if you are new to the area. Ask the locals for suggestions and scope out nearby sites you want to check out. As always, apply safe running practices by running in well-lit, populated areas, wearing a [GPS watch](#) for navigational and tracking purposes, and having the appropriate [safety gear](#) on hand.

Summary

Your training doesn't have to get derailed just because you're on vacation. By taking some proactive steps and being flexible, you can still enjoy the benefits of running and remain active while enjoying your travels. Lace up and have fun exploring!

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Caroline is a lifelong, avid runner who enjoys the outdoors. Whether on the road or on the trail, running or hiking, being surrounded by the sights and sounds of nature is her ultimate happy place. [Read More From Caroline](#)

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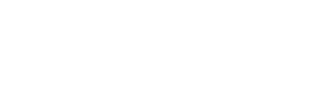
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