



## Sprint Your Way to a Lean Healthy Body

By Andrew Dixon

If you asked any random person on the street what the best exercise is to burn fat is they'd most likely say jogging. I'd say about 95% of the population still thinks that and probably 50% of fitness trainers are still advocating steady state jogging as the best fat burning protocol. Makes me wonder how we managed before jogging was invented back in the 60's.

Studies have shown that while running at 60% of your maximum heart rate for extended periods of time will burn predominantly fat and some sugar. While exercising at greater intensities with intermittent recovery periods such as sprinting or heavy weight lifting burns predominantly sugar and some fat. So just by looking at the research it makes sense to jog for an hour to burn maximum fat, rather than lift or sprint and just burn mostly sugars. Low intensity exercise burns off a higher percentage of fat than high intensity exercises, but the higher intensity exercise burns off greater total fat.

What is often overlooked by many trainers and gym goers is that during the many hours of recovery (up to 48 hours) from a high intensity session such as sprints or weights is when the fat starts burning. This is due to increased metabolism as a side effect of exercising at high intensities. This increase in metabolism is also present after long steady jogging, but only lasts up to around 6 hours at the very most. There are plenty of studies showing that when diet is unchanged and one group does steady state cardio while the other group does high intensity intervals, the interval group loses and the joggers stay the same. Changing the diet only makes intervals even more effective.



Take a look at the pictures above & below. Who looks stronger, healthier, more muscular and possibly even a little bit leaner? The Kenyan above is Paul Tergat, the second fastest marathon runner in the world. The Jamaican below, Asafa Powell is the world's second fastest sprinter in the 100m. Now which body would you rather have?



It was interesting when I showed these pictures to a physiotherapist; she thought the one on the left was thinner, thus holding less fat. This may or may not be true, but to me the sprinter looks more defined indicating a lower body fat percentage. She also believed that the one on the right would get fatter if they both stopped training as his muscle would turn to fat. The reverse however is true. Having more muscle means that you have a higher resting metabolism therefore, if all things were equal (genetics) the sprinter would be able to sit on the couch eating French fries for longer than the marathon runner before he got fat. Muscle doesn't turn to fat, muscle burns fat. Fat doesn't turn to muscle either, but it can be used as energy to build it. And while we're on the topic, muffin tops don't look sexy, no matter how tight your jeans are.

If you want to look like an underfed Kenyan who can't open a jar of pickles, then I suggest a training program of lots of running at a steady pace for hours and hours and hours.... and then do some more jogging. A good selection of audio books for the iPod may be needed to help relieve the boredom. If you prefer the sprinter look, and would like to turn your body into a fat burning powerhouse, then your training should revolve around weight training and high intensity interval training. Sprinters do very little distance running as it makes them slow and weak.

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The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

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## 4 WEEK CHALLENGE!

The key exercises for the sprinter look are lunges, squats, deadlifts, rows, presses and a good selection of abdominal exercises. Weights should be heavy and reps are generally between 1 and 15 reps depending on the exercise and what stage of periodisation you are at. Intervals on the bike, rower or sprint track should be done on days you're not training with weights or after your weight training session. I always start clients off with a 15 second work, 45 second rest and increase the work time and decrease the rest time as they get fitter. The intervals usually stay within a 1 minute cycle and should last from 10 to 45 minutes. Some favourite intervals of mine are: (work/recover) 8/12; 10/20; 15/15; 15/45; 20/40; 30/30 and when time is scarce the 20/10 Tabata protocol. Tabata takes 8 minutes to complete and will completely annihilate you and your fat surplus.



All the hoopla about jogging is a farce. Sure, it has health benefits, but it's certainly not the Holy Grail many believe it is. If it was the man who popularized jogging in the late 70's (Jim Fix) wouldn't have died of a heart attack aged 52. Healthy people don't need to spend hours and hours running in a straight line. Your heart will get what it needs from lifting weights and doing intervals. If you absolutely must jog, I suggest keeping it to a minimum and avoid falling into the trap of wanting to run further and further until you're destroying your body with marathons. It takes hours and hours of distance running to condition your heart and other muscles to reach marathon status and should only be done if it's very important to you. If you've had any knee surgery then I suggest you avoid jogging all together and stick to the high intensity exercise that's way more fun and far more effective anyway.

### Your Own Personal 4 Week Challenge!

Learn: commitment, dedication & discipline!

Shape up 'Inside & Out' for summer!



### WHAT YOU GET:

- \* Initial weigh & measure & goal setting
- \* Menu Plan & lifestyle guidelines
  - \* Weekly exercise plan
  - \* Weekly weigh ins
- \* 4 x 30 min high intensity training sessions with your Personal Trainer
- \* Final weigh & measure
- \* 100% support & motivation from your Challenge trainer



### WHAT YOU COMMIT TO:

- \* Following your menu plan & lifestyle guidelines
- \* Following your prescribed exercise program
- \* Moving every day
- \* 4 weeks of 100% effort!



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## Apple Cinnamon Shake

- 30 g 100% Natural Vanilla Whey Protein
- 1½ cups of pure water or milk
- Add ice for extra thickness
- Add 1/2-1 cup frozen apple
- 1 tablespoon of flax seed oil or a small handful of nuts/seeds
- 1 tsp cinnamon

- Throw ingredients into a blender and mix well. Add more or less water for a thinner/thicker consistency.
- Shake may be prepared the night before to save time, but it will thicken overnight.
- For a change add some natural yoghurt or some different types of fruit.
- This shake is great for everyone, especially those watching their weight.
- If weight loss is not your concern then you may add 2 tablespoons of oats or natural muesli.
- Busy people should embrace this shake, anytime of day.

Kylie

