



DAVID FAIRLAMB THE FIT FACTOR

WHETHER it's for health, fitness, weight loss or more sports-specific exercise, we should all add incline or hill work into our regimes. I believe its one of the most effective ways to boost your fitness and build strength and power.

Even if you are simply out for a leisurely walk, we have all experienced that burning feeling in the legs and rise in heart rate as we hit an incline - it's tough and very few things can have this effect so quickly.

Benefits of hill training

- Improves your cardiovascular and cardiorespiratory fitness
- Makes your heart more powerful
- Helps your breathing rate become more controlled
- Improves your lung function and the transportation of oxygen around your body
- Develops leg strength and stamina
- Helps improve your mental strength through controlling discomfort. Seeing the finish line

helps you keep focused and motivated to work hard to the end

- Its a short, sharp session and gives real intensity without eating into your time

As well as developing strength endurance, hills can also help with technique to run better; it enhances knee lift; develops co-ordination; and improves the technique to drive your legs and arms effectively. When running uphill, there is a reduced impact on the lower leg bones, ankles and knee joints. This is because you produce less landing impact when running

up a hill, so your muscles are better able to act as shock absorbers to protect your bones and joints.

Unless you are training specifically for downhill runs, I would walk or jog and use this as your recovery - this will limit the stress on your joints.

Hill sprints typical session

- Find a relatively steep hill (7-10% grade)
- Walk/jog/sprint up the hill for 10 to 20 seconds
- Take 1-2 minutes to recover and walk down to the starting position
- Repeat for 8-10 sets

Its not only about the legs on this type of session, driving the arms with full range of movement will help lift your knees and keep your speed and intensity going.

Whether you are walking for fun/fitness or a serious athlete, adding hills can have a huge impact on your fitness, strength and speed, plus help those on a weight loss plan.

Motivational quote of the day

How you handle the uphill battle determines everything

NUTRITION CORNER

No food macronutrients are more valuable for blood sugar regulation than the fiber and protein of a chickpea. The amount of fiber makes it ideal food for any diet type. Chickpea is also packed with iron, which improves blood flow to the heart.



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FITNESS TIP

When walking/running up hills, practise trying to control your breathing. Deep breaths (three to five seconds) in through your nose and out your mouth will allow you to take more oxygen in to your lungs at once, quickening recovery. The fitter you get, the more relaxed you will become with your breathing.

Neighbour lashed out at 80-year-old

Sara Nichol

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A NEIGHBOUR lashed out at a pensioner after he complained about the noise coming from her 80th birthday party.

Michael Raine, *pictured*, was wearing his girlfriend's pyjamas, her flip-flops and flowery dressing gown when he stormed round the woman's house at 3.30am to tell those inside to "keep it down".

A court heard the elderly lady had held her 80th birthday party at The Kelly pub, in Hebburn, last May and that the celebrations had continued back at her home.

But the court heard that trouble flared when 29-year-old Raine stormed over to the house and, in the violence that followed, the 80-year-old host suffered bruising to her cheek, chin, jaw, neck and arms.

Angry Raine, who had drunk 10 cans of lager, also "barged into" her 71-year-

old pal, who twisted her ankle so badly, the swelling meant she couldn't wear shoes for a week, Newcastle Crown Court was told.

Now, Raine, who has moved to Olive Street, in South Shields, has walked free from court after admitting one count of affray.

Judge Stephen Earl told Raine he was lucky not to be going straight to prison as he had an appalling record for violence and public order offences.

Giving him a 12-month jail sentence, suspended for two years, the judge said: "Somebody got your goat up and the red mist descended and you lashed out.

"I accept you were not lashing out deliberately at an 80-year-old or a 71-year-old.

"But, the fact of the matter is, you took your victims as you found them in that sense and, of course, that's the situation and you did lash out towards them using force and that's unacceptable behaviour and you have rightly, in due course, pleaded guilty to affray."



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