



David Fairlamb THE FIT FACTOR

NUTRITION CORNER

Pay closer attention to which food affects your body and adjust your diet accordingly, eg work out which foods bloat you or make you feel tired. Making changes can have a really positive effect on your day-to-day life.

Don't miss David's tips every Saturday in your Journal

SPRINTING is one of the most powerful physique shaping exercises you can do but research shows that a high percentage of those in the UK, who are over 35, do not sprint at all.

The benefits are huge and go beyond just physical ones, such as providing stress relief and building perseverance and discipline.

If you are put off by complex gym sessions, short of time or simply want to mix your training up, here are a number of reasons why you should incorporate sprinting into your life:

Drop your fat percentage - Sprint training is one of the most efficient conditioning exercises that can create a significant boost in metabolism leading to fat loss. Compared to long and steady aerobic training, like running or jogging, sprinting enables you to super-charge your metabolism which increases fat loss.

Increased Muscle Mass - Sprinting stimulates fast twitch muscle fibres, which can lead to increased muscularity. Speed training will build muscle and target the fast-twitch fibers increasing your speed and power, leading to a faster run-

ning or cycling speed.

Quicker short and longer distances - Sprint training can massively help your general fitness, especially in long distance running. In fact, it is one of the most efficient ways to build your endurance. Running full out will improve your endurance capacity by increasing your oxygen uptake and lengthening the time it takes for fatigue to set in.

Builds strength - Sprints are a type of anaerobic exercise, this means that they will trigger muscle building, increasing the size and strength of fast-twitch fibers. With the correct nutrition and recovery, this will lead to muscle building, allowing your body to become leaner and enabling you to run faster, longer, and more efficiently.

Great for hormones. In men, sprinting can help boost testoster-

*Tough times don't
last, tough people
do*

**Motivational quote
of the day**



one facilitating muscle growth, fat loss and increased libido.

Builds mental toughness - Working out at full speed is a challenging way to train. You have to push hard to keep the intensity and speed going. Learning to push through a workout builds confidence in your emotional and physical abilities and the feel good factor of finishing the session builds a greater self belief.

Reduce stress - Like other forms

of exercise sprinting produces chemicals in the brain that act as natural painkillers and provides you with that feel good sensation. The release of endorphins stimulates confidence and reduces stress.

Saves time - Sprints are more time effective than jogging for an hour. They are a great way to maximise your workout in half the time.

The workout - Sprinting can be performed in a number of different ways and distances. Over 100/200 metres with 30 seconds rest to a full 400 and a minute's rest, you can sprint and rest to whatever challenge you wish.

If you have problems running, try sprinting in another form of exercise such as cycling, swimming or on a cross trainer to name a few, plus they are easier on your joints.